

Stop Smoking Service - issue 4

Issue 2

February 2022

Supporting Scotland's Smoke-free Generation 2034



Forth Valley
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Hello, welcome to the 4th issue of our service newsletter and our first one of 2022. Hope you had a healthy start to the year after a well earned rest and, like us, are eager to make a difference to the health of our communities. Will 2022 be our most successful year yet? We can only achieve that with your continued support in referring people you work with who smoke to us for support to quit the habit altogether. Following steady rates of decline in recent years, smoking rates have increased during the pandemic as people find ways to cope. We are now finding that those people want to quit again, preferring the benefits of being smoke-free, and we can provide the support and

treatment they need to get back there. If you're still in any doubt as to why stopping smoking helps people feel better, check out our feedback, at: www.careopinion.org.uk to see the positive service reviews for yourself. Smoking remains the greatest preventable cause of death and a major cause of health inequalities. As Scotland aims for a less than 5% smoking population by 2034 we would like to highlight how easy it is to refer someone for support (see details in box below) and if you would like to find out how you could contribute to reducing smoking rates locally, there are open access (free) modules available online that could provide you with increased knowledge and confidence

to engage in conversations about smoking, This is in addition to Very Brief Advice which can take less than 15 seconds. With No Smoking Day in March, it could be the ideal time.

Visit these sites for more info:

<https://elearning.ncsct.co.uk/vba-launch>

<http://www.healthscotland.scot/learning-resources/stop-smoking-suite>

<https://www.ashscotlandmoodle.org.uk/>

Thank you
Hazel Cunningham

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

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

Smoking, workplaces, stress

Since 2005 smoking has not been permitted in enclosed workplaces, public buildings or public transport but was estimated to cost the UK economy **£14.1bn in 2018/19**. This includes **£7.2bn of lost earnings to working smokers** and **£6.9bn of lost earnings due to smokers being out of work**. ASH UK also calculated that employed smokers spend £2759 on cigarettes, annually.

The misperception that smoking relieves stress still persists but this relief from nicotine is only temporary and the stressor remains. Smoking while at work does not relieve stress but may cause or add to stress-like symptoms.

We will be speaking to work places through Healthy Working Lives Conversation Cafes to let managers know about the stop smoking service and how to refer their staff for support to quit. Encouragement from managers and time off to attend appointments can enhance success and with our online Near Me digital appointments, it's even

easier to attend during the day. Find positive ways to deal with your stress by visiting the website below.



Visit NHS Forth Valley [self help resource](#) page or sign up to [Step on Stress](#) for more information on ways to reduce feelings of stress.

Introduction Hi, my name is Robbie Meldrum and I have recently joined the NHS Health Promotion Service as a Stop Smoking Advisor. Before starting my new role I studied health psychology and worked for several years as a support worker helping to support people with learning disabilities. Through my experience I became extremely passionate about healthcare and health promotion and I am very excited to put what I have learned in my studies into practice whilst also learning new

skills. I love the idea that in this role I can make a difference by helping people live healthier and longer



Robbie and Big Cig say 'Be smoke-free for No Smoking Day'

Make today the day to quit your own way. Thousands of ex-smokers have quit using a range of expert support in Scotland. Start your unique journey and #QuitYourWay. #NSD2022 #NoSmokingDay

National No Smoking Day is promoting Quit Your Way this year. ASH Scotland developed promotional materials around Quit Your Way and key messaging such as: everyone having their own unique quit journey, immediate benefits of quitting for physical, mental and financial health and higher rates of success with help of local stop smoking service. Look out for and please share any social media posts you see with #quityourway #NSD2022 or #NoSmokingDay

Care Opinion feedback from a service user who felt they 'deserved to be that non smoker and live a longer healthier life' after repeated quit attempts successfully managed 12 weeks smoke free and beyond with the support of our advisors. Check it out www.careopinion.org.uk



Service-user Testimonials

Care Opinion is the platform used by NHS service users to feedback on their experiences of engaging with lots of different NHS services.

Several of our clients have posted about the benefits of using Forth Valley Quit Your Way and on stopping smoking.

Visit www.careopinion.org.uk to read them.

It may provide encouragement to hear experiences of those who have been in similar situations.

Download your own NSD resources:
www.ashscotland.org.uk/nosmokingday.



ASH Scotland look to inspire organisations to sign the Tobacco free Generation Charter and take action themselves to reduce the harms caused by tobacco.

There are already over 400 organisations signed up to it, including NHS Forth Valley, so check out their website and pledge to do your bit to help achieve a smoke-free Scotland (<5% smoking population) by 2034. It's everyone's business.

Upcoming Events

No Smoking Day: 9th March

Mental Health Awareness Week : 9th-15th May

Sign up and apply for £500



No Smoking Day

9 March 2022

Join the thousands of Scottish smokers who quit last year.

QUIT YOUR WAY

with free support from your GP, pharmacy or Quit Your Way Scotland.

www.quityourway.scot
0800 84 84 84

ash
scotland

#QuitYourWay #NoSmokingDay #NSD2022

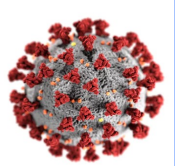
Long Covid & smoking

Coronaviruses are respiratory infections which can attack the lungs.

You may suffer from a cough when you have coronavirus which can persist. If you smoke, the best thing you can do is give up.

You will notice a benefit within 24 hours and will reduce the chance of contracting another viral infection. (British Lung Foundation).

The risk of infection from COVID-19 and severity of illness is still unknown for e-cigarette users but it is recommended not to share any devices to reduce the risk of infection.



If you live or work in Forth Valley and want to be a non-smoker in time for No Smoking Day 2022 call us now on 01786 433293.