



smokefree life Berkshire



Welcome to Issue 12 of the Smokefree life Berkshire Newsletter

July 2016

Thank you

Over the past 12 months April 2015 - March 2016 there have been a total of 857 4 week quits in GP surgery clinics across Berkshire

Congratulations to our top 3 performing GP surgeries for Q4 (Jan-March 2016)

- #1 Theale Medical centre 25 4WQ
- #2 Grovelands Medical Centre 21 4WQ
- #3 Farnham Road Surgery 19 4WQ

After 40 years & many attempts....this time it's different, I have support

Jackie, Westfield Road Surgery

Good news!



Smokefree life Berkshire have been awarded Runner up by the British Heart Foundation for best organiser of the year for our Smokefree Pets campaign for No Smoking Day.



2 projects were recently presented at UKNSCC conference, one on Mental Health and Partnership Working and the other on Smokefreepets

Commissioning update from April 1st 2016

In Reading, West Berkshire, Slough, Bracknell and Wokingham Solutions4Health have been successful in procuring the new contract and services will continue

Thank you to all practice managers who have returned their new SLA. If you have not already done so, please could you return it

If you would like Smokefreelife Berkshire to hold a clinic in your surgery then please contact Chris.mcmahon@solutions4health.co.uk

REMINDER: To refer clients to Smokefreelife Berkshire:

Use DXS, send a referral form to smokefreelife.berkshire@nhs.net or fax to (+44) 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



Arrangements in RBWM from April 1st 2016

From 1st April 2016, Solutions 4 Health have been commissioned by RBWM to deliver services only to an agreed target population, which comprises of pregnant smokers, smokers with mental health problems and young people.

Smokers from these target groups can be referred by:
using the online referral form at www.smokefreelifeberkshire.com/ReferralForm.aspx

or by sending the referral form to smokefreelife.berkshire@nhs.net

fax to (+44) 0118 900 7497

telephone 0800 622 6360

Clients who do not fall into the target groups can be signposted to

www.nhs.uk/smokefree and

the helpline number: 0300 1231044

The Royal Borough



Windsor & Maidenhead



Smoking in Pregnancy



What can staff in primary care do to help pregnant smokers?

About 1 in 5 women smoke at some stage in pregnancy. All staff coming into contact with pregnant women have a role to play, mainly through triggering quit attempts by delivering very brief advice on smoking. This is important because smoking is the single largest modifiable risk factor for adverse outcomes in pregnancy, and is therefore the most important behaviour change to tackle

Support for pregnant women

Smokefreelife Berkshire can help pregnant women stop smoking by offering intensive behavioural support and a weekly supply of nicotine replacement products as necessary. There are a wide variety of community, Pharmacy and GP clinics across Berkshire which are open 7 days a week including weekends and evenings. We also offer home visits and telephone support if this is more convenient

How do you refer?

Referrals can be made at any stage of pregnancy by completing the electronic referral form at www.smokefreelifeberkshire.com/ReferralForm.aspx

Inequalities: In the UK, rates of smoking in pregnancy differ across groups. Mothers aged 20 or under are six times more likely than those aged 35 and over to have smoked throughout pregnancy (35% and 6% respectively). Pregnant women are also more likely to smoke if they are less educated, live in rented accommodation and are single or have a partner that smokes. Mothers in routine and manual occupations are five times more likely than those in managerial and professional occupations to have smoked throughout pregnancy (20% and 4% respectively).

For further information please visit:

http://elearning.ncsct.co.uk/vba_pregnancy-stage_1



Bracknell Forest have teamed up with Solutions4Health once again to bring you their exciting, new and FREE online health programme!

Easychange is an online digital platform designed to make it much easier to live healthier and avoid illness. Available for PC, tablet and mobile, Easychange takes you through a quick check of the key habits that directly affect your health such as stress, mood, nutrition, physical activity, alcohol and smoking. The test is structured as a dialogue with yourself, helping you to become aware of your health habits. This also makes it easier to see where you need to improve.

Its online, its FREE and it's the easier way to better health!

Text START NOW to 66777 or visit www.bracknell-forest.gov.uk/easychange



Stop Before the Op

Smokers are more likely to suffer a range of complications before, during and after surgery.

Quitting smoking improves surgical outcomes through reducing risk and complications

Smokers should expect:

To be informed of the risks of smoking prior to surgery by all relevant professionals

To be referred to specialist stop smoking support

To be given the opportunity to have behavioural support to help them quit

To be provided with medication to support a quit attempt or temporary abstinence prior to surgery

Simply refer patients to Smokefreelife Berkshire in the usual way



Smokefree Diabetes

Smoking is an independent risk factor for diabetes and can increase complications

Smokefree diabetes is a 6 week group for smokers with type 2 diabetes

The course helps the patient to quit smoking and work towards long-term behavioural changes

The clients not only benefit from the support of the advisor but also from sharing ideas with other group members

Smokefreelife Berkshire would be very happy to run a course in your surgery. For further details please contact Chris McMahon
chris.mcmahon@solutions4health.co.uk

Level 1 & 2 smoking cessation training September 7th and 8th

Stoptober Campaign events: Newbury on 17th September
Reading 24th September
Wokingham 1st October
Bracknell 8th October
Slough 15th October

Dates for your diary

Contact details

Berkshire Health Improvement Manager
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GP & Pharmacy Coordinator
chris.mcmahon@solutions4health.co.uk

@smokefreeberks



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