

GP NEWSLETTER - STOPTOBER EDITION



What is Stoptober?

Stoptober is back for 2020, with the primary aim of encouraging the nation's smokers to make a quit attempt for the month of October and beyond. As with previous Stoptober campaigns, this year's campaign is founded on the evidence that if a smoker can quit for 28 days, they are five times more likely to quit for good.

How you can help

We have sent you Stoptober resources. Please feel free to use these on your social media and website. Don't forget to tag us on facebook and twitter at: @Sfreehamshire



For more information, please visit:
<https://www.nhs.uk/better-health/quit-smoking/>

SLA Training & Support

We are still here and continue to offer virtual support and training for any staff in GP surgeries that would like to deliver the service.

Advisor training

This training equips staff with the knowledge and skills to support smokers through a quit attempt which involves both behavioural support and medication. Current dates are:

- Tues 13th October
- Thurs 19th November

Refresher training (existing SLAs)

It would be useful to notify you with recent changes and updates. Current dates are:

- Thurs 22nd October
- Mon 30th November

To book or for any further information please contact either:

Chris McMahon
 Chris.Mcmahon@solutions4health.co.uk

Saima Akram
 Saima.Akram@solutions4health.co.uk

We are still here...

We are still here for your patients to sign up and access the service no matter where they live. All support is via telephone and they will continue to receive a direct supply of NRT posted to their home address or a Champix recommendation letter.



What we offer

A free 12-week evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product.

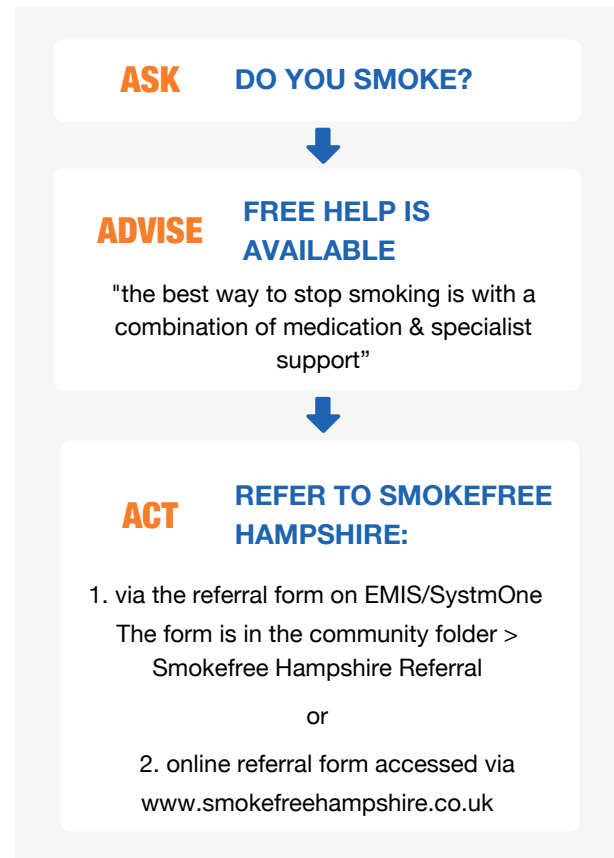
We can provide:

- a free supply of NRT (postal delivery)
- e-cigarette voucher
- Champix recommendation letter

All sessions are virtual (Telephone, Webchat)

VBA - How you can help

Deliver very brief advice for smoking cessation (VBA) which is a simple form of advice used opportunistically and takes less than 30 seconds.



Evidence shows the most effective way to help a smoker is with a combination of behavioural support and pharmacotherapy.

For any further information, please do get in touch.

CONTACT US

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