

What will it mean for outpatients, carers and those receiving services in the community?

The Trust already has a 'No Smoking' policy in place for outpatient services and sites, including the grounds they are situated in. Now, there is the offer to take advantage of the range of support available to become Smokefree available to all our patients in the community.

Smokefree homes

'Second-hand' tobacco smoke (passive smoking) is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke breathed out by smokers. This is a known health hazard.

Creating a Smokefree environment at home and in your car protects your family from this hazard. Secondhand smoke harms everyone in your home, especially pregnant women, babies, children and young people; all of these groups are most sensitive to tobacco smoke.

If you are receiving services in your own home, then we would ask you to see your home as our staff's workplace whilst they are visiting and we respectfully ask you to refrain from smoking at these times.

Service contact details

Free advice and support to stop smoking is available for everyone from Smokefreelife Somerset through the following routes:

- Call 01823 356222
- Make contact through the website www.smokefreelivesomerset.co.uk

This leaflet is available in other formats, including easy read summary versions and other languages upon request. If this would be helpful to you, please speak to a member of staff.

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Smokefree



Information for patient and carers


SMOKEFREE *from 1 January 2018*
Somerset Partnership

On 1 January 2018 Somerset Partnership NHS Trust goes Smokefree. This means there will be no smoking anywhere on our hospital and community sites including the grounds and gardens.

Why are we doing this?

To ensure that we provide a safe, healthy environment for staff, patients and visitors and minimise the risk of harm to others, e.g. by passive smoking.

Smoking is the main cause of preventable illness and premature death in England. It causes a wide range of diseases and medical conditions, including cancers, respiratory diseases, coronary heart disease, impotence and infertility.

Smoking is the single largest cause of premature death and preventable ill health in England and 1 in 2 long term smokers die prematurely as a result of smoking.

People who experience a mental health problem are a particularly high risk group and have a reduced life expectancy of around 10-20 years; 70% of these deaths were as a result of smoking related illness.

As a healthcare organisation by going Smokefree, we will be meeting our responsibilities under The Health Act (2006), the National Institute for Health and Care Excellence (NICE) guidance on smoking in secondary care services (2013) and the NICE Quality Standard 82 Smoking: reducing tobacco use (2015).

What does it mean for patients when in hospital and what support will they be given?

As a Trust, we recognise it can be difficult to stop smoking and we are making sure there is support available to anyone who wishes to quit for good.

For those who do not wish to give up for good, help is available to combat nicotine cravings while on our premises and in our care.

On admission to inpatient wards, all patients will be advised about the Smokefree policy.

Trained Stop Smoking Practitioners will be available on all inpatient wards to provide support and practical help for patients with nicotine dependence – this could include Nicotine Replacement Therapy (NRT) in the

form of patches, gum, tablets or e-cigarettes and/or behavioural interventions.

This will mean that you receive help for dealing with craving for tobacco during your stay and you might find that the Smokefree experience is something you want to continue when you leave.

If you are concerned about managing in Smokefree places, the best thing you can do is to contact Smokefreelife Somerset on telephone, **01823 356222** and they will be able to discuss what help is available and provide you with support.

Somerset Partnership, your GP and the Smokefreelife service are encouraging you to seek the help and support you need from any of us to help you to stop smoking.

Thank you for helping to improve the health and wellbeing of our patients, visitors and staff now and into the future as a totally Smokefree NHS becomes a reality.

For more information please visit our website www.sompar.nhs.uk/smokefree/.