

smokefreelife Berkshire



Welcome to Issue 13 of the Smokefreelife Berkshire Newsletter

Autumn 2016

Breaking News.....






The number of smokers in England has fallen to the lowest number since records began with just 16.9% of the population now smoking according to PHE.

Now there are twice as many ex-smokers than smokers which is great news but still means there are over 7 million people still currently smoking.

Smoking is still the number 1 cause of preventable early death and costs the economy £10 billion a year

Top 3 performing GP surgeries for Q1 (April - June 2016)

- #1 Thatcham Medical Practice 12 4WQ
- #2 Theale Medical Centre 11 4WQ
- #3 Bharani Medical Centre 10 4WQ

-  Smokefreelife Berkshire have a team of multilingual advisors who can help smokers 7 days a week, including evenings and weekends in a variety of locations
-  A smoker is 4 times more likely to stop smoking with help from a stop smoking service. We provide intensive behavioural support together with advise and a supply of a pharmacological product. Smokers who meet the criteria can access Champix via PGD
-  We currently run clinics in GP Surgeries, pharmacies, workplaces, leisure centres, shopping centres, hospitals together with telephone support & home visits if required. A list of all venues can be found at www.smokefreelifeberkshire.com
-  To refer patients either: use DXS, send a referral form 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 at 4 weeks

Each year thousands quit smoking for 28 days with Stoptober starting on 1st October.

By joining in they access a range of free support including email, app and Facebook Messenger - all providing information, advice and daily tips to help them through the month.

Everyone quits together and by making it to 28 days smokefree, they are five times more likely to quit for good.

Smokers can sign up at www.nhs.uk/smokefree

HOW WILL YOU QUIT?

Find the support that's right for you. **Search Stoptober.**

STOP TOBER

BECAUSE THERE'S ONLY **ONE YOU**



Smokefreelife Berkshire are supporting the national Stoptober campaign and holding roadshows in each area where smokers can get information on stopping smoking and sign up to Stoptober. Feel free to come along & join us!

Solutions4Health **smokefreelife Berkshire**

STOPTOBER ROADSHOW!

Northbrook Street, Newbury 18/09/2016 - 10am– 4pm
Reading High Street 24/09/2016 - 10am– 4pm
Woodley High Street 01/10/2016 - 10am– 4pm
Bracknell Market 08/10/2016 - 10am– 4pm
Slough Town Square 15/10/2016 - 10am– 4pm

Bracknell Forest Council | Reading Borough Council | Slough Borough Council | West Berkshire | Wokingham Borough Council

Smoking in pregnancy update

smokefreeLife
Berkshire

Baby on the way Quit today

Before, during or after your pregnancy,
it's never too late to quit.
Stopping smoking at any stage is
beneficial to both mum and baby.

For more information contact us on:
0800 622 6360
or text QUIT to 66777
info@smokefreelifeberkshire.com
www.smokefreelifeberkshire.com

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In Partnership with

Pregnant smokers are twice as likely to attempt to quit smoking as non-pregnant women, but only about half of pregnant women actually stop smoking during pregnancy.

Because smoking poses a high risk of harm to both mother and foetus, it is important that pregnant women be supported to help them stop smoking at least for the duration of the pregnancy, and also postpartum.

All midwives in Berkshire routinely carry out carbon monoxide screening on all pregnant women and refer ladies with a reading of 4ppm or above to SmokefreeLife Berkshire via referral pathways which have been set up with the midwifery departments.

All support is free and consists of a combination of behavioural support and medication.

SmokefreeLife Berkshire have specialist trained advisors who offer home visits to pregnant women which is proving to be effective.

What our clients say.....

At the end of the course, I really felt like I had succeeded in achieving my goal with the excellent help of the team involved. Thank you Oliver!
Brian in Reading

With this course I have someone outside of my family to talk to - this time it's different I have the support of Fadwa!
Jackie in Wokingham

Cheryl was friendly and very helpful. She helped me through the early stages of my pregnancy which is my first smokefree pregnancy. She is so supportive.
Lesley from Newbury

My advisor Amatul is always very positive & encouraging....very helpful service, would recommend to anyone.
Jade in Bracknell

I wish to thank Saskia for all the support she has given me.
Richard, Reading

I have successfully stopped smoking and would strongly recommend it. The structure & help I received was excellent. Thank you Magda!
Cade from Slough


Stop Before the Op Update

Compared to non-smoking patients, patients who smoke perioperatively have been shown to experience more problems. Smoking has been associated with local wound complications, pulmonary and cardiac complications, an increased need for postoperative intensive care and longer periods of hospitalisation. Specifically, poorer outcomes have been associated with gastrointestinal, hernia, orthopaedic, cancer, cardiovascular, day care and plastic surgery. Smoking has also been implicated in a need for increased anaesthetic dosage and increased experience of postoperative pain.

Successful quitting will not only benefit a patient's long term health by reducing the risk of disease development but there is evidence that quitting smoking before surgery may have more immediate benefits by reducing the risk of post operative complications and that even brief abstinence may be beneficial to this aim. Perioperative smoking cessation is beneficial, as it will eliminate some of the acute effects of smoking on the body; however, the earlier a smoker quits the better

Patients can be referred to Smokefreelife Berkshire at any stage pre-op, where they will receive behavioural & pharmacological support to stop smoking. We are also introducing referral pathways in secondary care. We have specific leaflets & posters for patients wishing to quit smoking pre-operatively which have been delivered to surgeries. For more, please call Melissa on 0118 334 1859





Interested in smoking cessation?

Free online training modules available at www.ncsct.co.uk

Training and Assessment Programme
Mental Health Specialty Module
Pregnancy and the Post-Partum Period
Very brief advice training module
Secondhand smoke training module

Contact details

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Primary & Secondary Care Service Manager
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