

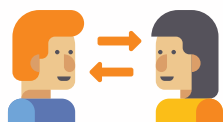
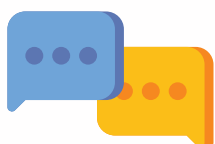
NEWSLETTER



YOUR STOP SMOKING SERVICE

We have helped 3508 people quit smoking between 1st August 2020 to 31st July 2021 across Hampshire!

FACE TO FACE CLINICS TO RESUME



We are pleased to be able to offer face to face clinics across Hampshire again. The team also continues to provide one to one telephone and video support to clients at a time convenient to them. For a list of up to date face to face clinics available, please contact Smokefree Hampshire.

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Please refer patients to our evidence based smoking cessation programme which includes **12 weeks** of behavioural support in combination with either:

- A supply of **NRT** via post delivered free of charge (no prescription charge) directly to the client
- **E-cigarette** voucher
- **Champix**

You can securely refer clients via:

- **Online referral form** at www.smokefreehampshire.co.uk
- **Call** 01264 563039 or 0800 772 3649
- **Email** smokefree.hampshire@nhs.net
- Referral form on **EMIS/Systemone** (GPs only)



MOBILE CLINIC

Spot our mobile clinic across Hampshire! Our outreach advisors have been working hard during the pandemic and continue to do so to improve accessibility to the service for Hampshire residents.

August 2021

GPS & PHARMACIES

The level 2 service can be offered directly from your location. We would be delighted to welcome you on board if you are not already providing the service. All training is free and advisors are supported by the Smokefree Hampshire team. To book a place please contact:

s4h.enhancedservices@nhs.net

"Considering the restraints we are all under with CV19 the Zoom meeting went well and nice to meet the faces behind the names!"

L2 ADVISOR TRAINING (for new advisors)

All training continues as usual virtually.

This training comprises of 2 steps:

1 Online NCSCT practitioner training which

can be accessed at the following link:

<https://elearning.ncsct.co.uk/england>

2 Follow up via an online training which will be carried out by Darush Attar. Current dates available are:

- **Sep:** 15th September (915am-445pm)
- **Oct:** 26th & 27th October (6-930pm)

REFRESHER TRAINING (for current advisors)

If you would like to attend a refresher training please see below for dates:

- **Oct:** 1st October (2pm-5pm)

CONTACT US

www.smokefreehampshire.co.uk

01264 563039 | 0800 772 3649 | Text QUIT to 66777

smokefree.hampshire@nhs.net

VERY BRIEF ADVICE

ASK DO YOU SMOKE?



ADVISE FREE HELP IS AVAILABLE

"the best way to stop smoking is with a combination of medication & specialist support"



ACT REFER TO SMOKEFREE HAMPSHIRE:

1. via the referral form on EMIS/SystemOne
The form is in the community folder > Smokefree Hampshire Referral (GPs)
or
2. online referral form accessed via www.smokefreehampshire.co.uk

COMING SOON...



We are delighted to welcome **Shape Up 4 Life Hampshire** - a tier 2 12 week weight management service which will be available for all Hampshire residents soon.

The service will consist of face to face sessions in the community, face to face interactive online sessions, a downloadable app and both open and closed groups - so that everyone can find something that suits them.

Watch this space to find out more!

 @SFreeHampshire

 @SFreeHampshire



Hampshire
County Council