

STOP SMOKING CLINICS.

The East Sussex Downs and Weald Primary Care Trust is offering free Stop Smoking clinics to local businesses

It has been over a year since the introduction of Smoke Free legislation banning smoking in virtually all enclosed public places and workplaces – current research since the ban shows that compliance with the law has been very high with both employers and employees. Feedback shows that the ban has made a positive difference to peoples working environment.

A smoke free environment has the potential to provide financial benefits for you including:

- **Reduced levels of staff sickness**
- **Greatly reduced “down time” as employees take less cigarette breaks thus improving productivity and overall staff morale.**
- **Provides an environment that can help people who want to stop smoking**
- **Therefore improving the health and well being of all employees.**

Research also indicates that 7 out of 10 smokers want to quit smoking and with this in mind our service would like to offer free Stop Smoking Clinics at your workplace. We can offer the following to you and your employees:

- Provide and prescribe Nicotine Replacement Therapy
- Advice and access to new drug treatments
- Carbon Monoxide Testing (a simple breath test)
- One to one consultation and weekly follow up during the initial first few weeks from quitting

The service we provide is flexible and can be provided at a time to suit the needs of your business. We aim to minimise any disruption to the day to day running of your business.

Interested? – download the attached questionnaire and send to:

**STOP SMOKING SERVICES
CENTENARY HOUSE
THE AVENUE
EASTBOURNE
BN21 3XY**

Alternatively contact 0800 917 8896 and speak to an advisor.

The service can be come to your workplace and provide a full range of stop smoking support, advice and nicotine replacement therapy (NRT). NRT can be dispensed on site at your workplace and clients who use the service will be monitored and supported by a workplace specialist advisor.

When you quit smoking, your body immediately starts to recover:

- within the first hour, your body begins to get rid of tobacco poisons;
- after eight hours, levels of nicotine and carbon monoxide in your blood will have halved;
- after a few weeks you should notice you have a better sense of taste and smell, your lungs are clearer and you have more energy. (This can take longer if you are a heavy smoker.)

How giving up can improve your health

- Smokers who stop before age 35 have similar life expectancy to those who have never smoked.
- Those who stop smoking before age 50 reduce their risk of dying from smoking-related diseases by half.
- Stopping smoking for 1 year lowers the excess risk of dying from a heart attack or stroke by half.
- Risk of developing lung cancer is lowered by 20-90% depending upon number of years of stopping smoking.
- Risk of getting oral cancer is halved after stopping smoking for 3-5 years and after 10 years the same as for lifelong nonsmokers.
- In those with Chronic Obstructive Pulmonary Disease (COPD), stopping smoking stops the decline in lung function.
- In women, stopping smoking before or during pregnancy reduces the risk of pre-term birth and low birth weight babies.

**FREE STOP SMOKING
CLINIC AT YOUR WORKPLACE**

PLEASE TICK ONE OF THE FOLLOWING CHOICES AND SEND TO

**STOP SMOKING SERVICES, CENTENARY HOUSE, THE AVENUE,
EASTBOURNE, BN21 3XY**

- 1) **I would like to provide a stop smoking service to my Employees. I understand that a Stop Smoking Advisor will Contact me in due course to arrange a meeting.**

- 2) **I am interested in having an information session provided by the stop smoking service. I understand that an advisor will be in contact to discuss and arrange a session.**

- 3) **I am interested in providing a service to my employees but need to know more before making a decision. I understand that an advisor will contact me in due course.**

- 4) **At this time I do not require the services of the Stop Smoking Specialist Service.**

Name of Company.....

**Name of manager
Or occupational health lead.....**

Contact phone number.....

Contact email