



smokefreelife Berkshire



Welcome to Issue 18 of the Smokefreelife Berkshire newsletter

January 2018



Happy New Year

Smoking cessation options in your surgery

Option A: In-house smoking cessation clinic

Smoking cessation support given in-house by a member of your staff

All training provided free of charge by Solutions 4 Health & staff supported by S4H

Option B: Smokefreelife Berkshire to hold a weekly clinic in your surgery:

Our advisor will hold a clinic in your surgery every week making the process easy for patients

Your practice will receive payment for each 4 week quitter

Option C: Referral to a community clinic

Either complete the referral form on DXS, call 0800 622 6360 or Text QUIT to 66777

Your practice will receive payment for each 4 week quitter



27 people who are preparing for an operation quit at 4 weeks

Total no of GP referrals : 152

Top performing in-house service: Burdwood Surgery 6 4WQ

Top performing S4H in-house service: Farnham Rd Surgery & Langley Health Centre 14 4WQ

Top referring GP practice: Forest Health Group 16 referrals

Q2 Summary

Quitters with long term conditions

Respiratory: 120 4WQ

Depression: 92 4WQ

CVD: 147 4WQ



19 pregnant women have quit at 4 weeks

We're supporting PHE's Health Harms Campaign 2018



Public Health England's Smokefree Health Harms campaign returns with a new hard-hitting TV advert - highlighting how poisons from tar in cigarettes enter the bloodstream, spreading around the body within seconds and causing damage to major organs - in an effort to trigger quit attempts in the New Year

The campaign shows how poisons from tar in cigarettes enter the bloodstream, spreading around the body within seconds and causing damage to major organs

Over 4,000 poisons are released into the bloodstream with each cigarette, including 70 known cancer-causing compounds

Quitting smoking is the single best thing anyone can do for their health and there has never been a better time to quit with so much support available in Berkshire. Simply refer patients to Smokefreelife Berkshire where they will receive support and medication to help them quit. We are very accessible with a wide range of venues and often no appointment is necessary. Home visits and telephone support are also an option if required.

Training

Solutions 4 Health are offering the following free training courses

Very Brief Advice training

24/01/18
10am - 1pm

Behavioural support workshop

07/03/18
5.30 - 8pm

Very Brief Advice training

21/03/18
10am - 1pm

Free online courses

www.ncsct.co.uk



All training is held at Solutions4Health Head Office, 2 Richfield Ave, Reading RG1 8EQ and is free of charge.

To book a place, simply email chris.mcmahon@solutions4health.co.uk



Chris McMahon
chris.mcmahon@solutions4health.co.uk
07827931895
www.smokefreelifeberkshire.co.uk

0800 622 6360

text QUIT to 66777



Smokefreelife Berkshire,
2 Richfield Ave,
Reading
RG1 8EQ