

# November 24th 2022

10am	Welcome & Introductions
10.15 – 10.45am	Southampton Smokefree Solutions update: <ul style="list-style-type: none"><li>• Training</li><li>• Data</li><li>• Stoptober Feedback</li><li>• Cost of Living Crisis</li><li>• Vaping</li></ul>
10.45– 11am	Sharing experience: Central PCN
11 – 11.30am	Open discussion



**Southampton  
Smokefree  
Solutions**

Supporting local health  
and care providers

# Training

## How much does it cost?

All training is free to all (in Southampton)

## Where is the training?

Online via MS Teams

## How do I book?

Booking can be made via the form at  
<https://form.jotform.com/222122139902345>

or email me (bespoke sessions available)



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# Training



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## **Level 2 Stop Smoking Practitioner Training**

- **Friday 2<sup>nd</sup> December 9am -5pm (FULL)**
- **Tuesday 7<sup>th</sup> February 9am – 5pm**

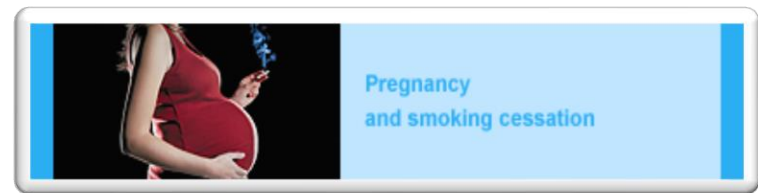
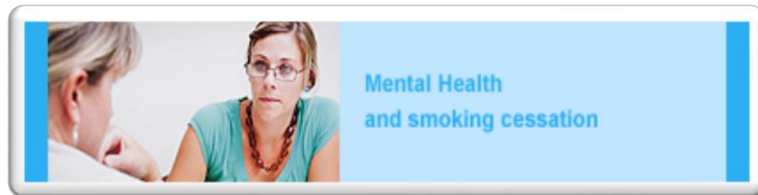
Prior to attending this training, the online NCSCT practitioner course needs to be completed which can be accessed at: <https://elearning.ncsct.co.uk/england>

1. Practitioner Training: Core competences in helping people stop smoking (Learning element)
2. Assessment of core knowledge and key practice skills (Assessment)

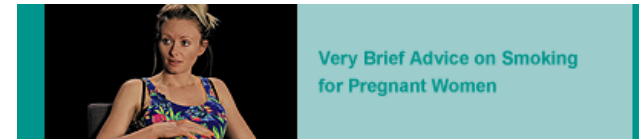
# NCSCT

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

## Specialty Modules: Pregnancy & MH



## Additional Modules



# Training



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## CPD sessions:

January 19<sup>th</sup> 8am – 9am medication

February 15<sup>th</sup> 12noon – 1pm pregnancy

March 23<sup>rd</sup> 2-3pm mental health

What time suits you?

# Training



## Very Brief Advice (VBA) training

Open to all staff at all organisations:

VBA encourages those who come into contact with smokers to confidently ask smoking status, advise on support available locally and act by referral to stop smoking support.

Wednesday 18<sup>th</sup> January

9.30am -12.30pm

Tuesday 7<sup>th</sup> March

1.30-4.30pm



Best training I've been on in a long time – I was interested the whole way through, so thank you!

# Data Collection



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**NHS Digital quarterly collection**. National collection of all smoking cessation data in the UK. All data is collated and forms part of the submission for Southampton City. This data informs future smoking cessation work including funding. Evidence base > Russell Standard > NHS Digital

<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-nhs-stop-smoking-services-in-england/april-2021-to-december-2021>

Q2 data (July – September) due by December 13<sup>th</sup> please

# Data Collection

	Deadline to SSS
Quarter 1 (April-June) 2022/23	13 <sup>th</sup> September 2022
Quarter 2 (July-September) 2022/23	13th December 2022
Quarter 3 (October-December) 2022/23	14th March 2023
Quarter 4 (January-March) 2022/23	13th June 2023



**Stopping  
smoking  
to breathe  
easier this  
Stoptober?**



**You've got this.**

Join the thousands of people  
who are quitting this Stoptober.

For free support

**Search Stoptober**

**What did you do?**



**Better  
Health**

Let's  
do this

Better Health Let's do this

NHS

# Quit Smoking



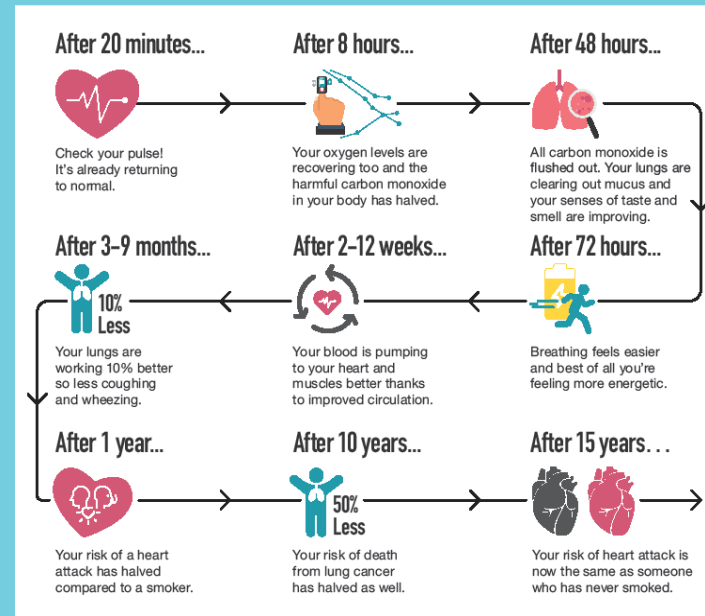
easy read

HM Government

NHS

## What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

Better Health Let's do this

HM Government

NHS

## We can help you stop smoking



Ask your GP for advice on the best way to quit smoking.

Search smoke free for more quitting support



Better Health Let's do this

# Social media



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**@southamptonSmokefreeSolutions**



**@southamptonSmokefree**



**@s\_smokefree**

# Quit with Bella

Your AI-Powered Personal Stop Smoking Robo-Coach

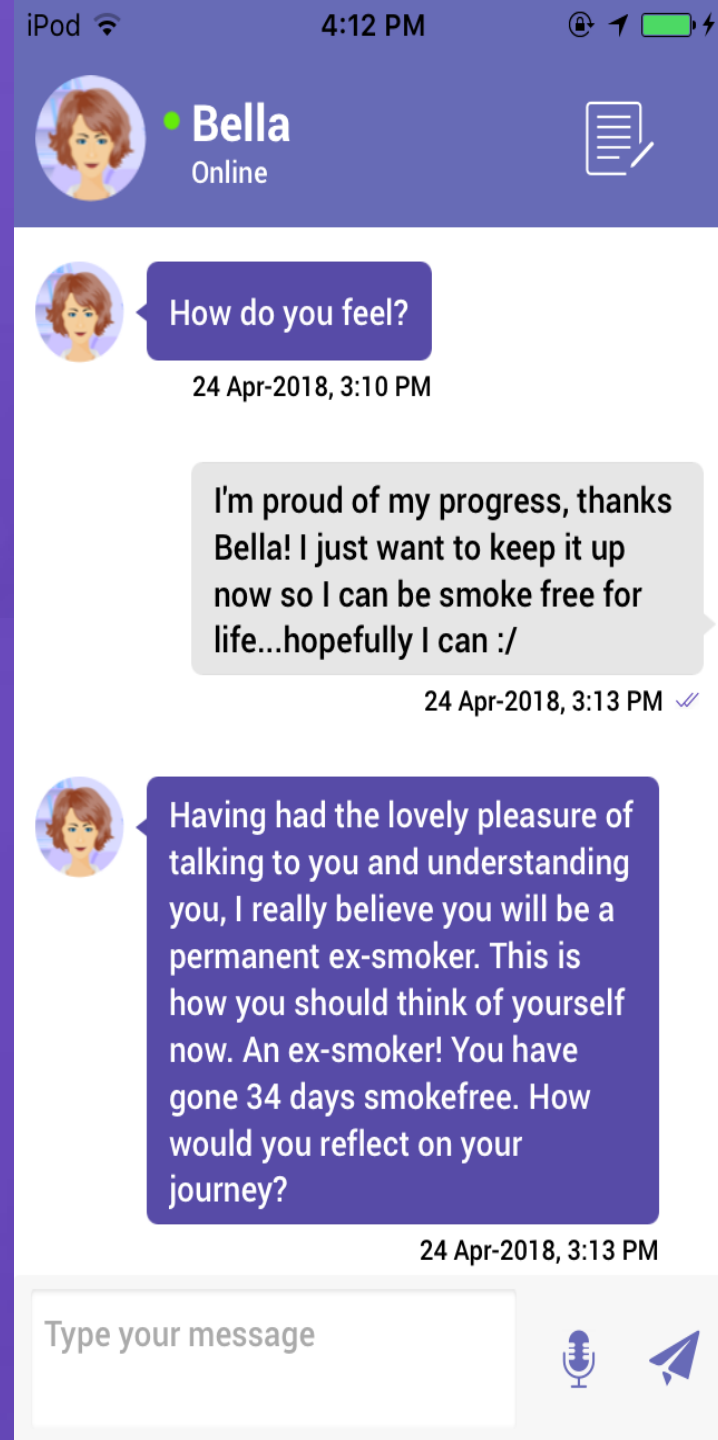
Download on the  
App Store

GET IT ON  
Google Play



- Expert 24/7 support, whenever you need it.
- Search 'Quit with Bella' now on App Store & Google Play for free stop smoking support.

 Solutions4Health



NEWS

POLITICS

FOOTBALL

CELEBS

TV

MONEY

ROYALS

## Smoking increases by 50% due to cost-of-living stress - the best ways to quit this Stoptober

The cost-of-living crisis is impacting people's health, with over half of regular smokers engaging in the unhealthy habit more often, a recent study has found

Quit smoking and stop living off takeaways to cope with cost of living crisis, Tory MP says

**Cost** of living: Fratton resident is saving hundreds of pounds thanks to council scheme to help smokers quit

Cost of living crisis forcing 80 per cent of Brits to quit smoking

Cost of living crisis 'could push smokers to counterfeit cigs'

# LGA: Illegal cigarettes risk widening health disparities during cost-of-living crisis

## Quitting smoking could be 'instant pay rise' amid cost-of-living crisis urges North East public health group

What is your  
experience?





# Cost of Living Crisis

- Southampton's libraries, family hubs and housing with care schemes are extending a warm welcome to residents who are concerned about the cost of heating their homes
- At council and community libraries, there is a programme of [free activities](#) (with free refreshments), plus access to books, newspapers and magazines, computer facilities and wi-fi.
- The family hubs provide family support, information for parents on childcare, volunteering, training and job opportunities, and 'learning through play' opportunities.

# Libraries

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Bitterne Library, Bitterne Road East SO18 5EG

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Central Library, Civic Centre SO14 7LW

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Lordshill Library, Lordshill Centre SO16 8HY

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Portswood Library, Portswood Road SO17 2NG

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Shirley Library, Shirley Precinct, Shirley High Street SO15 5LL

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Woolston Library, Centenary Quay, Victoria Road SO19 9EF

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Burgess Road Library, Burgess Road SO16 3HF

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Millbrook Community Library Coppice Children's Centre, Windermere Avenue SO16 9QX

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Thornhill Community Library, 328 Hinkler Road SO19 6DF

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YMCA Weston Community Library, 68 Weston Lane SO19 9HG



# Housing with Care schemes

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Erskine Court, Sutherland Road SO16 8FZ

Open Fridays, 11am-3pm, from 18 November 2022

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Potters Court, Wimpson Lane SO16 4JA

Open Tuesdays, 11am-3pm, from 15 November 2022

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They are opening their doors to allow the wider community to enjoy activities and a hot lunch in the on-site restaurants (charge payable for meal and some activities).

**Family Hubs:** open to families with children <5

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Ashby Centre, Stratton Road, Shirley SO15 5QZ

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Pickles Coppice, 65 Windermere Ave SO16 9QX

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Sure Start Clovelly, 60-68 Clovelly Road SO14 0AU

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Sure Start Townhill Park, Cutbush Lane SO18 2GF

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Sure Start Thornhill, Byron Road SO19 6FH

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Sure Start Swaythling, Honeysuckle Road SO16 3BZ

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Sure Start Weston, Foxcott Close SO19 9JQ

# Southampton Council Cost of Living Information Hub

- <https://www.southampton.gov.uk/life-events/getting-help-with-the-cost-of-living/>

## Supporting clients who want to stop vaping



Vaping: Supporting clients who want to stop vaping  
NCSCT: Nov 22

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This guidance is directed to stop smoking practitioners and the principles of the guidance can apply to wider team members including administrators and receptionists.

## Providing guidance to clients who ask about stopping vaping

When supporting clients who want to stop vaping, **our priority should always be to ensure that clients who stop vaping do not return to smoking cigarettes.** NICE recommends that people should use vapes for as long as they help prevent them going back to smoking.<sup>5</sup> As such, it is important to assess why clients want to stop vaping and their risk of relapse, and to plan and prepare appropriately to stop vaping either **gradually or in one step.**

When working with clients who want to stop vaping, it can be useful to organise support using the **Ask, Advise, Act** model.

**ASK**

Ask clients about their reasons for wanting to stop vaping

**ADVISE**

Provide accurate information, reassurance and clarify any misinformation in response to clients' reasons for wanting to stop vaping

**ACT**

Assess risk of relapse to smoking and offer tailored support to clients who want to stop vaping, either gradually or in one step

- Assess risk of relapse to smoking and offer tailored support to clients who want to stop vaping, either gradually or in one step.
- Assessing the client's needs and risk of relapse (using scaling question)
- Option to switch to NRT?
- Gradually reduce nicotine strength in vape
- Extend the time in between vaping
- Set rules

<https://www.ncsct.co.uk/usr/pub/Supporting%20stopping%20vaping.pdf>

# Cochrane TAG

- A team of Oxford researchers are searching for new e-cigarette studies every month.
- Funding from Cancer Research UK.

<https://podcasts.ox.ac.uk/series/lets-talk-e-cigarettes>



Vaping  
Evidence  
Review:  
Webinar on  
OHID  
vaping  
evidence  
review

- On **12<sup>th</sup> December 12:00 – 13:30**: talk through the findings of their most **recent evidence review**. The last in a series commissioned by PHE/OHID, this review is a detailed discussion of the evidence around relative and absolute harms from vaping.
- [Webinar registration | Microsoft Teams](#)



# Update to Cochrane Living Review on effectiveness of vaping for quitting

- This review has been updated to show 'strongest evidence yet' that e-cigarettes are more effective than NRT to help smokers stop. The Cochrane model for assessing effectiveness is considered the gold standard and they have a high threshold for deeming that there is 'high certainty' evidence.

They also found no evidence of harm when looking at follow-ups as long as two years, though note more longer term data is needed.

- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD010216.pub7/full>