



Happy New Year 2024!

As we kick off the year, we would like to take this opportunity to express our gratitude for the incredible collaboration over the past year. Together, we have achieved great milestones, shared knowledge, and actively participated in local stop-smoking events across the Island.

Together we have passionately promoted the stop smoking service and our collective vision of working towards creating a healthier, smoke-free Island.



Photo credit: Sophie H

Vapes

Free Swap to Stop Vouchers!

Smokefree Island offers vouchers for a free vape starter kit as part of our stop-smoking programme. Vapes remain an excellent means to support someone to quit tobacco and vapes are much safer than cigarettes. Our Smokefree Island-approved vape stores and products meet Trading Standard requirements and our vape shop providers have been trained by us to provide gold star support to help people stop smoking. On the other hand, we continue to work with The Isle of Wight County Council to address the issues around underage vaping and illegal vapes.

Smokefree Day Challenge!

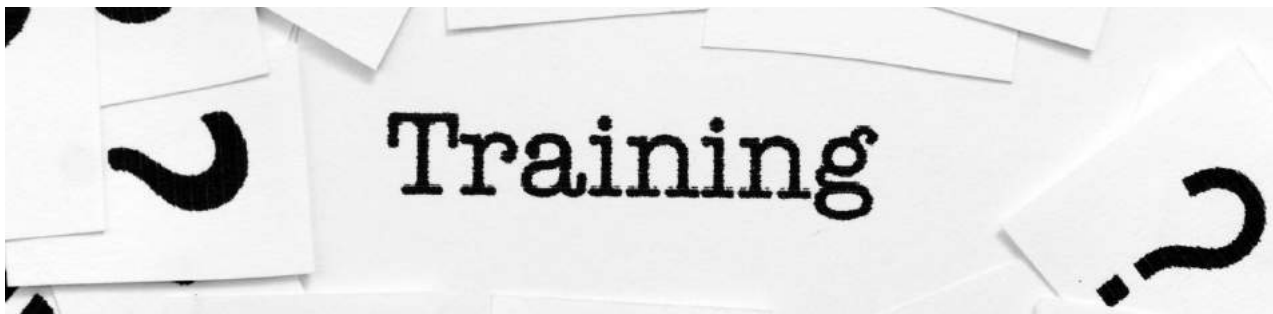
The Smokefree Island service is excited to invite local communities to take the Smokefree Day challenge. The aim is for all members of the community to be smoke-free for a day and importantly, this challenge is supported by local businesses, making it easier to go smoke-free. Havant and Rushmoor Council are taking up this challenge and we hope your Council Parish will join in too. Smokefree Island will be there to help smokers go smoke-free.

Training Opportunities: Very Brief Advice (VBA) Smoking

As we dive into 2024, we are thrilled to offer training opportunities, including the Very Brief Advice (VBA) in the smoking program. This simple, yet impactful advice can be seamlessly integrated into any discussion with a smoker, taking less than 30 seconds. It's a valuable tool for all health professionals engaging with smokers.

Visit: www.SmokefreeIsland.co.uk/Training to access the training and learn more.





Enhancing Your Skills: NCSCT Practitioner Course

Start the year by enhancing your skills with the online NCSCT practitioner course, available at <https://eLearning.ncsct.co.uk/England>

Bringing smoking cessation services to your setting

Have you thought about bringing our effective stop-smoking programme to your setting? Our services extend beyond traditional health settings, catering to diverse environments. By signing up, you unlock numerous benefits for both residents and staff.

Key Benefits:

- **Health and Wellbeing:** Our programme offers personalised support, enhancing overall health outcomes.
- **Trusted Support Networks:** This personalised approach fosters a supportive environment, crucial for successful smoking cessation.
- **Skill Development:** Staff members have the opportunity to acquire valuable skills in behaviour change and smoking cessation.
- **Community Engagement:** Implementing our programme fosters a sense of community engagement. Residents and staff collaborate towards a common goal, creating a shared commitment to a healthier and smoke-free environment.

To kickstart this initiative, simply request a copy of our service specification by emailing S4H.EnhancedServices@nhs.net. Let's work together to make a positive impact on the health and well-being of your community.

Upcoming Level 2 Practitioner training sessions:

Friday, 26th January 2024, 9 am - 4:30 pm via MS Teams

Friday, 22nd March 2024, 9 am - 4:30 pm via MS Teams

This training is open to anyone working in a health setting on the Isle of Wight who is passionate about becoming a stop-smoking practitioner.

As we enter the new year, we are excited to continue to build on this momentum and our shared successes. Thank you for your ongoing support, and we look forward to another year of meaningful collaboration.

Wishing you a prosperous and smoke-free 2024!



**30 seconds
to save a life**

Ask



Do you smoke?

Advise



**There is free help to quit and
it's easier to quit with support**

Act



Text QUIT to 66777

Free help to quit smoking



01983 642369



SmokefreeIsland.co.uk



@SmokefreeIsland

Scan me!



Contact

Juliana Goate: 07788 636 804
Juliana.Goate@Solutions4Health.co.uk

01983 642369 or 0800 999 1396
www.SmokefreeIsland.co.uk
Smokefree.Island@nhs.net



@SmokefreeIsland



@SmokefreeIsland



@SmokefreeIsland