

Thursday
22nd
May

10am	Welcome & Introductions
10.15 – 10.45am	Southampton Smokefree Solutions update
10.45 – 11.10am	Sharing good practice across organisations
11.10 - 11.30am	Open discussion

Training

Level 2 Stop Smoking
Practitioner Training

Friday 13th June

9am – 4.30pm

Friday 12th September

9am – 4.30pm

Level 2 Stop Smoking Practitioner

This is the basic qualification to deliver the stop smoking intervention

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

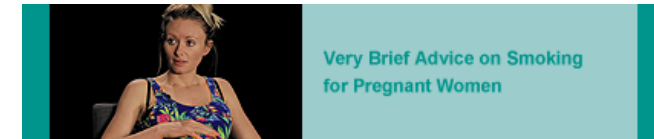
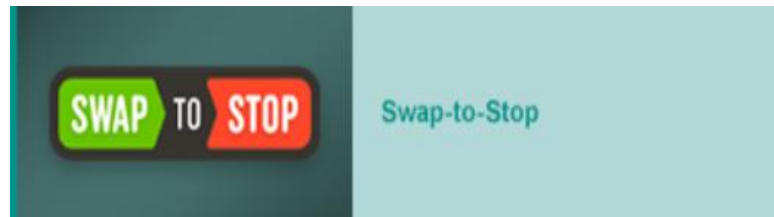
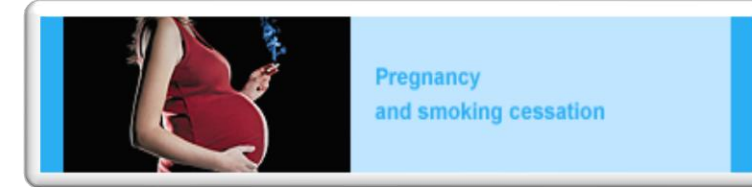
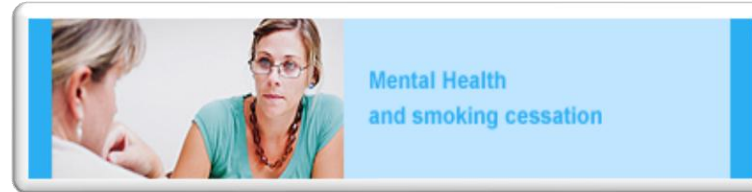
Builds upon the NCSCT practitioner training which can be accessed at: <https://elearning.ncsct.co.uk/england>

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

NCSCT

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

Specialty & Additional Modules



Masterclass

*1 hour short interactive sessions
designed to update and share
knowledge*

- **5th June: Managing Expectations**
- **12th June: NRT**
- **19th June: Smoking cessation data requirements**
- **26th June: Complex cases**
- **3rd July: Vaping**
- **9th July: Cytisine and Varenicline**
- **17th July: Smoking cessation and pregnancy**
- **24th July: Smoking cessation and mental health**

1 – 2pm via Teams

Interactive, informal bite sized sessions to keep you updated

You will automatically be sent the link

Practitioner Update



Tuesday 10th June

7pm – 9pm



Wednesday 24th September

7pm – 9pm



Thursday 4th December

7pm – 9pm

Very Brief Advice (VBA) training

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.

Thursday 10th July 1.30pm – 4.30pm

Open to all staff in all organisations.





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Smokefree
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Supporting local health
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Solutions4Health

Training booking

- All training is free to all for those working in Southampton
 - Online via MS Teams or f2f
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- Booking can be made via the form at <https://form.jotform.com/222122139902345>
 - Bespoke sessions are available

Tobacco & Vapes Bill

Introduction of a smoke-free generation by gradually phasing out the sale of tobacco products across the country: the bill makes it an offence to sell tobacco products, herbal smoking products and cigarette papers to anyone born on or after 1 January 2009. Children born on or after this date will never be able to be legally sold tobacco products, breaking the cycle of addiction and disadvantage.

From 1 June 2025, it will be illegal for businesses to sell or supply, offer to sell or supply, or have in their possession for sale or supply all single-use or 'disposable' vapes. This applies to:

- sales online and in shops
- all vapes whether or not they contain nicotine

Implications for us

Ensure you know the difference between a single-use and a reusable vape.

A Reusable vape is a device that has a:

- *chamber, pod or tank you can refill using e-liquid you've bought separately*
- *rechargeable battery*
- *removeable and replaceable coil*

Reusable nicotine-containing vape products that are regulated by MHRA, have been identified as a first choice stop smoking aid and recommended that people who smoke and want to quit should be advised that nicotine-containing vapes, when combined with behavioural support, are more likely to result in them successfully stopping smoking (NICE, 2021)

Any patient using a single-use vape should be informed about the ban and encouraged to recycle these products at the local HWRC or returned to a vape retailer



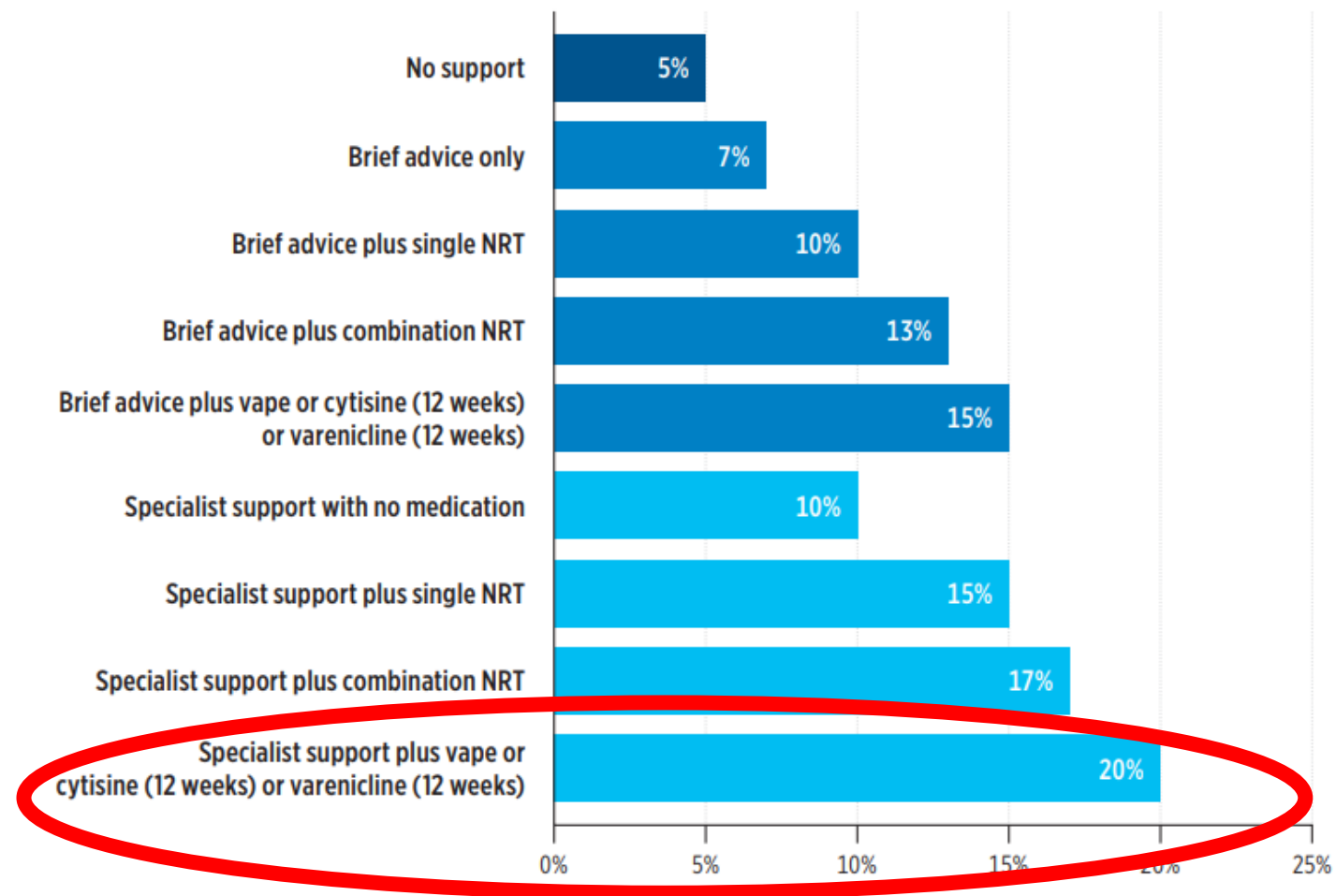
Made the switch from smoking to vapes?

Now switch to reusable vapes

- ✓ Only 'disposable' vapes are banned from June 1st
- ✓ Reusable vapes are cheaper and easy-to-use
- ✓ Recycle all your used vapes, don't bin them
- ✓ Bring them back to your retailer, or search for your nearest recycling point at recycleyourelectricals.org.uk



Independent British
Vape Trade Association



Health and social care professionals: recommendations for practice

It is in the best interests of people who smoke that we are open to vaping in people keen to try it.

1. Provide advice on vaping that includes:

Vapes provide nicotine in a far less harmful form than smoking tobacco; the harm from smoking is not caused by nicotine.

Some people find vaping helpful for quitting, cutting down the amount of tobacco smoked and/or managing temporary abstinence from smoking.

There is a wide range of vapes and people may need to try various types, flavours and nicotine strengths before they find something suitable for them.

Vaping: a guide for health
and social care professionals



NCSC

Vaping is not like smoking and people may need to experiment and learn to use vapes effectively

People who vape might also report that the frequency they vape has increased relative to how often they smoked.

People who vape and still smoke cigarettes (e.g., to reduce the number of cigarettes that they smoke) may need to consider changing devices and/or nicotine concentrations when making a quit attempt.

If withdrawal and cravings for smoking are not being effectively managed by using a vape, it can be combined with a form of nicotine replacement therapy (NRT), such as the patch.

Although some health risks from vaping may yet emerge, these are likely, at worst, to be a small fraction of the risks of smoking. This is because vapour does not contain the products of tobacco combustion (burning) that cause lung and heart disease, and cancer.

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- 2. Multi-session behavioural support** provided by trained stop smoking practitioners will improve the chances of successfully stopping smoking whether or not people use vapes. Encourage clients to familiarise themselves with the use of their vape before setting a quit date.
 - 3. Stop smoking services** can provide behavioural support to clients who are using vapes to stop smoking and can include this in their national data returns.
 - 4. Clients of stop smoking services** who are using vapes and who also want to use NRT can safely use the two in conjunction; they do not need to have stopped using a vaping device before they can use NRT.
 - 5. Services should routinely offer vaping starter packs.**

Taken from <https://www.ncsct.co.uk/library/view/pdf/Vaping-a-guide-for-health-and-social-care-professionals.pdf>

Safe disposal of 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

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.
For information and support on stopping smoking go to: [Quit smoking - Better Health - NHS \(www.nhs.uk\)](#)





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Swap to Stop: the story so far in Southampton

What is Swap to Stop?

The Swap to Stop scheme is a world-first national initiative to encourage people who smoke in England to switch from cigarettes to nicotine vapes.

One million people will receive free vape starter kits and behavioural support to help them stop completely.

There are a choice of products, strengths and flavours that will allow people who smoke to find the product that works best for them.

What is Swap to Stop?

Either vouchers or vapes can be ordered

Vapes are MHRA regulated and chosen from a procurement platform

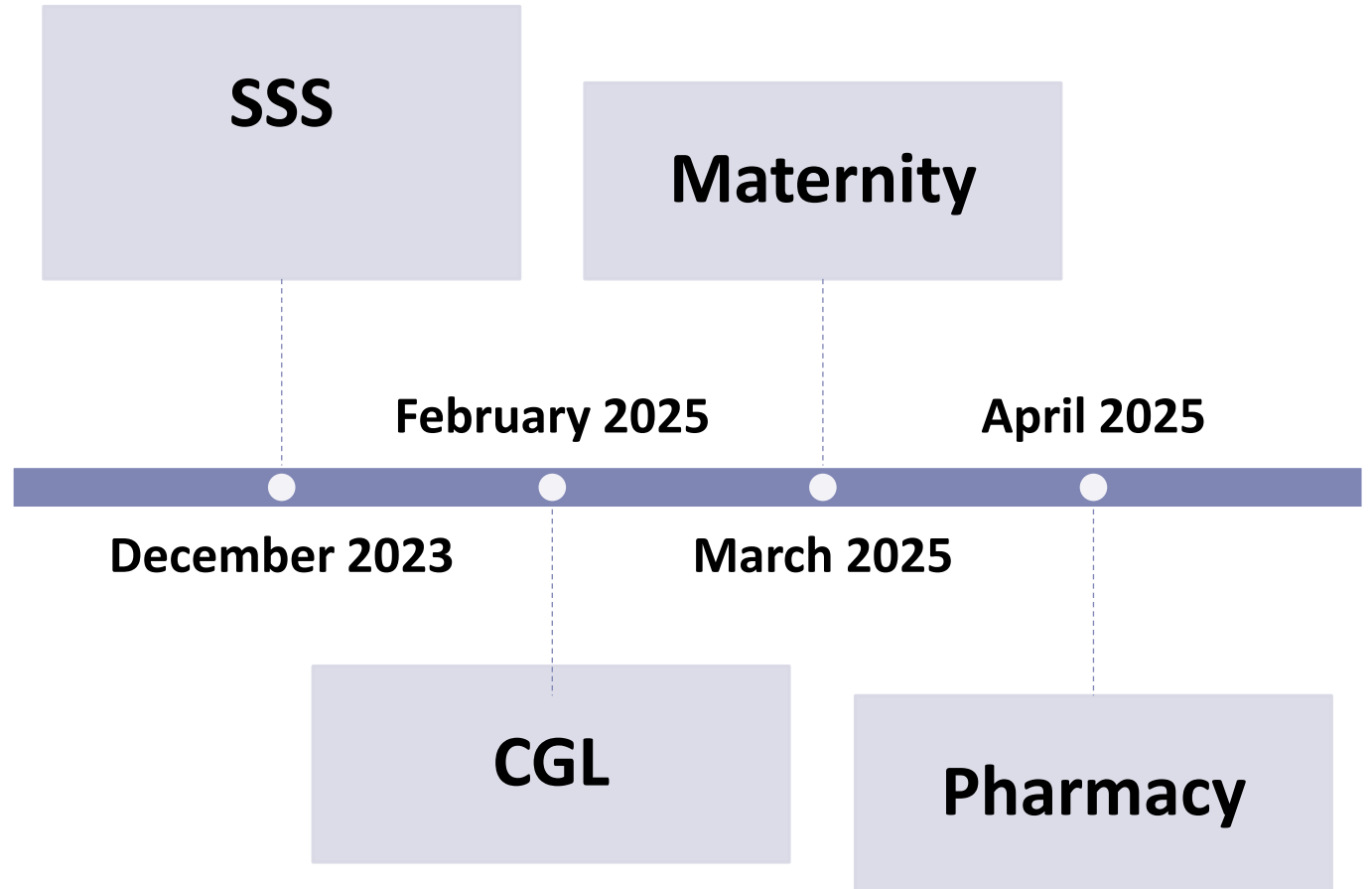
All clients must be followed up at 4 weeks

Criteria:

behavioural support will be provided alongside the vape starter pack

activity will be captured and reported via the existing Stop Smoking Service Quarterly Return

Organisations



Resources:



NCSCT briefing – Vaping: a guide for health and social care professionals

Vaping: a guide for healthcare professionals online training module

NCSCT: Swap to Stop





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0800 999 1485



For further information please get in touch

0800 999 1485

Southampton.smokefreesolutions@nhs.net



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