

Quit Talk!

Issue 3, Winter 2010

National No
Smoking Day is 3rd
March 2011

Come and join us
at the "All being
well" stall in
Kirkgate Market !

Training Courses:

Stop Smoking Skills - Brief interventions Training 2011

For professionals
working in Leeds who
would like to gain the
confidence in raising
the issue of stopping
smoking no matter
how little time you
have!

Thursday 27 Jan
Kirkstall Health Centre
1 – 4 pm

Thursday 24 March
Reginald Centre,
Chapelton
9.30 – 12.30 pm

Wednesday 4 May
Middleton Health Centre
1 – 4 pm

Wednesday 13 July
Armley Park Court
9.30 – 12.30 pm

Tuesday 4 Oct
Kippax Health Centre
1 – 4 pm

Wednesday 30 Nov
Middleton Health Centre
9.30 – 12.30 pm

It's nearly 2011 and, with your help, we're looking forward to welcoming lots of new clients into Leeds Stop Smoking Service in the new year.

2010 was a very successful year for the Specialist Service with 1692 quits between January and September, a 64% success rate.

In 2011 we'll be running over 45 sessions per week across the city. Clients have the choice of daytime or evening sessions and groups, drop-ins and 1:1 sessions. There's also the option of a home visit for those who are housebound or pregnant.

So please pass on our details to your patients!

How can clients make an appointment?

It couldn't be easier....

- **Call us free**
0800 169 4219
- **Text 'QUIT'** to
07811 542548
- **Visit our website**
www.leedscommunityhealthcare.nhs.uk/smoking
- **See NHS Choices**
www.nhs.uk/livewell/smoking
- **Email** stopsmokingleeds@nhs.net

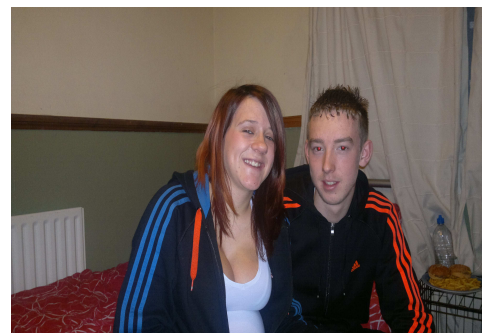
2011 will be an exciting time for Helen Swires (16) & John-Luke Paul (17) as they welcome their new baby into their Smokefree home!

Before Helen's pregnancy both smoked 10 -20 cigarettes per day but concern about the health of their baby and the cost of cigarettes led them to Leeds NHS Stop Smoking Service.

Helen and John-Luke were supported at home by our Fresh Air Babies (FAB) advisor, Julie Sutcliffe who they describe as "really helpful and supportive".

They have now been smokefree for 5 months and say that the benefits include faster recovery from viruses and more money to go towards the baby.

Their advice to other young people who smoke: "Stop smoking now. It's really worth it!"



Stop Smoking Skills – Annual Update Training for Intermediate Advisors

This update training is aimed at Stop Smoking Intermediate Advisors who are active and registered with the Leeds NHS Stop Smoking Service. Intermediate Advisors are required to attend yearly updates in order to maintain good evidence-based practice, maintain service-level agreement and continue to be registered with the Leeds NHS Stop Smoking Service.

Monday 28 Feb
Woodhouse Health Centre
1 – 4 pm

Thursday 9 June
Beeston Hill Health Centre
9.30 – 12.30 pm

Tuesday 27 Sept
Seacroft Hospital
1 – 4 pm

Friday 11 Nov
Armley Park Court
9.30 – 12.30 pm

Phone 0800 1694219 to book a place or visit

www.leedscommunityhealthcare.nhs.uk/smokingtraining

Client Feedback

As an NHS service, we follow guidance on what works best in helping people to stop smoking. But we wouldn't be here without our clients and their views about the service are very important to us.

Earlier this year we asked some of those attending our seven week **group support sessions** what they thought about us and for any ideas that could make our service better. Most comments were very positive and included:

“Support excellent”, “Friendly atmosphere”, “Useful hearing others going through the same things”, “Advisor is friendly and welcoming”, “Different treatments not pushed at certain people – allowed to make your own choice” There were also some ideas for changes, which we're now starting to introduce. Some clients wanted:

- **groups to last longer** - so we're trying out longer sessions in some of our groups. Clients also have the option of joining drop in sessions for longer term support;
- **a contract between client and the stop smoking service** – so we're currently asking what they'd like to see on the contract and will soon be introducing it into our groups;
- **a “buddy” system** so they can get more support from each other outside of the group – so from January 2011 we'll be giving out “buddy cards” for those who'd like to find a buddy; and
- **more information** to take away – so we're making sure there are leaflets available each week.

We also asked clients attending our **drop-in sessions** for their thoughts. Here are some of the comments from four of our drop-ins:

Bellbrooke drop-in: “The stop smoking service is fantastic. I'm well on my way to quitting”

Middleton drop-in: “Very good sessions. Have found it quite easy to stop smoking”. “Great to have the practical help at last. I can see light at the end of the tunnel!”

Parkside drop-in: “No one makes you feel guilty about not succeeding the first time and are positive when you come back and try again”

Armley Moor drop-in: “This is my first time stopping smoking. I've not had a cigarette for 5 weeks now and I intend to carry on”.

If you've got any feedback for us, please get in touch!

