

# smokefreelife Berkshire



Welcome to Issue 16 of the Smokefreelife Berkshire newsletter

July 2017

In 2016/17 Smokefreelife Berkshire helped 3305 people to quit smoking at 4 weeks and 2039 at 12 weeks

We are currently running stop smoking sessions in over 100 different venues across Berkshire including GP surgeries, pharmacies, hospitals, workplaces, shopping centres, community centres, colleges & mosques with our aim to be as accessible to smokers as possible

We have a large diverse team of advisors, many of who can deliver support in a range of languages; and a great and ever-growing team of subcontractors who are delivering a high quality service in GP surgeries & pharmacies

522  
Hospital  
referrals

482  
Stoptober  
4WQ

644  
GP  
referrals

2016/17

101  
COPD  
4WQ

96  
Diabetes  
4WQ

749  
Mental  
health  
4WQ

106  
Pregnant  
4WQ

124  
Pre-op  
4WQ

## Top Subcontractor Performers 2016/17

### Option A

Brookside Group Practice 41 4WQ  
Milman Road Health Centre 36 4WQ  
The Loddon Vale Practice 18 4WQ

### Option B

Farnham Road Surgery 63 4WQ  
Theale Medical Centre 47 4WQ  
Sandhurst Surgery 46 4WQ

### Option C

Western Elms Surgery  
(55 referrals)  
  
Forest Health Group  
(46 referrals)  
  
Waterfield Practice  
(33 referrals)

Excellent service: Bozena has been very encouraging, positive & full of welcome & cheer!

David @ Kennet Centre

What our clients say...

If it wasn't for Mel & Julie I'd still be smoking, I'm fit & healthy & very proud of myself. Thank you

Lambourn Pharmacy client

I thought this was great. The advisor was friendly. It was a holistic approach to helping me stop

Paul @ Wokingham Market

I am very happy to have stopped smoking & am grateful for the help & advice I had from the advisor

Amjad, Slough

Having smoked for over 50 years I knew it was going to be hard but with the help of my advisor I have managed to do it, John@Princess Square Bracknell

To refer: use DXS, send a referral form to [smokefreelife.berkshire@nhs.net](mailto:smokefreelife.berkshire@nhs.net) or Fax to 0044189007497

electronic version available at <https://www.smokefreelifeberkshire.com/ReferralForm.aspx>

Tel: 0800 622 6360 Text QUIT to 66777

Clients are contacted within 48 hours of receiving the referral & offered an appointment at a venue convenient for them.

A smoker is 4 times more likely to quit smoking with support

# Training

- ✓ VBA (Very Brief Advice) training: How to start a conversation about smoking and how to refer  
Wednesday 20th September 10am - 1pm at Solutions4Health Head Office, 2 Richfield Ave, Reading RG1 8EQ
- ✓ NRT/ Champix training Tuesday 5th September 4pm - 9pm
- ✓ Level 2 smoking cessation training, for practitioner wishing to deliver the service in-house. You must complete the online practitioner training which can be accessed at [http://elearning.ncsct.co.uk/practitioner\\_training-registration](http://elearning.ncsct.co.uk/practitioner_training-registration) prior to attending  
Thursday 28th September 9.30am-4.30pm
- ✓ Update training for advisors working in GP surgeries  
Wednesday 4th October 5.30pm - 8.30pm

All courses are free

All are welcome

Venue: Solutions4Health Head office, 2 Richfield Ave, Reading RG1 8EQ

To book a place, please contact [melissa.fernandes@solutions4health.co.uk](mailto:melissa.fernandes@solutions4health.co.uk)

Free online courses available  
at [www.ncsct.co.uk](http://www.ncsct.co.uk)

Very brief advice in smoking cessation  
Very brief advice for pregnant women who smoke  
Very brief advice on secondhand smoke  
Practitioner training  
Stop smoking medications

[www.ncsct.co.uk](http://www.ncsct.co.uk)

**smokefreelife**  
Berkshire

## Contact details

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@smokefreeberks



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BOROUGH COUNCIL