

SMOKING FACTS



On average most people who QUIT save around **£150** each month. **That's nearly £2,000 a year** going up in Smoke. What else could you spend money on?



Breathing second hand smoke increase a child's or an adult's risk of lung cancer by 24% and heart disease by 25%.



After 5 years of stopping smoking the risk of heart attack falls to about half compared with a person who is still smoking.

Where to find healthtrainers



Call us TODAY on freephone
0800 9177752

Email us healthtrainers@humber.nhs.uk

Why not follow us on

 @healthtrainers1

www.readytostop.co.uk

www.nhs.uk/smokefree

www.eastridinghealthtrainers.com

The service is FREE and confidential.

You can contact healthtrainers weekdays between 8am and 8pm Monday – Friday across East Riding and Saturday Clinics available.

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.

The stop smoking service is commissioned by :



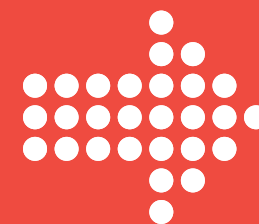
EAST RIDING
OF YORKSHIRE COUNCIL



Humber
NHS Foundation Trust



healthtrainers
STOP
SMOKING SERVICE



We can help
you QUIT

www.readytostop.co.uk




SMOKEFREE

The role of healthtrainers

in helping you to quit?

healthtrainers provide personal support and motivation to adults across East Riding to quit smoking and live a healthier lifestyle.

We all have issues in our lives which may affect our health in some way. You may want to stop smoking, get fitter, control your weight, or have a healthier diet, reduce your stress levels or just feel better about yourself.

If you want to stop smoking but don't know where to start a healthtrainer will be able to help you work out exactly how to begin your quit process, set a quit date and provide you with **Nicotine Replacement Therapy (NRT)** to support you in quitting and making your quit a successful one.

Healthtrainers are friendly, understanding and supportive. They will help and encourage you to achieve a successful quit and maintain the quit for good.

Your health trainer can help you stop smoking but also help with the following:

- 🍏 Healthy eating
- 🍏 Losing weight
- 🍏 Increasing Physical activity
- 🍏 Cutting down on alcohol
- 🍏 Sexual health
- 🍏 Reducing stress and anxiety
- 🍏 Isolation and loneliness
- 🍏 Drug misuse

And maintaining your stop smoking/tobacco status

Who are the healthtrainers

healthtrainers are people just like you. They have been recruited from the community, bringing with them a range skills, experience and local knowledge.

healthtrainers come from a variety of backgrounds. They have the knowledge and experience of living and working in the community and they understand how difficult it can be to make healthy choices sometimes.

healthtrainers have undergone extensive training including the NCSCT smoking practitioner training and they keep up to date with all the latest health information. They will be out and about at public events to give out information and support you.

healthtrainers will help you set achievable goals, develop your personal plan, identify and overcome barriers and provide ongoing encouragement and support. They know the local area and can put you in touch with local services, community groups, support and self help groups.

healthtrainers can spend up to an hour with you at each meeting. You can meet with them weekly or fortnightly for up to four-eight sessions if you need to. They also provide telephone support if you find it difficult to get out.

The team are ready and on hand to offer you 1:1 support and guidance to quit immediately, make the call today!

How do I get quit?

Please complete the slip below and post to healthtrainers office in Bridlington:

Humber NHS Foundation Trust
19 Quay Road, Bridlington, YO15 2AB

Call 0800 9177752 or email: healthtrainers@humber.nhs.uk

1. You will be contacted immediately upon the referral being received to book an appointment to see a health trainer face to face or to join a drop in clinic
2. During your first session your health trainer will set you a quit date and talk to you about maintaining the quit and how to set goals to ensure you achieve the stop smoking status.
3. You will be required to attend weekly to accept your NRT treatment and talk through with your health trainer any issues, concerns or barriers to fulfilling you're quit.
4. You will be asked to give a CO reading which will determine your smoking status as a quit or non-quit. If you remain a non-quit you will be asked to continue to see your Health trainer for a further 4 weeks and the support, guidance and motivation including NRT will be available.
5. If you achieve quit status at week 4, you will be offered further guidance, support and motivation to maintain the quit beyond the treatment intervention.

Referral Form (please cut out and post to address above) ✂

NAME

ADDRESS

D.O.B.

TEL NO.

GP SURGERY

ARE YOU READY TO QUIT? YES NO Please tick