

smokefreelife Berkshire



Welcome to Issue 11 of the Smokefreelife
Berkshire Newsletter

Solutions 4 Health have been awarded the
Smokefreelife Berkshire contract for a further 3
years following a procurement process

Congratulations to our top 3 performing GP surgeries for Q3

- #1 Farnham Road Surgery 20 4WQ
- #2 Theale Medical Centre 16 WQ
- #3 Burdwood Surgery 12 4WQ

Thank you...I've smoked since I
was 14 and am now smoke free

Valerie: Sandhurst Surgery

To refer either:

Use DXS, send a referral form to
info@smokefreelifeberkshire.co.uk or fax to 0118 900 7497

electronic version at:
www.smokefreelifeberkshire.com/ReferralForm.aspx

Tel: 0800 622 6360

Text QUIT to 66777

Your practice can receive payment of £25 for each patient
referred who quits smoking at 4 weeks

I knew I needed to quit,
wasn't sure I could. But I
have & it wasn't as hard as I
thought it would be

Katherine: Grovelands
Medical Centre

Electronic Cigarettes

Smokefreelife Berkshire is open to people who are trying to quit smoking using their
own purchased e-cigarettes

E-cigarettes are now the most popular stop smoking aid in England and their
technology has improved over the last 5 years

The evidence base is growing but there is still a limited number of good quality,
reliable studies especially on cessation

E-cigarettes can alleviate some withdrawal symptoms, however like anything they
are not a magic cure. As with users of NRT, e-cigarette users have the best chance
of quitting with expert support from stop smoking services

From 20th May 2016 e-cigarettes will be regulated under the revised European
Union Tobacco Products Directive meaning they will either be licensed as medicines
or if unlicensed will be subject to quality and safety standards

Further Information available at: www.smokefreelifeberkshire.com and
Electronic cigarettes: A briefing for stop smoking services
www.ncsct.co.uk

Smoke free Pets

March saw the launch of our Smokefree Pets
campaign highlighting the health risk to pets of
secondhand smoke



No Smoking Day

Wednesday 9th March marked this years No Smoking Day and the launch of
our Smokefree Pets campaign



We marked this
event by holding
promotional
events across
Berkshire.
In total, we
signed up 200
new clients who
chose No
Smoking Day
to embark on
their quit
attempt



Smoking in Pregnancy

We are continuing our work with midwives
across Berkshire to help pregnant women who
smoke to quit

We are running our MeTime Club which is 12
weekly group sessions where smoking
cessation support is combined with topics such
as breast feeding and relaxation techniques.
Creche facilities & transport is provided

We also offer home visits whereby our advisor
can visit the client and her family if requested
at a mutually convenient time in the
convenience at her home

Referrals can be made at any stage of
pregnancy by calling 0800 622 6360 or via
our standard referral form



Training

Solutions4Health run a number of training events throughout the year for colleagues in
primary care: NRT & Champix Thursday 14th April (4-8pm), Level 1 & 2 smoking
cessation training 7th & 8th June (all day), smoking in pregnancy training 16th June (all
day).

All training is at Solutions4Health Head Office and is free of charge.

For more information or to book a place please contact
chris.mcmahon@solutions4health.co.uk

Smoke free Diabetes

We have just finished running our 6 week Smokefree Diabetes programme at Langley
Health Centre in Slough. Smoke free Diabetes is an unique, innovative, free support
service helping type 2 diabetes clients to stop smoking and manage their condition.
The Steps 4 Your Health programme includes:

- o Preparing to quit smoking
- o What is type 2 diabetes? What impact does smoking & diabetes pose to my health?
- o My Quit Date – Managing a Smokefree life and Nutrition for life
- o NRT and understanding your habits
- o Movement that matters
- o Ripple effect and support
- o How to stay healthy

Keith: I found the
whole experience
helpful and supportive



Smokefreelife Berkshire are keen to run more of these groups and would be happy to
organise and run one in your surgery. Please contact Chris McMahon if you are interested
and/ or for more details



Contact details

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@smokefreeberks

SmokeFreeLife Berkshire

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