

Smoking Matters



Welcome to our first edition of Smoking Matters. It's more than just a newsletter and will aim to provide you with up-to-date knowledge and information around all aspects of Tobacco Control including our latest campaigns, training and development, new products as well as a keeping you in the know about our contact details and referral process.

Stop Smoking Support

Our Stop Smoking Service is a free confidential service offering support and advice to local smokers who either want to stop smoking or to cut down the amount they smoke. This service is for smokers aged 12 years and over who live or work in Bath and North East Somerset. We also offer support to pregnant smokers through our Health in pregnancy service and advice for anyone wishing to use an e-cigarette.

Our service offers free local support through individual, face to face or telephone consultations. This support can include help to either stop smoking completely, cut down gradually prior to your quit date or cut down to reduce the harm from your smoking. When you get in touch, one of our friendly and fully trained health improvement practitioners will talk to you about your options and help you create a plan to reach your goal.

The specialist service runs a number of drop-in sessions in various community venues throughout Bath and North East Somerset – please see our list of clinics and drop-in times (on page 9). If you access support from the specialist Stop Smoking Service you are 4 times more likely to quit and stay quit.



X4

If you access support from the specialist Stop Smoking Service you are four times more likely to quit and stay quit.

We provide a range of stop smoking medications to help you to quit, including nicotine replacement therapy or Champix tablets (please note that prescription charges may apply).

You can choose to access support and advice to stop smoking at your GP practice or at most of the pharmacies in Bath and North East Somerset which have a trained advisor. Please contact us for details. For helpful advice and information on stopping smoking, you can also visit NHS Smokefree

Smoking Pathway & How to Refer

Referral Form: [CLICK HERE!](#)

Ask

- ✓ Establish and record smoking status
- ✓ E.G. “How do you feel about giving up smoking?” and / or “What would it take for you to stop smoking?”

Advise

- ✓ Stopping smoking is the single, best thing you can do to improve your health.
- ✓ The best way of stopping smoking is with a combination of medication and specialist support.
- ✓ “How do you feel about me referring you today?”

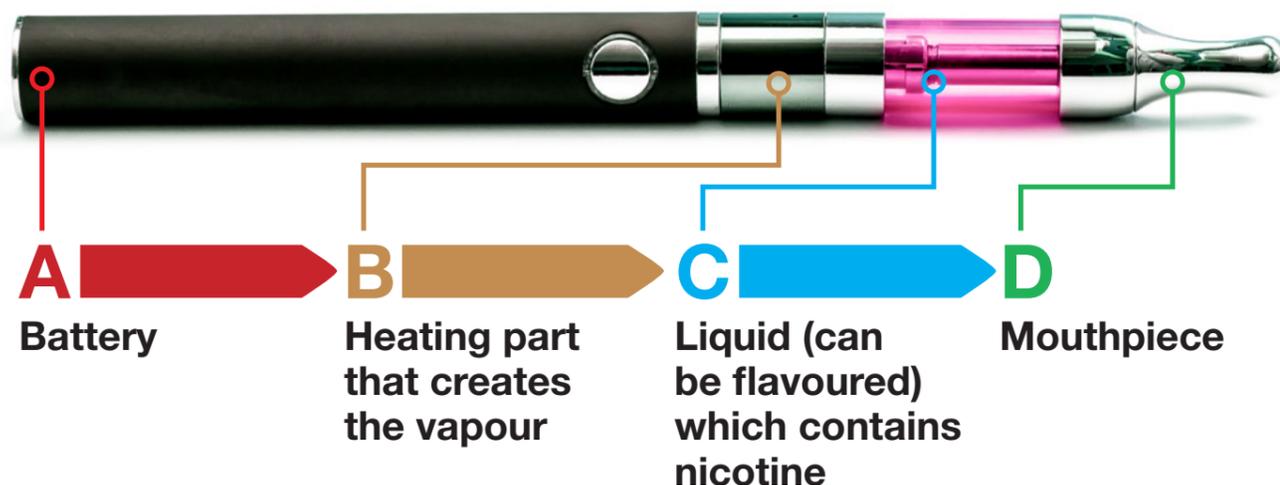
Act

- ✓ Build confidence and use open ended questions to encourage a positive and encouraging conversation.
- ✓ E.G. What part of stopping smoking do you think will be the most difficult?
- ✓ Explain that the most effective treatment is Champix (Varenicline), or a combination of NRT products (the patch to give a constant supply of nicotine, topped up with one of the faster acting products, such as the mouth spray, strips or lozenges).
- ✓ Smokers who have tried other methods of quitting without success can be encouraged to try e-cigarettes to stop smoking (see guidance). E-cigarettes are not available on prescription.
- ✓ Refer to the local NHS Stop Smoking Service.
- ✓ On discharge notes, let the GP know if NRT has been used and if any follow up support and prescription is needed.

Harm Reduction

Useful Information on E-cigarettes

What is an e-cigarette?



Electronic cigarettes, also known as vapourisers or electronic nicotine delivery systems (ENDS), are battery-powered devices that deliver nicotine by heating a solution of nicotine, flavouring, additives and propylene glycol and/or vegetable glycerine (glycerol). The devices typically consist of a mouthpiece, battery and cartridge or tank containing the nicotine solution. When a user sucks on the device, a sensor detects air flow which activates a heating element (the 'atomiser') which heats the liquid in the cartridge so that it evaporates.

The vapour delivers the nicotine to the user. Electronic cigarettes were developed to mimic the action of smoking, including nicotine delivery, without the toxic effect of tobacco smoke. When a person smokes a conventional tobacco cigarette, smoke is inhaled into the lungs and then exhaled. Smoke is also emitted from the burning tip of the cigarette, releasing toxins into the air. By contrast, as there is no combustion involved in the use of electronic cigarettes there is no smoke. Vapour is released into the air only when the user exhales.

Useful Facts about E-cigarettes

95%

E-cigarettes are significantly less harmful than smoking – PHE recommend 95% safer

Unfortunately millions of smokers have the impression that E-cigarettes are at least as harmful as tobacco

Electronic cigarettes deliver nicotine in a vapour rather than in smoke

In the UK the devices are used primarily as an aid to cutting down or quitting smoking and evidence suggests they compare favourably with other stop smoking aids

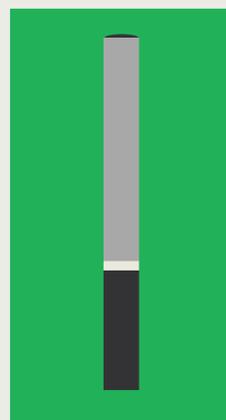
In the UK there is no evidence that use of electronic cigarettes leads to a take-up of smoking



There are three main types of electronic cigarettes or vapourisers:

“Cig-a-like” products

This first generation of electronic cigarettes were designed to resemble tobacco cigarettes. They sometimes have a light at the end that glows when the user draws on the device to resemble a lit cigarette. These consist of either non-rechargeable disposable models or an electronic cigarette kit that is rechargeable and includes replaceable pre-filled cartridges.



‘Tank’ models (also known as vape pens)

An electronic cigarette that is rechargeable and has a tank or reservoir which has to be filled with liquid nicotine. Tank models have now become more commonplace and allow the user to choose from a broader range of nicotine strengths and flavourings.



‘Mods’ (or advanced personal vaporisers)

A more complex tank model which can be manually customised by, for example, adjusting the voltage on the device.



Campaigns!

Cheap Tobacco

We all have a part to play in reporting illegal tobacco, whether you buy it or know someone that sells it. To keep quiet is to be part of it.



What is illegal tobacco?

If tobacco is cheap, chances are it is illegal. All genuine tobacco products sold in the UK must now be sold in standardised (olive coloured) packaging.

What's the problem?

- Sold at pocket money prices, cheap tobacco is easy for our children to obtain and become addicted to.
- Profits made from the sale of illegal tobacco, fund other serious and organised crime such as modern slavery, people trafficking and drugs.

If you would like some more training around illegal tobacco, specifically in relation to how to identify it, what impact it's having in and around our local communities and the dangers of its links to organised crime, please contact: ruth_sampson@bathnes.gov.uk

Do you really want to be associated with this?

Do your bit, protect your community

#Report it - no ifs... no butts

There are 3 different types of illegal tobacco

Counterfeit

Fake but made to look like the real thing and may well be in standardised packaging or made to look like it is a non-duty paid product

Non Duty Paid

A genuine brand with foreign labelling in non-standardised packaging, bought from outside the UK smuggled back in

Other Cigarettes or Tobacco

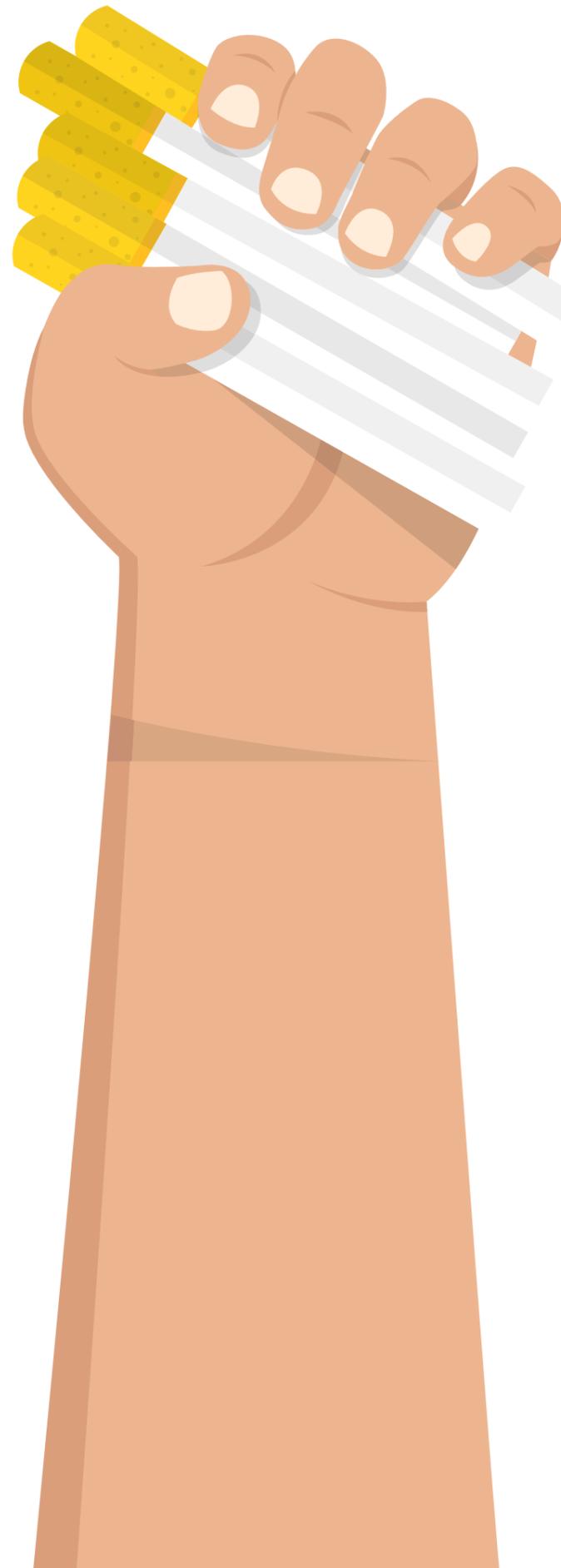
Manufactured for the black market to look like genuine well established or Non Duty paid brands. They are not manufactured to comply with current UK legislation and would not be seen for sale at genuine retail premises. May have English or foreign labelling and may also be in standardised packaging.

CrimeStoppers.

0800 555 111

100% anonymous. Always.

Crimestoppers Trust is a registered charity. UK Registration Nos. 1108687/SC037960



Time to Switch!

Time to Switch is a new Campaign created by the Wellness Service from our colleagues in Virgin Care. It tackles the difficulties that many people face when trying to stop smoking by encouraging the use of a safer alternative, an E-Cigarette.

Time to switch is great for anyone who doesn't think they can stop smoking, but would consider switching to vaping. Using an E-cigarette (vaping) is significantly less harmful than smoking because you don't breathe in any of the tar or carbon monoxide.

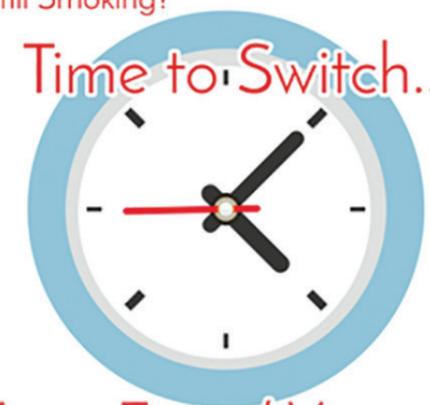
Switching brings with it a number of health gains and so for more information, or if you or a client / patient are keen on giving switching a go then please get in touch.

t: **01225 831852**

e: healthylifestyle@virgincare.co.uk

Still Smoking?

Time to Switch...



To an E-cig / Vaping

Campaigns!

Smoke free homes

There is no safe level of exposure to Secondhand Smoke (SHS). Children are particularly vulnerable to secondhand smoke, most of which occurs in the home.

Useful facts to be aware of!

- 1 Children who live in households where someone smokes on most days are exposed to about 7 x more smoke than children who live in smokefree homes.
- 2 Opening windows and using fans does not completely remove secondhand smoke.
- 3 Heating, air conditioning and ventilation systems, cannot eliminate exposure to secondhand smoke.
- 4 Secondhand smoke can travel through doorways, cracks in walls, ventilation systems and plumbing.

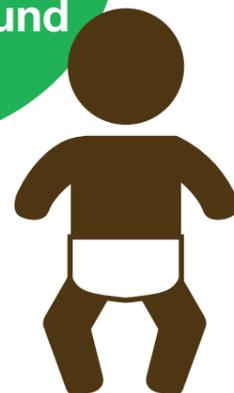


What can YOU do to Help?

- ✓ Promote awareness and knowledge of the risks
- ✓ Encourage parents to smoke OUTSIDE (and to have a smoking jacket that goes over clothes)
- ✓ Talk about practical issues openly (think about using open ended questions to encourage positive solutions)
- ✓ Bring it up in conversation at EVERY visit / interaction, not just once!
- ✓ Provide a CO (Carbon Monoxide) test as a positive motivation tool (contact us for more information on CO monitor training)

Secondhand smoke contains more than 4,000 chemicals

Babies, children and pets breathe in these chemicals when someone smokes around them



Training Opportunities!

Stop Smoking Service training dates 2018

Refresher / network update sessions

Date	Venue
Tuesday, 26th June, 2018	Turner Room, Paulton Hospital, Paulton
Monday, 4th March, 2019	Large Meeting Room, Keynsham Health Centre

All trained Stop Smoking Advisors must attend at least one Refresher/ Network Session annually to be able to deliver stop smoking support locally

One Day Stop Smoking Service Advisor Training Day

Date	Venue
Tuesday, 11th September, 2018	Turner Room, Paulton Hospital, Paulton
Monday, 4th March, 2019	Large Meeting Room, Keynsham Health Centre

New one day training for anyone interested in becoming a Trained Stop Smoking Service Advisor. To circulate to all interested people in Surgeries, Pharmacies, Hospitals, Dental Surgeries etc.

MECC Training

Making Every Contact Count (MECC) is about making the most of the opportunities to make a difference to people's health and wellbeing. By supporting people to make changes to their lifestyles it is possible to prevent ill-health, improve health and wellbeing and reduce health inequalities.

It lets individuals and organisations develop a different way of working with people to address health and wellbeing. Telling people what to do is not the most effective way to help them change. MECC is about altering how we interact with people through having healthy conversations and learning how to spot opportunities to talk to people about their wellbeing.

The MECC training programme is accredited by the Royal Society of Public Health and consists of two half day sessions to develop the skills and confidence to implement this approach and an e-learning resource to cover the knowledge base for MECC.

Please see our flyer for more information and up and coming training opportunities.



Training Opportunities!

Tobacco Control Workshop

Covers the following topics:

- ✓ **Illegal Tobacco**
- ✓ **E-cigarettes**
- ✓ **Smoke Outside (Smokefree Homes)**
- ✓ **Brief Intervention**

This training can be tailored to individual teams / organisation's needs. It provides teams with an opportunity to refresh your skills in motivational interviewing as well as providing a really good overview of Tobacco Control, the campaigns and latest updates. Contact Ruth Sampson to organise training for your team.

Please contact Ruth Sampson:
ruth_sampson@bathnes.gov.uk
01225 39 4066



Join the conversation, tweet us **@bathnes** or find us on Facebook, just search for **Bath and North East Somerset Council**.

Contact information

Stop Smoking Service / E-cigarettes

Telephone: **01225 831852**

Email: **healthylifestyle@virginicare.co.uk**

Website: **www.virginicare.co.uk**

Virgin Care

Email: **thehub@virginicare.co.uk**

Website: **www.virginicare.co.uk**

Twitter: **@HealthBaNES**

Facebook: **Search for Healthy Lifestyle**

Illegal Tobacco and Smokefree Homes

Telephone: **01225 394066**

Email: **ruth_sampson@bathnes.gov.uk**

Website: **www.bathnes.gov.uk/services/public-health**