



Welcome to our Newsletter for Stop Smoking Practitioners in Southampton

Introducing Quitline

0800 999 1485

Who can call Quitline?

- Anyone who wants help to stop smoking. We have a triage system in place to allow smokers to receive the most appropriate support and we will refer patients to your service as appropriate.
- We provide telephone stop smoking support.
- We can also give advice to frontline practitioners looking to access stop smoking resources and support on behalf of clients.

What are the opening times?

- 9am - 5.30pm Monday - Friday
- Saturday morning
- Tuesday & Thursday evenings until 8pm

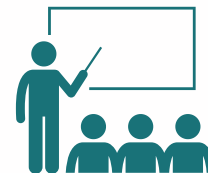
Can we help someone who wants to quit vaping?

Yes we can provide a single support session to help people wishing to quit vaping.

0800 999 1485

Training

Training can be booked here: <https://form.jotform.com/222122139902345>



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 13th June 9am – 4.30pm**
- **Friday 12th September 9am – 4.30pm**

Practitioner Network meetings 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 22nd May 10am to 11.30am**

Look out for the Teams link in your email which will automatically be sent to you.



Masterclass training 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. All sessions are 1pm to 2pm

- **5th June: Managing Expectations**
- **12th June: NRT**
- **19th June: Smoking cessation data requirements**

Very Brief Advice training is a simple piece of advice that can be used opportunistically in almost any consultation with a smoker, and takes less than 30 seconds. This training is for anyone who engages with smokers and is CPD accredited.

Bespoke shorter sessions are also available and can be delivered either in-person or via MS Teams.

- **Tuesday 13th May 9.30am – 12.30pm**
- **Thursday 10th July 1.30pm – 4.30pm**
- **Monday 22nd September 1.30pm – 4.30pm**



Tobacco and Vapes Bill

Smoke free generation

It will introduce 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.

Vapes

The Bill will also ban the advertising and sponsorship of vapes and nicotine products and allow ministers to regulate the flavours, packaging, and display of vapes so that they do not appeal to children. All vaping and nicotine products will be banned from being sold to under 18s and we will also ban the free distribution of these products.

Banning single-use vapes

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 stop smoking practitioners

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.

Stop Smoking Data



Background

- The purpose of stop smoking activity data is to help monitor and evaluate the effectiveness and reach of stop smoking services.
- It is designed to provide consistent information on people who have sought and received quitting help from an evidence-based service.
- Submission is via 'Stop Smoking Services Quarterly Monitoring Return' form.

The Russell Standard

- In order to improve the consistency and usefulness of the data collection and subsequent publications, it is important that all stop smoking services adopt strict criteria when deciding who to include in their monitoring return and the four-week quit status of clients.
- A smoker is counted as a **'self-reported 4-week quitter'** or **CO verified 4-week quitter** if a 'treated smoker', is assessed (face to face, by postal questionnaire or by telephone) 4 weeks after the designated quit date (minus 3 days or plus 14 days) and declares that s/he has not smoked even a single puff on a cigarette in the past 2 weeks.

Submitting your data

- Please include data of all service-users who have been receiving an evidence-based smoking cessation intervention. Please include all service-users who set a quit date during the quarter regardless of the outcome
- The 4-week outcome can be recorded during the period - 4 weeks post quit date (minus 3 days or plus 14 days).
 - **The outcome must be recorded as either:**
 - **a)Quit (CO verified. Below 10ppm is counted as a non-smoker)**
 - **b)Quit (self-reported)**
 - **c)LTFU (you have been unable to reach the client to ascertain an outcome)**
 - **d)Not quit**
- There should be no 'in progress' clients as all clients who are receiving an evidence-based smoking cessation intervention will be followed up at 4 weeks.
- The 4-week success rate (CO verified) should generally be above 40%. The self-reported 4-week success rate should generally be above 50%. This is calculated by dividing the quit outcome with the total number who set a quit date. Where four-week success rates fall outside a 35%–70% range this is reported as an 'Exception' and an explanation given to NHS Digital.



Pharmacy support

The following pharmacies are delivering the stop smoking service – this is a stand-alone service where behavioural support plus pharmacotherapy (NRT direct supply or Cytisine and Varenicline from the GP via pathway)

- **Bassett Pharmacy**, 19 Burgess Road, SO16 7AP - 023 9078 1413
- ***Bassil Pharmacy**, 55A Bedford Place, SO15 2DT - 023 8032 2458 (Polish, Hindi, Romanian, Arabic, French, Urdu, Spanish, Somali languages available)
- **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
- **Lordshill Pharmacy**, Lordship District Centre, SO16 8HY - 02380737161
- **Lordswood Day Lewis**, 398 Coxford Road, SO17 2NF - 023 8055 3673
- ***Millbrook Pharmacy**, 168 Windermere Avenue, SO16 9GA - 023 80 774786 (Polish language available)
- **Nightingale Pharmacy**, 67 New Road, Nettlely Abbey, SO31 5BN - 02381 782 844
- ***Pharmacy Direct**, 18 Commercial Street, SO18 6LW - 023 8044 0593 (Romanian language available)
- **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 (Urdu, Russian, Latvian, Punjabi language available)
- **Superdrug Woolston**, 15/17 Victoria Road, SO19 9DY - 023 8044 2753
- **Telephone House Pharmacy**, 71 High Street, SO14 2NW – 023 8083 9200
- **Well Pharmacy**, 326 Hinkler Road,, SO19 6DF

Contact us

Chris McMahon: 07773 474 305

Chris.McMahon@Solutions4Health.co.uk

www.SouthamptonSmokeFreeSolutions.co.uk

0800 999 1485

Southampton.SmokeFreeSolutions@nhs.net



@SouthamptonSmokeFreeSolutions



@SouthamptonSmokefree



@S_SmokeFree