

28th September 2023

10am	Welcome & Introductions
10.15 – 10.30am	Southampton Smokefree Solutions update
10.30 – 10.40am	Stoptober
10.40 - 11am	Vaping: young people, safe disposal, stop vaping support
11 – 11.30am	Open discussion



**Southampton  
Smokefree  
Solutions**

Supporting local health  
and care providers

# Training

## Level 2 Stop Smoking Practitioner Training

**29<sup>th</sup> September**

**1<sup>st</sup> December**

**9am – 4.30pm via MS Teams**

- Interactive training
- Concentrates on skills required to deliver the smoking cessation service
- 1 day

Builds upon the NCSCT practitioner training 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)

# Training

## Level 2 Stop Smoking Practitioner Update Training

Friday 8<sup>th</sup> December at  
9.30am – 12.30pm



## Practitioner Update Training

Free, fun and friendly session for all who are working as Stop Smoking Practitioners



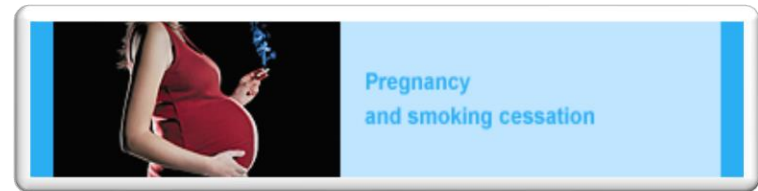
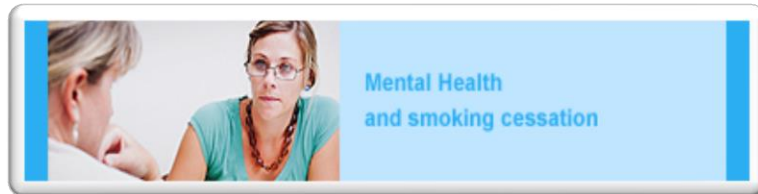
Friday 8th December 9.30am - 12.30pm  
Interactive session via MS Teams

To book please visit <https://Form.jotForm.com/222122139902345>  
or email [Southampton.SmokefreeSolutions@nhs.net](mailto:Southampton.SmokefreeSolutions@nhs.net)

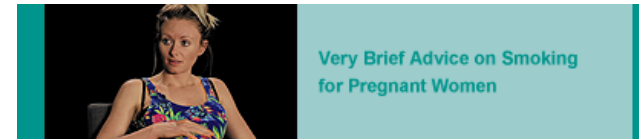
# NCSCT

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

## Specialty Modules: Pregnancy & MH



## Additional Modules



# Training



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## MASTERCLASS SERIES

3<sup>rd</sup> October: Stop Vaping Support

4<sup>th</sup> October: NRT

11<sup>th</sup> October: E-cigarettes

18<sup>th</sup> October: Data

25<sup>th</sup> October: Behavioural Support


1<sup>st</sup> November: Mental Health

8<sup>th</sup> November: Pregnancy

15<sup>th</sup> November: Managing Expectations

22<sup>nd</sup> November: Relapse prevention

29<sup>th</sup> November: VBA



1-2pm  
Informal  
Interactive

# Training



## Very Brief Advice (VBA) training

Open to all staff at all organisations:

- 30<sup>th</sup> November 2-5pm (accredited training)

Bespoke sessions available – we can attend Team meetings/ Target events

Flexible – min 30 mins

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.

I thoroughly enjoyed the course which was quite an education for me. I feel that I am now better placed to signpost those wanting to quit smoking.

# Training booking



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## **How much does it cost?**

All training is free to all for those working 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>

## **And:**

Bespoke sessions are available: we can attend team meetings, TARGET events etc

# Stoptober



- **Stoptober is back!**
- 'When you stop smoking, good things start to happen', reminding smokers of the many benefits of stopping smoking.
- A range of free resources are available for partners to order and download from the Campaign Resource Centre  
<https://campaignresources.dhsc.gov.uk/campaigns/stoptober-2023/>.
- Resources include digital posters along with a range of digital and social media assets for use on local channels.
- Social media posts



**STOP** TOBER

**STOP SMOKING AND  
GOOD THINGS HAPPEN**

Join the thousands of smokers  
committing to quitting this October

**Better  
Health** Let's  
do this

Search 'STOPTOBER'



HM Government

**NHS**



**STOP** TOBER

**STOP SMOKING AND  
GOOD THINGS HAPPEN**

**Food starts tasting better**

**Search 'STOPTOBER'**

**Better  
Health**

**Let's  
do this**

What are you doing for



# Vaping resources for secondary pupils

- [Mental wellbeing | Overview | PHE School Zone](#)
- [Better Health Every Mind Matters | Campaigns | Campaign Resource Centre \(dhsc.gov.uk\)](#)

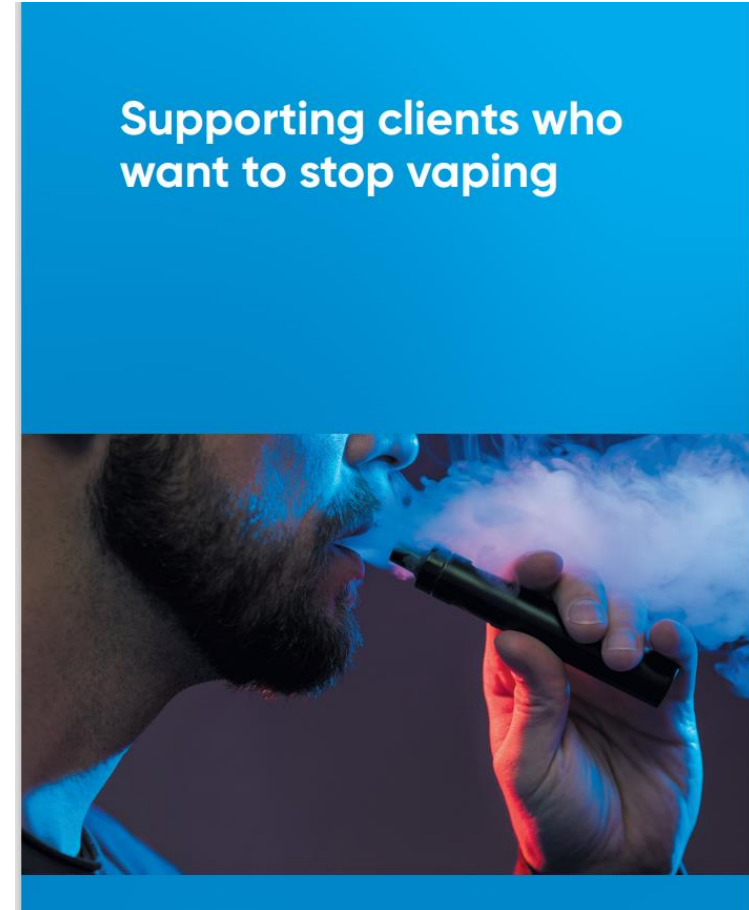
# ASH: <https://ash.org.uk/uploads/Addressing-common-myths-about-vaping-ASH-brief.pdf?v=1691052025>



- This short brief is to aid responsible reporting of the evidence about vaping and reduce Repetition of misconceptions as conventional wisdom; overstating the evidence, with caveats downplayed or missed out or presenting opinions as facts.
- The key points about vaping (e-cigarettes) can be easily summarised. If you smoke, vaping is much safer; if you don't smoke, don't vape. (The Chief Medical Officer, Professor Sir Chris Whitty)

# Stop Vaping Support

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



- Supporting clients to stop vaping does not mean delivering a multi-session behavioural support programme to help them do so, but instead means providing information and advice
- 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.
- 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



**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>



Any ideas to share  
based on your  
experience?



# Safe disposal of single-use vapes

- Vape users must be given the correct information on how to safely dispose of their used product
- Vapes contain lithium batteries that can cause fires
- Never throw disposable vapes in any bins
- Return to a vape shop or take to HWRC



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### Safer Disposal of Single-Use Vapes

Hundreds of millions of single-use/ disposable vapes are being sold in the UK that are helping millions of smokers to stop smoking cigarettes and remain smoke-free.

Single-use/ disposable vapes are, however, one of the most difficult to dispose of responsibly, mainly due to the built-in battery which is challenging to remove. It is essential to keep their environmental impact to a minimum so instead of binning, these need to be disposed of separately from general waste and recycling.

**What should we do with used single-use/ disposable vapes?**

Vapes contain lithium batteries that can cause fires. Never throw disposable vapes in any bins! They must be returned to a vape retailer or taken to a dedicated collection point at your local HWRC [Waste Prevention and Recycling | Hampshire County Council \(hants.gov.uk\)](#). For more information visit [www.takecharge.org.uk](http://www.takecharge.org.uk)

9.1% of adults in England use vapes, mostly smokers and ex-smokers and there is good evidence that vapes containing nicotine increase quit rates compared to NRT. Re-fillable vapes cause less waste and should be disposed of in the same way. Vape users must be given the correct information on how to safely dispose of their used products.

For further information please contact the team at Southampton Smokefree Solutions at: [southampton.smokefreesolutions@nhs.net](mailto:southampton.smokefreesolutions@nhs.net).  
For information and support on stopping smoking go to: [Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

