

28th May 2026

Practitioner Network Meeting



**Southampton
Smokefree
Solutions**

Supporting local health
and care providers

10:00am	Introductions
10:15- 10:30am	Southampton Smokefree Solutions Updates
10:30- 11:00am	Quit With Bella – with Keshav Sankla (Director of AI & Innovations) learn how Bella can give free 24/7 additional support to your clients and assist with language barriers
11:00- 11:10am	Re-engagement – keeping the door open. Effective re-engagement approaches
11:10- 11:30am	Open Discussions

Training



Level 2 Stop Smoking Practitioner Training

17th May

15th Sept

9am – 4.30pm via MS Teams

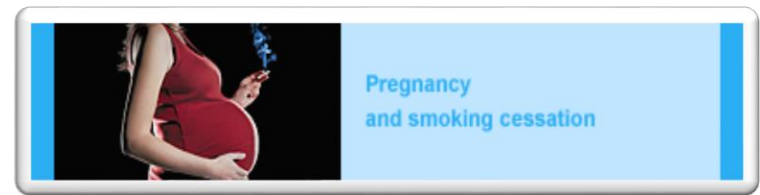
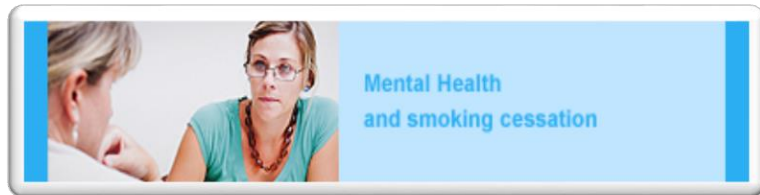
Prior to attending this training, the online NCSCCT practitioner course needs to be completed which can be accessed at: <https://elearning.ncsct.co.uk/england>

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

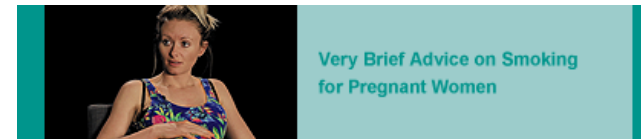
NCSCT

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

Specialty Modules: Pregnancy & MH



Additional Modules



Training



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Stop Smoking Practitioner Update/ Refresher Training

Wednesday 7th June 9.30am – 12.30pm

- Open to all practitioners who are delivering an evidence-based stop smoking service in Southampton.
- Free of charge
- Recommended yearly attendance
- Booking can be made via the form at <https://form.jotform.com/222122139902345>

Training



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Masterclass



Coming up...

Outreach and Engagement	MS Teams	1:00pm 4 th June
Problematic Clients and Scenarios	MS Teams	1:00pm 11 th June
Smokefree Families and under 18s	MS Teams	1:00pm 18 th June
Reengagement	MS Teams	1:00pm 25 th June

Call: 0800 999 1485
OR

Email: southampton.smokefreesolutions@nhs.net

1-2pm
Informal
Interactive

Training



**Southampton
Smokefree
Solutions**

Supporting local health
and care providers

Masterclass



Express!



**Stop smoking and
language barriers**

**MS
Teams**

**8th June
9am**

**Call: 0800 999 1485
OR**

Email: southampton.smokefreesolutions@nhs.net

**9:00-9:30am
Informal
Interactive**

Training



Very Brief Advice (VBA) training

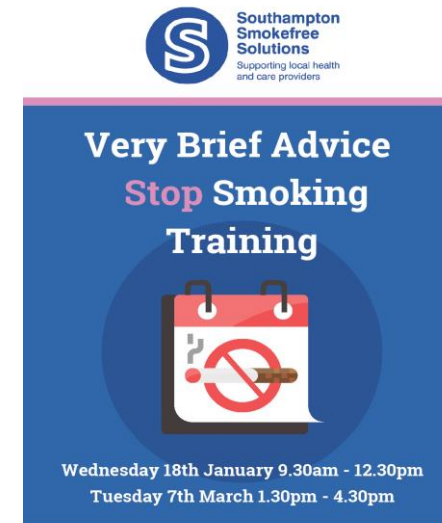
Open to all staff at all organisations:

- Wed 10th May 2-5pm
- Tues 19th September 9.30 – 12.30

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.



Best training I've been on in a long time – I was interested the whole way through, so thank you!

Training booking



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How much does it cost?

All training is free to all (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:

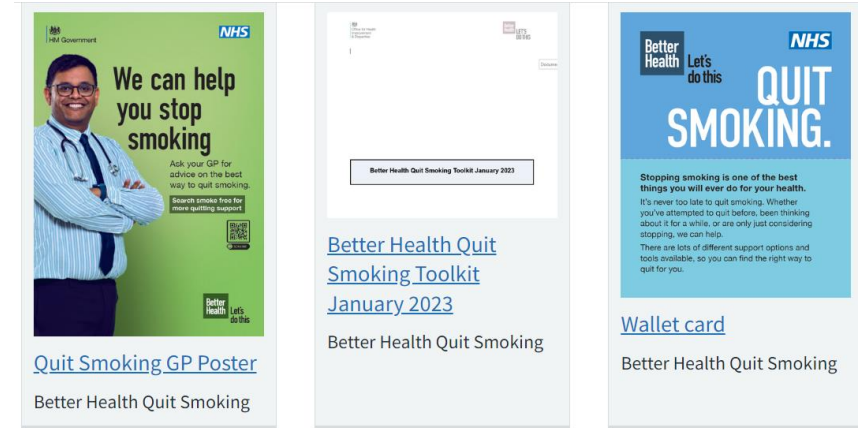
Bespoke sessions are available: we can attend team meetings, TARGET events etc



Campaigns

DEPARTMENT OF HEALTH RESOURCE CENTRE

- Posters
- Wallet Cards
- Digital Screen Animations
- NHS App Information
- Some available in Braille



Social media



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@southamptonsmokefreesolutions

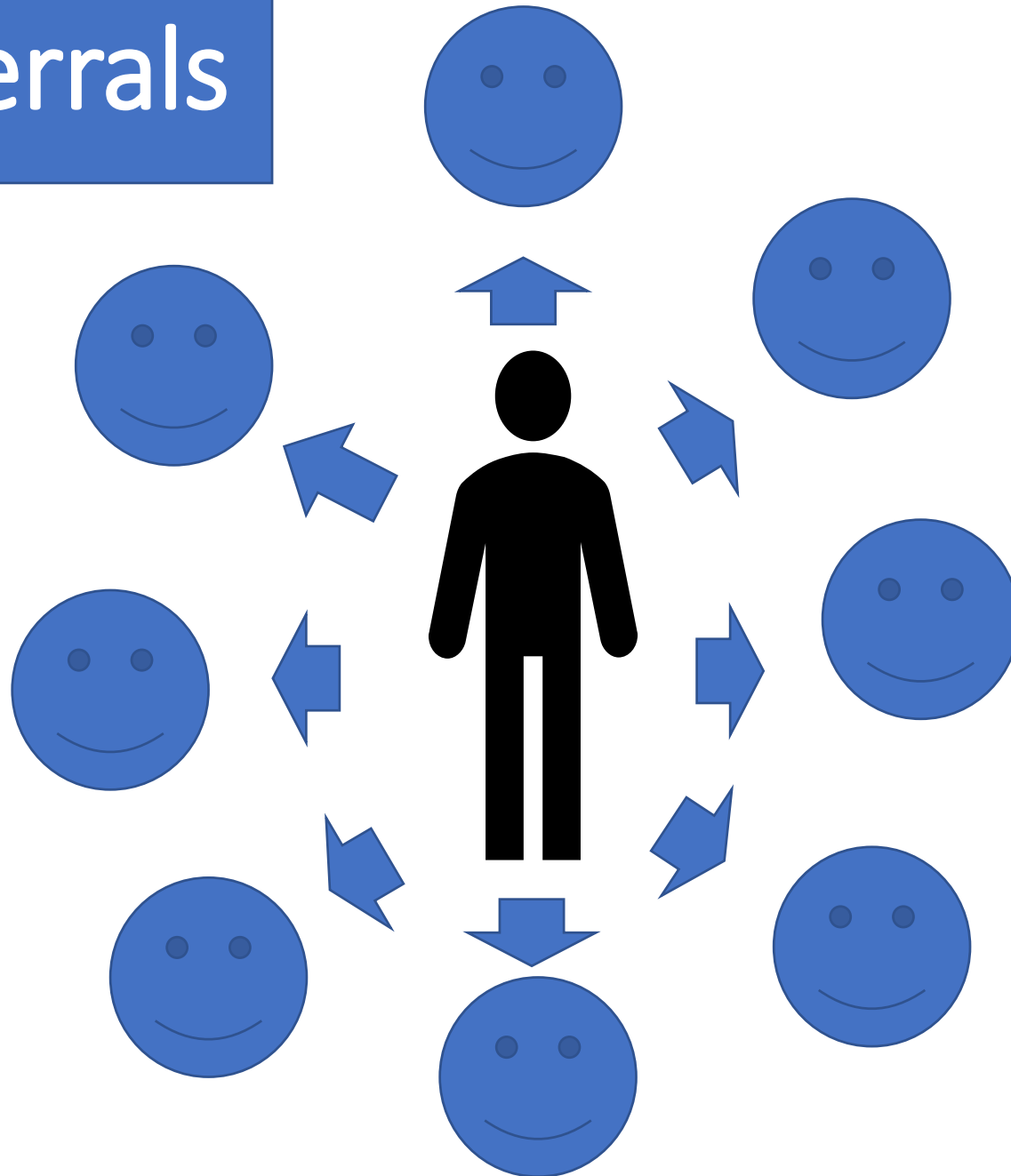


@southamptonsmokefree



@s_smokefree

Direct Referrals



Zyban

- <https://www.ncsct.co.uk/usr/pub/FAQs%20Zyban.pdf>
- <https://www.ncsct.co.uk/usr/pub/Zyban%20supply%20disruption%20-%20update%20and%20guidance%20on%20alternatives%20for%20clients.pdf>



Frequently Asked Questions

Switching from bupropion (Zyban) to an alternative stop smoking medication

It is worth remembering that we simply don't have scientific evidence for this clinical situation, we're making a best judgement call in response to most questions.

1. What can we use with new clients who are about to start a quit attempt?

Current treatment options are nicotine replacement therapy (NRT) and nicotine-containing vapes.



Bupropion (Zyban) supply disruption: update and guidance on alternatives for clients

GSK has conducted testing on the drug bupropion (Zyban) and the results indicate that there is the potential for the presence of nitrosamine impurities. As a result, on 1st December 2022 GSK placed an immediate hold on the batch release and distribution of Zyban 150 mg prolonged release tablets. GSK has initiated a root cause investigation to determine the best course of action and will provide an update when available.

We understand that at this point it's not possible to provide an indication of timings due to the complexity of the investigation.

New clients

Any new clients starting a quit attempt and interested in using Zyban should be advised to use an

Data Collection



NHS Digital quarterly collection. National collection of all smoking cessation data in the UK. All data is collated and forms part of the submission for Southampton City. This data informs future smoking cessation work including funding. Evidence base > Russell Standard > NHS Digital
<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-nhs-stop-smoking-services-in-england/april-2021-to-december-2021>

54.5% of people successfully quit (self-reported)

Of 130,737 people setting a quit date, 71,203 were successful

Of those successfully quitting, 5.6% had their results confirmed by CO verification

Quitting success(self-reported) increased with age

45.7% of those aged under 18 were successful, compared to 57.8% of those aged 60 and over

46.3% of the pregnant women who set a quit date successfully quit

Of 11,976 pregnant women setting a quit date, 5,539 were successful

Of pregnant women successfully quitting, 16.2% had their results confirmed by CO verification

Data Collection



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	Q1		Q2		Q3		Q4	
	SAQD	4WQ	SAQD	4WQ	SAQD	4WQ	SAQD	4WQ
Pharmacies	73	30	63	25	62	28		
UHS maternity/ LHC	65	44	60	37	25	8		
PCNs	245	92	217	105	247	89		
SSS	16	5	20	10	23	12		



National Monitoring

- The purpose is to help monitor and evaluate the effectiveness and reach of stop smoking services.
- 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.
- The CO verified 4-week success rate should generally be above 40%
- The self-reported 4-week success rate should generally be above 50% (recommended minimum figures for monitoring).
- Exceptions: Where four-week success rates fall outside a 35%–70% range.

Data Collection

	Deadline to SSS
Quarter 1 (April-June) 2022/23	13 th September 2022
Quarter 2 (July-September) 2022/23	13th December 2022
Quarter 3 (October-December) 2022/23	14th March 2023
Quarter 4 (January-March) 2022/23	13th June 2023