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Health Board



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# POWYS SMOKE-FREE NEWSLETTER



## HMQ Community FARMING FIT

Our Powys Smoking Cessation Team have linked in with the Powys Farming Fit project. Farming Fit is an outreach programme delivered in partnership between Powys County Council (PCC), Powys Teaching Health Board (PTHB), and Powys Association of Voluntary Organisations (PAVO). It provides a tailored outreach service that is accessible and appropriate to the specific health and social wellbeing needs of the farming community in Powys.



Recently at the Royal Welsh Show members of the farming community were offered FREE on the spot Health Screening which included CO monitoring. This encouraged conversations about giving up smoking, and signposting to the Help Me Quit services available for smokers in Powys. CO (carbon monoxide) monitoring in smoking cessation involves using a device to measure the amount of carbon monoxide in a person's breath, which is a byproduct of smoking. This provides a quantifiable way to assess smoking status and can be a powerful motivational tool for smokers trying to quit. The CO level in the breath indicates how much carbon monoxide is in the blood, and this level can be used to track progress as a smoker reduces or eliminates tobacco use.



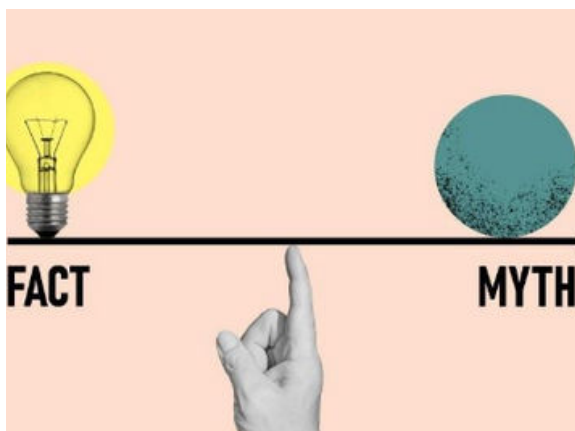
# HMQ Hospital



Public Health Wales will soon be launching an online training module for staff supporting inpatient smokers in mental health units. The training seeks to de-bunk myths around smoking in patients with mental illness and build awareness and confidence in delivery of support to quit. Completing the module allows staff to:

- Gain awareness and understanding of current misconceptions and attitudes towards smoking in patients with mental illness
- Understand that offering support gives patients choice, while not offering support denies it
- Understand the benefits of promoting quitting and temporary abstinence for patients with mental illness
- Gain the knowledge and skills required to have a Very Brief Advice (VBA) conversation with a smoker
- Understand the key clinical issues that arise from drugs interactions
- Knowledge of support available and how to refer to Help Me Quit

## MYTHS V FACTS



Myth: "Stop smoking medications don't work for people with a mental illness"

Facts: Studies have found that medications are effective treatment to help people quit smoking that work for general population are also effective for those with a mental illness, regardless of the severity of the illness and do not have adverse effects on mental health"

Myth: "There's too much else going on, we need to deal with other problems first"

Facts: Even smokers facing multiple challenges want to quit. Despite competing priorities people facing multiple disadvantage want to quit, and quitting can lead to other benefits.

# HMQ Baby

GOODBYE TO KAT



We are sad to share that Kat Jones will be leaving her role as Smoking Cessation Advisor to return to work for her family business. Kat has taken the lead on the delivery of the HMQ Baby service for a number of years and has supported many pregnant women to quit during pregnancy and enjoy the benefits of a smoke-free pregnancy. Thanks for all your hard work and support Kat and Best of Luck for the Future.

We will be recruiting for a new part time P/T Smoking Cessation Advisor based in Newtown to join our team. If you are interested in applying for this role contact Jacqui Morgan [jacqueline.s.morgan@wales.nhs.uk](mailto:jacqueline.s.morgan@wales.nhs.uk) or look out for job advert on Current Jobs at [Powys Teaching Health Board](#).



## HMQ Baby Manual

The Smoking Cessation team are currently developing a HMQ Baby Manual for Powys which will clearly outline the support available for pregnant smokers to make a quit attempt in Powys.



# HMQ PHARMACY

**Knighton Pharmacy have recently launched their NEW HMQ Level 2 and 3 smoking Cessation Service for smokers in the local community who wish to receive support to make a quit attempt**



Many Community Pharmacies across Powys offer one-to-one support to stop smoking with an accredited Pharmacist or Pharmacy Technician.

Pharmacy support includes:

- Initial consultation and weekly or fortnightly follow-up sessions for up to 12 weeks
- Access to licensed stop smoking medication for up to 12 weeks, such as patches and gum.

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](#)



# Vaping

## Tackling Vaping

Building on the success of the recent vaping education sessions Crickhowell and Calon Cymru high schools in Powys, Powys Public Health Team are working in partnership with Powys County Council, Adferiad, School Nurses and Youth Services to deliver sessions in other recent Vaping Comms campaign direct to remaining High Schools in Powys. The Sessions will be promoted to high schools and will be delivered across years 7 pupils from September, encouraging them to discuss what ingredients are found in vapes and the marketing tactics used to hook young people in!



### PTHB Website Links

**PTHB internet (public facing)**

[Smoking - Powys Teaching Health Board \(nhs.wales\)](https://www.nhs.uk)

**PTHB intranet (PTHB staff)**

[Smokefree \(sharepoint.com\)](https://sharepoint.com)