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ISSUE 4
July - September 2025

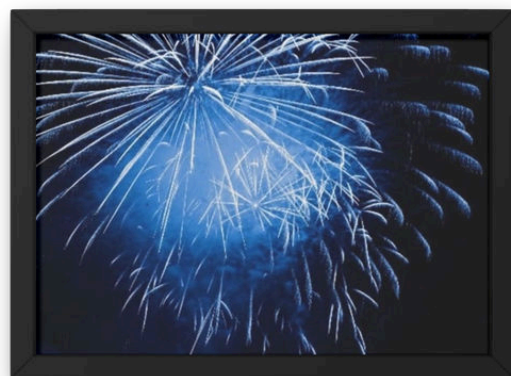
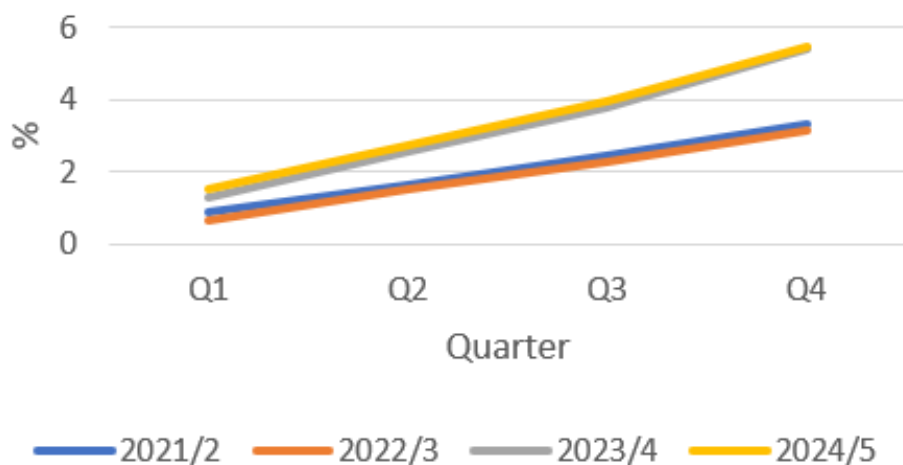
POWYS SMOKE-FREE NEWSLETTER



HMQ Community TIME TO CELEBRATE!

Powys Smoking Cessation Service meets Welsh Government target for number of smokers making a quit attempt again 😊

% of smokers making quit attempts in Powys



Huge thanks go out to all of you reading this newsletter for spreading the word about the support available in Powys for those wanting to make a quit attempt. Powys Smoking Cessation Service has hit Welsh Government target (5% of smokers making a quit attempt in Powys) in 2024/25! This is the 2nd year running in which this target has been met whilst prior to this it had never been achieved!

The success this year is undoubtedly linked to the launch of the Smoking Cessation Champions scheme. The role of the Smoking Cessation Champion is to spread the word about accessing support for those wanting to make a quit attempt. The Champions will offer brief advice as part of their everyday conversations regarding the benefits smokers can realise if they quit smoking! Smoking Cessation Champions can be PTHB staff, staff from other organisations or members of the public who are keen to help. Thanks so much to all of you for your dedication to improving health outcomes for the population of Powys. Da lawn Pawb!

If you would like to join us and become a Smoking Cessation Champion email us on StopSmoking.Powys@wales.nhs.uk.

HMQ Hospital

There are a range of posters available for staff or organisations to display which promote smoking cessation with a focus on those with mental health conditions.

If you would like any of these resources. Please email us on StopSmoking.Powys@wales.nhs.uk and we will send resources out to you.

Stopping smoking can improve your mental health

Quitting smoking can be more effective for improving mental health than taking antidepressants.

Smoking is linked to higher levels of stress, anxiety, and depression.

Most people feel calmer, more positive, and experience a longer, healthier life after stopping smoking.

Smoke Free Hospitals

All hospital sites in Wales are now smoke free by law, and we can support you to stop smoking and make you comfortable during your stay.

Ask a staff member for free Nicotine Replacement Therapy (NRT) whilst in hospital, even if you aren't ready to quit right now.

Tips to stop smoking

Here are some ways to boost your chances of stopping smoking for good:

- Use free recommended stop smoking treatments such as NRT
- Vapes can also be used as a stop smoking aid (not available on prescription)
- Get support from the Help Me Quit team, their expert advisors are on hand to offer you free advice on stopping smoking
- The most effective way to stop smoking is using two stop smoking medications together (e.g. patch with oral nicotine product such as an inhalator or lozenges) whilst also having support from the Help Me Quit team



Coping strategies

It's important to be prepared to manage any cravings that you may experience. The following have been shown to help:

- Listen to music
- Talk to someone
- Engage in hobbies e.g. reading, knitting, painting
- Eat some healthy snacks
- Use a stress ball or fidget toy
- Exercise
- Avoid alcohol and other triggers

Available support

You can ask a staff member for support to stop smoking or contact the Help Me Quit service yourself.



The Help Me Quit Service is free for people in Wales and you are three times more likely to quit with their help and support. You can call them for free on 0800 085 2219 or text HMQ to 80818.

If you take medicines used to treat mental health conditions such as antipsychotic or antidepressants it's important to talk to your GP or psychiatrist before you stop smoking. The dosage of these medicines may need to be monitored and the amount you need to take could be reduced.

HEALTHY STOP
HELP ME QUIT



Conversation Guide for Mental Health Staff Addressing Smoking with In-patients in Acute Mental Health Settings

Step 1:

Initiate the Conversation

The first step is to gently bring up the subject of smoking without making the patient feel judged or defensive.

Key Points:

- **Avoid Scolding:** Ensure the patient knows that you're not going to criticise them for their smoking. Keep the tone friendly and supportive.
- **Avoid Telling People What to Do:** Instead of directing them, ask questions and encourage self-reflection.
- **Express Genuine Interest:** When patients feel that you're genuinely interested in their concerns, they are more open to discussing smoking and considering change.
- **Broaden the Discussion:** Instead of diving straight into smoking, bring it up as part of a wider conversation about healthy habits, such as diet, exercise and medication adherence.
- **Integrate into Care Plan:** Position smoking cessation as a part of the patient's overall health and treatment plan, encouraging them to see it as part of their holistic well-being.

Sample Questions:

"I can see that you are a smoker – how do you feel about smoking at the moment?"

"How would you like to improve your general health?"

"Has stopping smoking been something you've thought about?"

"Have you tried or thought about quitting in the past?"

"Is there anything that concerns you about your smoking?"

On Admission:

- Inform the patient about the hospital's no-smoking policy. Recognise that their mental state and capacity might affect their ability to process this information, so it's important to revisit this regularly. This may also need to be discussed with family/friends/carers if capacity remains an issue.
- **Sample Intro:** "Just to let you know, all hospital grounds are smoke-free by law, so smoking won't be possible here. But don't worry, during your stay we'll support you to temporarily or permanently stop smoking."
- Provide information on support available such as Nicotine Replacement Therapy (NRT) and stop smoking medication. Discuss vaping, including rules around where and when vaping is allowed and any restrictions (e.g. disposable vapes only).

HEALTHY STOP
HELP ME QUIT



Gall pobl â chyflyrau iechyd meddwl roi'r gorau i ysmegu yn llwyddiannus gyda chymorth a meddyginiaeth rhoi'r gorau i ysmegu

People with mental health conditions can successfully quit smoking with support and stop smoking medication

Mythau:

Mae ysmegu yn helpu i leddfu problemau iechyd meddwl

Yn syml iawn - nac ydy!

Mae gwell hwyliau a fal o orbydd yn aml yn cael eu priodoli i effeithiau ysmegu yn hytrach na'r hyn sy'n wir - sef bod ysmegu yn ymhyth i leddfu effeithiau symptomau diddysu nicotin sy'n digwydd trwy gyblu y dydd.

Mae pobl â salwch meddwl sy'n rhoi'r gorau i ysmegu yn wynebu problemau iechyd meddwl pellach

Mae'r gwrthwyneb yn wir

Mae rhoi'r gorau i ysmegu yn cael effaith gadarnhaol ar iechyd meddwl. Mae'n helpu llesu twber, gorystyl a strein, yn gwellu hwyliau a gall wella symptomau ADHD.

Mae arollygon yn dangos bod cymhelliant i roi'r gorau iddi yn debygol o fod yn uwch ymhlith ysmegwyr sydd â chyflyrau iechyd meddwl na'r boblogaeth gyffredinol sy'n ysmegu.

Myths:

Smoking helps ease mental health problems

Quite simply - no it doesn't!

Improved mood and reduced anxiety are often attributed to the effects of smoking rather than the reality - that smoking simply reduces the effects of nicotine withdrawal that occurs throughout the day.

People with mental illness who quit smoking face further mental health issues

The opposite is true

Quitting smoking has a positive impact on mental health. It reduces levels of depression, anxiety and stress, enhances mood and can improve the symptoms of ADHD.

Surveys show that motivation to quit is likely to be higher in smokers with mental health conditions than general population who smoke.

Shree L. Brown, J. Holman, D. McNeil, A. Stewart
Health, smoking, harm reduction and quit attempts
- A population survey in England. BMC Public Health
2018;18(1):1117-1121



HEALTHY STOP
HELP ME QUIT

YDYCH CHI'N YSMYGU?

GALL STAFF OFYN I CHI OS YDYCH CHI'N YSMYGU NEU FPIO. BYDD HYN YN EIN HELPU I DDARPARU'R GOFAL A'R CYMORTH SYDD EU HANGEN ARNOCH YN YSTOD EICH ARHOSIAD.

MAE CYMORTH FEL THERAPY AHWENID NICOTIN AM DOIM AR GAEL I HELPU LLEIHU SYMPTOMAU RHOI'R GORAU I NICOTIN A GWNEUD EICH ARHOSIAD YN FWY CYFFORDDUS.

DO YOU SMOKE?

STAFF MAY ASK IF YOU SMOKE OR VAPE. THIS WILL HELP US TO PROVIDE YOU WITH THE CARE AND SUPPORT YOU NEED DURING YOUR STAY.

SUPPORT SUCH AS FREE NICOTINE REPLACEMENT THERAPY IS AVAILABLE TO HELP REDUCE NICOTINE WITHDRAWAL AND MAKE YOUR STAY MORE COMFORTABLE.

SIARADWCH AG AELOD O STAFF I DDARGANFOD MWY. SPEAK TO A MEMBER OF STAFF TO FIND OUT MORE.





HMQ Baby

Powys Midwifery Team is a FINALIST in the Quality and Excellence in Practice category in the PTHB Staff Excellence Awards 2025.

Very many congratulations to everyone involved. The nominator said

"I am nominating the Midwifery Team for their fantastic work and achievements in increasing the number of pregnant smokers that are referred for support with the Smoking Cessation service."

Following actions taken during 2024-25 the rate of referral of pregnant smokers has increased significantly across all the midwifery teams in Powys. In Quarter 3 Brecon, Knighton, Llandrindod, Newtown, Machynllyth, Ystrad and Llanidloes had a 100% referral rate! Increases in referral rates were also noted in Welshpool. Due to small numbers of pregnant smokers every pregnant smoker not referred to smoking cessation team affects overall rate of referral. This is why the importance of referring every pregnant smoker was emphasized across all the teams.

The Midwifery team have made a huge contribution with this work to doing what matters and doing what works to improve the health and wellbeing of the patients and/or communities of Powys, and to reduce health inequalities. With more referrals of pregnant smokers for support to quit we are looking to achieve much greater health outcomes for pregnancies and families in Powys in the future.

Well done Powys Maternity Team!



[Click here for Smoking during Pregnancy video](#)

HMQ PHARMACY

Community Pharmacy staff awarded prize hampers for the outstanding support offered to Powys residents whilst they are quitting smoking

Community pharmacy staff Nadine from JG and RJ Davies Pharmacy and Eleri James from EW Richards Pharmacy Ystradgynlais were both winners in a recent competition for teams who show outstanding passion and commitment when working with clients who are quitting smoking. Nadine was recognized for the high level of empathy she demonstrates when working with clients who wish



to quit. Eleri showed clear appreciation of the challenges her clients face, many of whom started smoking in their early teenage years. Thank you to both of you for your hard work and dedication in supporting Powys residents to make important changes to improve their health!

Morrisons Pharmacy in Newtown and Boots Pharmacy in Welshpool have also been recognised for their hard work in gaining the biggest increase in the number of clients supported to quit smoking since last year.



Huge congratulations to both pharmacies for this fantastic achievement. Your work makes a difference to the health of our communities in Powys! Keep up the great work!

Tessa Craig (Public Health Lead for Tobacco Control in Powys) said:

“Community Pharmacies provide a vital role in the provision of smoking cessation support in Powys. They offer individuals one-to-one support with an accredited Pharmacist or Pharmacy Technician to help them stop smoking”.

Community Pharmacies provide:

- Initial consultation and weekly or fortnightly follow-up sessions up to a total treatment course length of 12 weeks
- Access to licensed stop smoking medication for up to 12 weeks.

The chance of someone quitting smoking is 3 times higher with support than going it alone. To anyone who has struggled to quit, there is no need to feel alone - the service is on hand to provide support. Follow the link below to see which pharmacies are delivering smoking cessation services in your area: [Quit Smoking Services In Your Area | Help Me Quit](#)

If you would like to refer someone into any of our other stop smoking services or if you have any queries, please email StopSmoking.Powys@wales.nhs.uk.

Individuals can also self-refer via <https://www.helpmequit.wales/>

Vaping

Vaping- Powys Public Health Team welcomes ban on disposable vapes!

Powys Public Health Team welcomes the introduction of the ban on single use vapes, which came into force in Wales and across the UK on Sunday 1 June. There is a clear consensus among health experts that the availability and marketing of disposable vape products has driven a significant rise in vaping among children and young people, with almost 1 in 6 (16 per cent) year eleven students regularly using vapes and nearly half having tried vaping. Most of these young people have never smoked before taking up vaping.



The Environmental Protection (Single Use Vapes) (Wales) Regulations 2024 will address both environmental and health concerns around the proliferation of disposable vapes. These have offered a cheap, easy to use and widely available product which has been both appealing and easily accessible to children and young people, despite it being illegal to sell nicotine vapes to under-18s, or for adults to buy them for this age group.

Mererid Bowley, Executive Director of Public Health at Powys Teaching Health Board, said:

"Most vapes contain nicotine which is addictive. Regular use can make someone dependent on nicotine, affecting their concentration and ability to learn. In the short term, young people may suffer from headaches, sore throats, dizziness, and coughs from the use of vapes and we simply do not have enough evidence to know what the long-term effects of vaping might be."

"The ban on single use vapes, which comes into force in Wales and across the UK on Sunday 1 June is an important step in the right direction but we eagerly anticipate further legislation in place to limit the vaping industry's ability to market these products to children. Vaping is not without harm and we are reminding young people that if you don't smoke, don't start vaping."

The forthcoming UK Tobacco and Vapes Bill, currently going through Parliament, will build on the disposable vapes ban and pave the way for further restrictions on the marketing and sale of all tobacco and vape products. This includes a raft of measures to make vapes much less appealing to children and young people.

If you're concerned about your child vaping find advice and support at [Vaping - Powys Teaching Health Board](#)

PTHB Website Links

PTHB internet (public facing)

[Smoking - Powys Teaching Health Board \(nhs.wales\)](#)

PTHB intranet (PTHB staff)

[Smokefree \(sharepoint.com\)](#)