



**Southampton  
Smokefree  
Solutions**

Welcome to our Newsletter for Stop Smoking Practitioners in Southampton

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## Training

**Practitioner training** for new staff who would like to deliver the evidence-based stop smoking intervention.

- Mandatory Practitioner Training: Core competences in helping people stop smoking (Learning element) can be accessed <https://elearning.ncsct.co.uk/england>
- Assessment of core knowledge and key practice skills (Assessment)

This can take around 7 hours to complete but does not have to be accessed all at once.

Optional Practitioner Interactive Skills training via MS Teams:

- Friday 17th May 9am – 4.30pm
- Wednesday 25th September 9am – 4.30pm

**Very Brief Advice (VBA)** training encourages those who come into contact with smokers to confidently ask smoking status, advise on the most effective way to quit and act by referral to local stop smoking services.

CPD accredited Very Brief Advice (VBA) via MS Teams:

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

Bespoke sessions available to your teams. Training can be booked here:

<https://form.jotform.com/222122139902345>

**Masterclass training** (Thursday at 1-2pm) for anyone who is delivering a stop smoking service. These interactive, informal sessions are on different topics designed to provide information, provoke thought and promote discussion. No booking is necessary – you will automatically receive an invite via MS Teams.

- 18th April: Data and new data requirements
- 25th April: Behavioural strategies to support clients
- 2nd May: Nicotine dependence
- 9th May: Managing expectations
- 16th May: Which medication?
- 23rd May: Stopping smoking and pregnancy
- 30th May: Vaping
- 6th June: Stopping smoking and mental health
- 13th June: Relapse prevention



## Swap to stop

**Swap to stop** is the new government initiative to help smokers quit cigarettes by switching to vapes. Currently in Southampton, we have 2 projects underway; the first with people who are experiencing homelessness and drugs and alcohol misuse and the second amongst SCC staff. Smokers signing up to this receive a vape starter kit and e-liquid plus behavioural support.



## Pharmacy support

The following pharmacies are delivering the stop smoking service – this is a stand-alone service where behavioural support plus pharmacotherapy is available.

- **Bassett Pharmacy**, 19 Burgess Road, SO16 7AP - 023 9078 1413
- **Bassil Pharmacy**, 55A Bedford Place, SO15 2DT - 023 80322458
- **Bitterne Pharmacy**, 62A West End Road, SO18 6TG - 023 8043 4849
- **Burgess Road Pharmacy**, 357A Burgess Road, SO16 3BD - 023 8067 9991
- **Highfield Pharmacy**, 29 University Road, SO17 1TL - 023 8058 2482
- **Lordswood Day Lewis**, 398 Coxford Road, SO17 2NF - 023 8055 3673
- **Millbrook Pharmacy**, 168 Windermere Avenue, SO16 9GA - 023 80 774786
- **Portswood Day Lewis**, 195 Portswood Road, SO17 2NF - 023 8055 3573
- **Regents Park Pharmacy**, 61 Regents Park Road, SO15 8PF - 023 8077 1286
- **Sangha Pharmacy**, 48 Thornhill Park Road, SO18 5TQ - 023 8046 2333

- **Shirley Pharmacy**, 17 Grove Road, SO15 3HH - 023 8078 9626
- **Superdrug Woolston**, 15/17 Victoria Road, SO19 9DY - 023 8044 2753
- **Telephone House Pharmacy**, 71 High Street, SO14 2NW – 0238083920



## New data requirements

From 1st April 2024, there are significant upcoming changes to the NHS England Stop Smoking data submission process, announced by NHS England which will affect your service delivery.

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

The new NHS Digital spreadsheet and also the 'simpler' spreadsheet have been sent to data leads – please get in touch for further clarification if required.



## Practitioner network meetings

These are informal, friendly meetings for anyone who is delivering a stop smoking intervention in Southampton City where we share best practice, provide updates and support each other. The meetings are delivered by MS Teams for your convenience and the upcoming dates are:

- Thursday 6th June 10am – 11.30am
- Wednesday 24th July 10am – 11.30am
- Thursday 26th September 10am – 11.30am



# CGL - No Smoking Day 2024

Alongside her other duties, Angelina, the Lead Smoking Cessation advisor at CGL, Southampton says “With our client group, their confidence and expectations of success can be low due to previous failed quit attempts. They often have other addictions too, that they are trying to control so they are taking on a lot but this can also be a benefit as they are currently making behavioural changes. I have found that they really like the 1-to-1 aspects that our service offers and this helps build up trust and allows us to connect with them. And that trust and connection can then be used to motivate and make them more aware of the positive impacts quitting smoking can have.”

CGL held a special event for No Smoking Day. The aim was to make as many people aware of the service offered in house, and went on to exceed expectations. After decorating the venue with balloons, posters and banners and offering free food and refreshments, over 20 people signed up to the stop smoking service and many more took information and a Carbon monoxide test.



## Vaping guidance

Please take a look at this useful resource which signposts to trusted sources for guidance about vapes and vaping. It summarises the current evidence about the risks involved and about how effective vapes are for people who use them to quit smoking.



### Contact us

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