

21st March 2024

10am	Welcome & Introductions
10.15 - 10.30am	Southampton Smokefree Solutions update
10.30 - 11am	Guest Speaker: Gillian Golden, Chief Executive IBVTA
11-11.30am	Open discussion



**Southampton
Smokefree
Solutions**

Supporting local health
and care providers

Annual Survey

<https://forms.gle/gYLdHc6TLkNeovVo6>

Training

Level 2 Stop Smoking Practitioner Training

Friday 17th May

Wednesday 25th September

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: Masterclass



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<u>18th April</u>	Data & new data requirements
<u>25th April</u>	Behavioural strategies to support clients
<u>2nd May</u>	Nicotine Dependence
<u>9th May</u>	Managing Expectations
<u>16th May</u>	Which medication?
<u>23rd May</u>	Smoking & pregnancy
<u>30th May</u>	Vaping
<u>6th June</u>	Smoking & mental health
<u>13th June</u>	Relapse Prevention

Training



Very Brief Advice (VBA) training

- 20th May 1.30-4.30pm
- 3rd July 9.30am - 12.30pm

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.

Open to all staff at all organisations

Training booking



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All training is free to all for those working in Southampton



Online via MS Teams or f2f



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

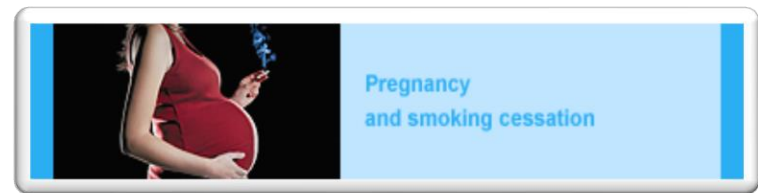
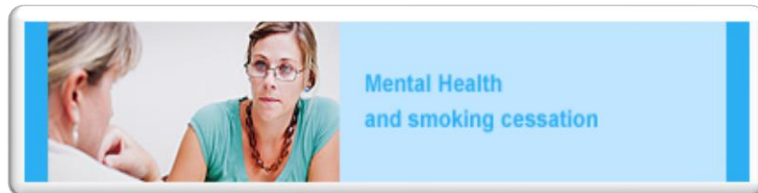


Bespoke sessions are available: we can attend team meetings, TARGET events etc

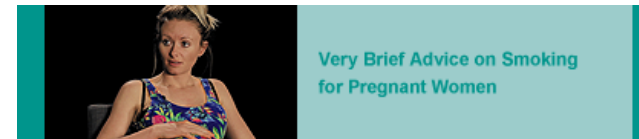
NCSCT

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

Specialty Modules: Pregnancy & MH



Additional Modules



Pharmacies offering the stop smoking programme - drop in free service

Bassett Pharmacy	Pharmacy Direct, Weston Health Centre
Bassil Pharmacy	Portswood Day Lewis
Bitterne Pharmacy	Regents Park Pharmacy
Burgess Road Pharmacy	Sangha Pharmacy
David Fogg Pharmacy	Shirley Pharmacy
Highfield Pharmacy	Nightingale Pharmacy
Lordswood Pharmacy	Superdrug Woolston
Millbrook Pharmacy	Telephone House Surgery

Changes to NHS Digital Data

Key Changes:

Effective **1st April 2024**, modifications will be necessary to your data collection templates to accommodate updated data submission requirements in the following categories:

- Gender
- Treatment type
- Intervention type

Additionally, NHS England has introduced new fields to be included in your service template:

- Referral into service
- Sexual orientation
- Swap to Stop

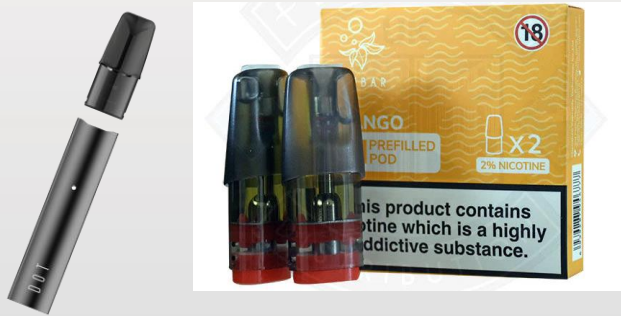


Independent British
Vape Trade Association

- Established in 2016
- Non-political, non partisan, not for profit
- Independent UK manufacturers, distributors & retailers
- Associate members - UK based suppliers and international brands
- Our stakeholders include:
 - Government Departments, regulators (MHRA, OPSS, DEFRA, DHSC, etc),
 - Trading Standards & CTSI, NCSCT, local authorities, public health NGO's and academics



Pre-filled pod devices



- Device – rechargeable battery
- Prefilled pods sold separately
- Device/brand specific

Refillable pod devices



- Device – rechargeable battery
- Empty pods sold separately, refilled by the user
- Pods can be refilled several times then replaced
- Lower running costs

Open systems



- Device, refillable tank, atomisers and liquid all separate
- Built in or replaceable battery
- Higher initial outlay, lower running costs



- Nicotine strength is important – vapers self-titrate
 - Too low, won't be satisfying
 - Can reduce nicotine strength over time
 - 20mg per ml of nicotine – 0mg
- Flavour is important – to make the switch
 - Tobacco flavours don't taste like a cigarette
 - Might take a few tries to find their flavour
- “If at first you don't succeed, don't give up!”



- Lots of media attention around vaping and regulations, new vaping duty, illicit products
- Ban on single use vapes coming into force 1st of April next year (Environmental Protection Act)
- Important to reassure those looking to quit **vaping is still less harmful than smoking**
- Getting comms around the ban right is supported by DEFRA and public health advocates

- As with all electrical and battery waste, once products reach end of life, vital they are sent for recycling, not thrown away



www.recycleyourelectricals.org.uk

A screenshot of a web interface for finding recycling locations. It features a pink header with a progress indicator showing three steps, with the first step highlighted. Below the header, there is a bold heading: 'If you're ready to recycle, let's start with your postcode to find your nearest recycling locations'. Underneath is a text input field with the placeholder 'Enter your postcode or address' and a sub-field with 'Enter a location'. At the bottom right, there is a button with a location pin icon and the text 'Use my current location'.



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