

Stop Smoking Service 2021 - issue 1

QUIT YOUR WAY
with our support

Forth Valley

01786 433293

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Welcome

Hello, and welcome to the first edition of the Stop Smoking Service newsletter. Our team want to share with you the work we have been doing and what is coming up, and how you are fundamental to that work.

We have been continuing work to strengthen our partnerships throughout the pandemic and we would like to communicate good news stories about becoming smoke-free, as well as what's happening in the world of smoking cessation and other health promotion activities, linked to reducing tobacco use and addressing health inequalities, in Forth Valley.

We are pleased to announce that, thanks to referrals into the service, by colleagues, we saw increased engagement and even with restraints on face to face contacts, we have continued to support individuals in Forth Valley to go smoke-free, benefitting themselves and their families.

Stopping smoking remains the most important thing someone can do to improve their health and increase their life expectancy. We want to convey explicitly that;

'Smoking is not a lifestyle choice but a long-term relapsing condition'.

Therefore, all professionals working with people who may smoke have a duty of care to individuals, and their families, to encourage them to break their addiction and try to stop smoking. We ask you to consider how you can help someone who smokes address their addiction to nicotine (see overleaf for ideas). If you want to know how stopping smoking can benefit the people you work with, please get in touch. Similarly, if you have any suggestions on areas you would like to know more about in future issues, please let us know.

Hazel Cunningham
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You can refer someone by email fv.fvstopsmokingservice@nhs.scot, by calling 01786 433293 or via online referral form at: www.nhsforthvalley.com

They will be contacted by one of our friendly smoking cessation advisors: Gill, Kathleen or Laura.

Smoke-free app - Get Ready for No Smoking Day 2021

You may have seen use of the Smoke Free app for free for one month advertised in the run up to Christmas. This is still available to **all health and social care staff and their families**.

The app has been proven to multiply the chance of quitting success up to 5 times more than going it alone.

We will be promoting free use of the app in the run up to No Smoking Day 2021 (March 10) so please get in touch if you or your family would like a code to access it for free.



Special points of interest:

Access to trained cessation specialists 24/7

Hints and tips

Up to the second information on how you are gaining: in life expectancy, in health, in monetary gains....

First Month FREE sign up via Stop Smoking Service

March 10th 2021 No Smoking Day

#CovidQuitter #QYWCovid

A national campaign encouraging people to stop smoking.

FACT:

Smoking does not relieve stress.

How are you planning to promote No Smoking Day?

Tell us at:

fv.fvstopsmokingservice@nhs.scot and we will share your stories in our next edition.

Real quit experiences from real people

Peer support when stopping smoking can be extremely beneficial. Although friends who smoke can be supportive, they are all too often on hand to provide the much craved-for cigarette if someone is struggling, or at a low point during a quit.

Ex-smokers can provide a more realistic perspective on quitting; what to expect and how to overcome challenges, and the inspiration to continue along the quit path.

Here are some testimonials from our clients.

Christina said "I didn't think I could give up, I had tried before...The support from my sister, husband and stop smoking adviser helped me keep going. I kept saying to myself the words my sister said to my mum and me, "it's the single best thing you can do for yourself" it became a mantra to use when I had cravings. I think of my Mum as I say that, she smoked, she didn't stop and died of COPD. I don't want that for me.

'Stopping smoking meant I was able to reduce my mental health medication.'

Client, 2020

"I knew I should stop and intended to but hadn't. If you hadn't called me, I wouldn't have stopped that day."

Pregnant client, 2021

FACT: After the age of 35-40 years, for every year of continued smoking a person loses about 3 months of life expectancy.

(Doll R, Peto R, Wheatley K, et al. *British Medical Journal*, 1994; 309: 901-911)

Community support update

Stirling Albion Football Club has been promoting ways to improve health and gave out *Festive Friends* hampers over Christmas. The Health Promotion Team supported this initiative realising the impacts of loneliness and isolation may be more sorely felt at Christmastime, especially given the year we all had in 2020.

Stigma can prevent someone accessing support. We would like to reduce stigma around smoking.



Find out more at QuitYourWay.scot
Call free on 0800 84 84 84

nhsforthvalley.com/health-services/local-service-finder

Smoking is a result of nicotine addiction.

Once addicted to nicotine, smoking is no longer a choice.

Nicotine replacement therapy can help ease withdrawal symptoms. Treatment and support is available at your local pharmacy too.

Nicotine-free treatments can also help you stop smoking.

Upcoming Events

No Smoking Day

10th March 2021

World Health Day April

Stress Awareness April

Mental Health week May

Maternal Mental Health May

Next issue—June 2021

Training

Smoke-Free Generation

Support & Treatment is FREE

Anyone wishing to stop smoking can receive FREE treatment AND support.

Someone is more likely to stop smoking for good if they receive BOTH treatment and support.

The most effective method for health professionals to use is Very Brief Advice:

Ask - do you smoke?

Advise - you are more likely to quit with treatment and support,

both of which can be provided free from NHS Stop Smoking Services.

Act - Would you like me to refer you? If yes, give us a quick call. If no, give our number for future and the seed is planted/ offer to refer again at a future appointment.

Myth

This is the third time in as many weeks I've seen Mr Jones, I can't ask him again if he wants to quit smoking. Why?

Motivation to quit can come and go. The third time you ask may be the time someone has decided to 'go for it'. If you don't ask, Mr Jones may assume 'it's already too late, they don't even ask me about quitting any more, I must be beyond help' or 'my smoking mustn't be that bad—they didn't even mention it today'.

Why not encourage a quit today and call 01786 433293 to refer.

