



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



ISSUE 6
January - March 2026

POWYS SMOKE-FREE NEWSLETTER

HMQ Community

SMOKING CESSATION CHAMPIONS BIRTHDAY EVENT

The Smoking Cessation Team will be holding a 1st Birthday celebration for all our Smoking Cessation Champions in March 2026 on National No Smoking Day.

Two of our champions; a married couple (aged 69) who began smoking at the age of 16 recently succeeded in quitting smoking with the Help Me Quit programme. In their words:



"It's never too late to stop and nobody has ever tried to stop too many times to succeed. With determination and the right help from professionals, we can all succeed at some point in our lives. Never stop trying until you succeed".



Along with allied partners, we recently attended a Health & Wellbeing Event in Newtown. Organised by Montgomery Medical Practice this was a great opportunity to promote our service to the local community.



HMQ Hospital



We are pleased to announce that the Launch of the HMQ in Hospital Mental Health Training module is now live on ESR. The module has been incorporated within the existing HMQ in Hospital training on ESR and can be accessed via the existing ESR code and course name:

English: 000 NHS Wales – Supporting Smokers in Secondary Care

Welsh: 000 NHS Wales – Supporting Smokers in Secondary Care Welsh

To help support inpatients to quit Powys Teaching Health Board have a protocol for the supply of Nicotine replacement therapy (NRT) to patients to relieve and/or prevent craving and nicotine withdrawal symptoms whilst unable to smoke or vape on hospital grounds.



HMQ Baby



The Smoking Cessation team will continue to support the SNAP3 midwifery research trial on supporting pregnant smokers in their quit attempts.

An updated HMQ Baby Manual for Powys will clearly outline the support available for pregnant smokers.

As part of the HMQ Baby programme we have been working with the midwives to develop a digital resource to help dispel any misconceptions around stopping smoking in pregnancy.

HMQ PHARMACY



This January we are once again running a “best dressed window” competition for all of our Community Pharmacies in Powys to take part. Using HMQ resources provided by Powys Stop Smoking Team and their artistic flair, pharmacies will create ‘stand out’ HMQ promotional windows for the month of January 2026, advertising the smoking cessation service they provide.

The Pharmacy who is judged to have produced the Best Dressed HMQ window will receive a PRIZE HAMPER for staff to enjoy.



**HELPA FI! STOPIO
HELP ME
QUIT**
0800 085 2219

**QUIT SMOKING,
FEEL BETTER
WITH FREE SUPPORT
FROM YOUR PHARMACY**

Up to 12 weeks of confidential support and expert advice from your local community pharmacy team

Free stop smoking medication worth up to £250

The average smoker could save up to £2,000 a year when they quit

Set a quit date that works for you

You're four times more likely to quit with help from the NHS

**FIND A PARTICIPATING
COMMUNITY
PHARMACY
TODAY**

Scan me



Download our app on the App Store or Google Play Store

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

An update on the Tobacco and Vapes Bill will create the first smoke-free generation so children born on or after January 1st, 2009, can never legally be sold tobacco. The Bill also provides powers to extend the indoor smoking ban to specific outdoor spaces.

Children's playgrounds, outside schools and hospitals are being considered.

Public Health Wales have recently released a position statement on Vaping that uses the best available evidence to:

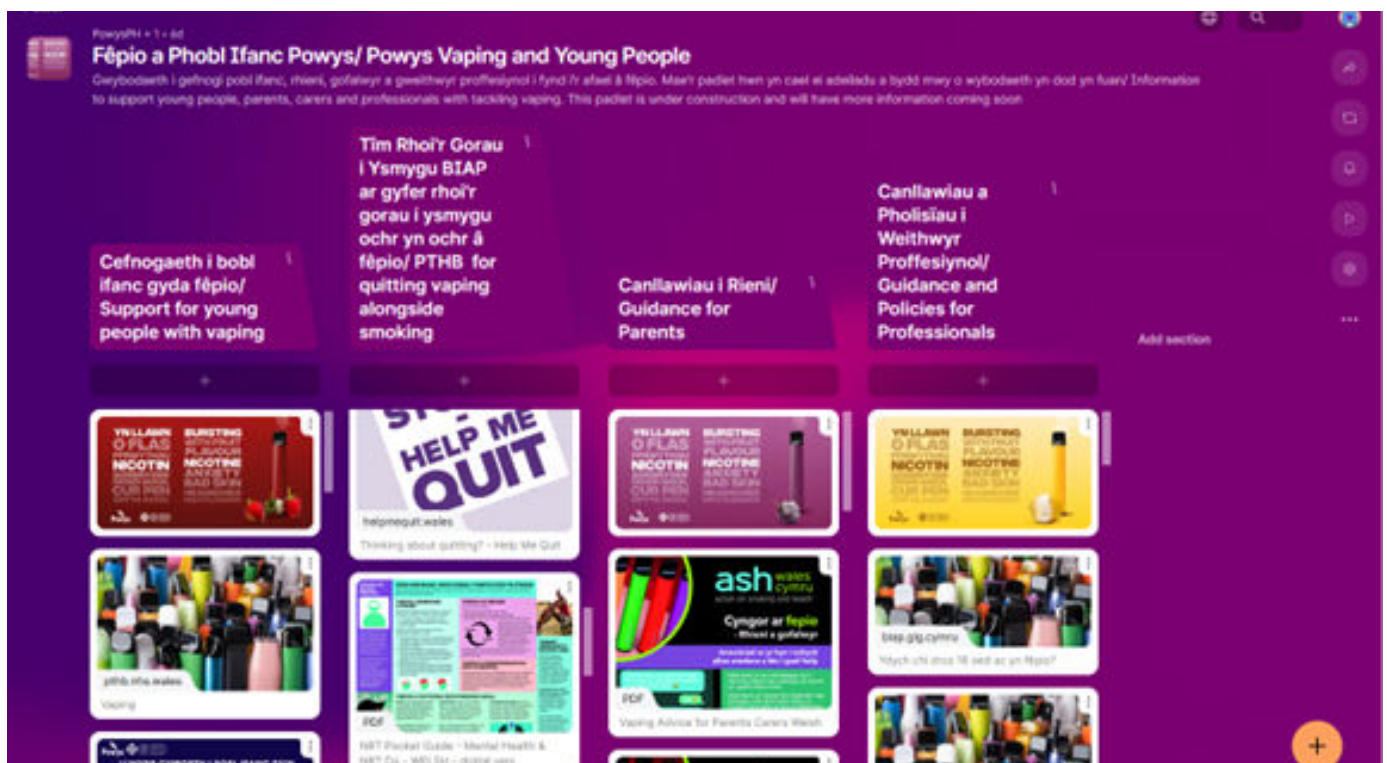
- ▶ understand their impact on health across the whole population, and
- ▶ balance risks and benefits that may exist for multiple groups in relation to the health of the population as a whole



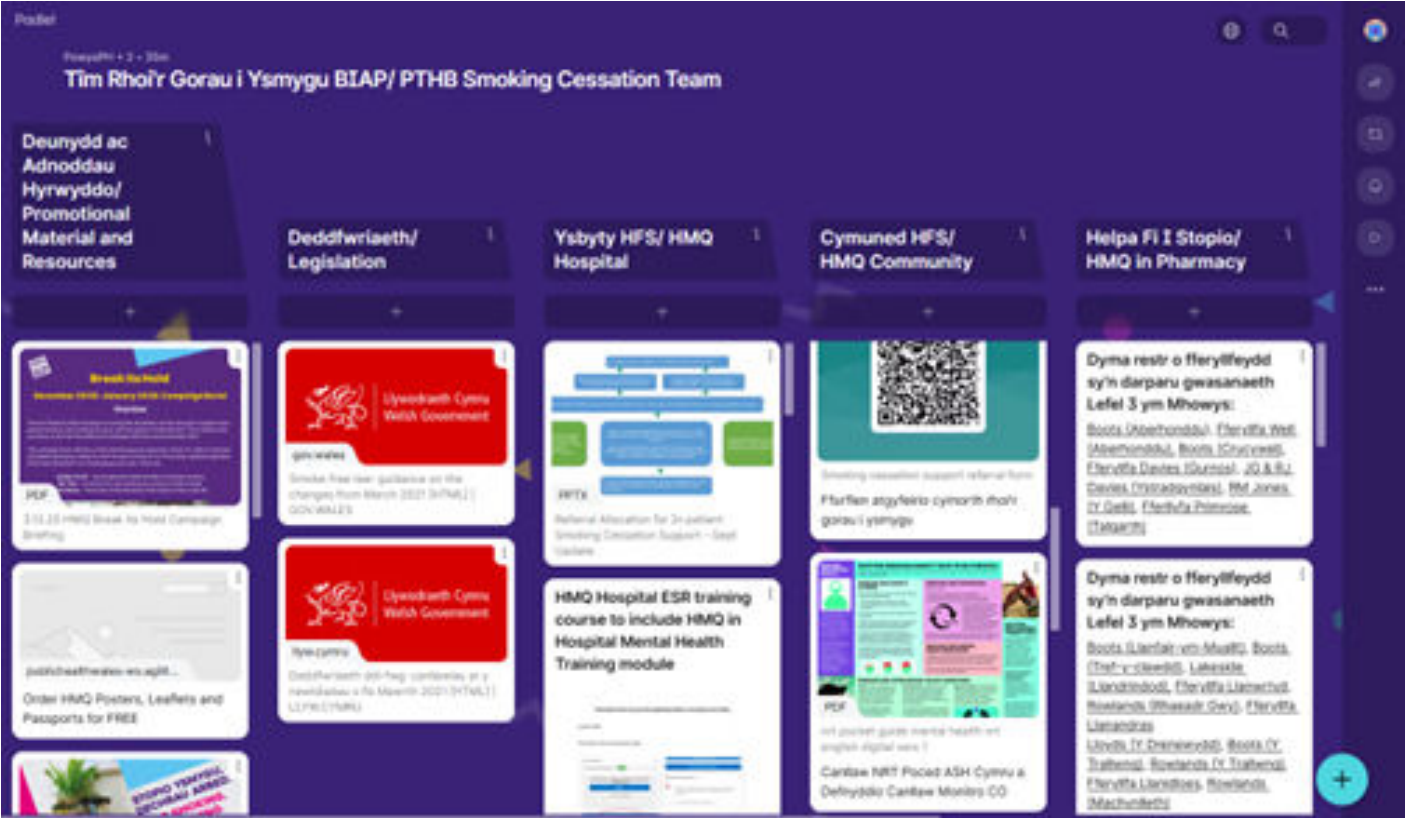
Resources

We are pleased to announce the development of 2 new Padlets. The Padlets hold useful information relating to both Smoking Cessation and Tackling Vaping and are now available in English and Welsh versions.

Tîm Rhoi'r Gorau i Ysmygu BIAP/ PTHB Smoking Cessation Team
Fêpio a Phobl Ifanc Powys/ Powys Vaping and Young People



The Smoking Cessation Padlet includes Help Me Quit's new marketing campaign, Break It's Hold, which is scheduled to go live in the New Year. This campaign will run across multiple platforms, aiming to encourage and support people to quit smoking at a time when many are thinking about positive changes.



Team News

We have new team members: We are pleased to announce new members of staff with Lavina and Jacqui joining Alex and Maryann in the Smoking Cessation team.



How to Refer:

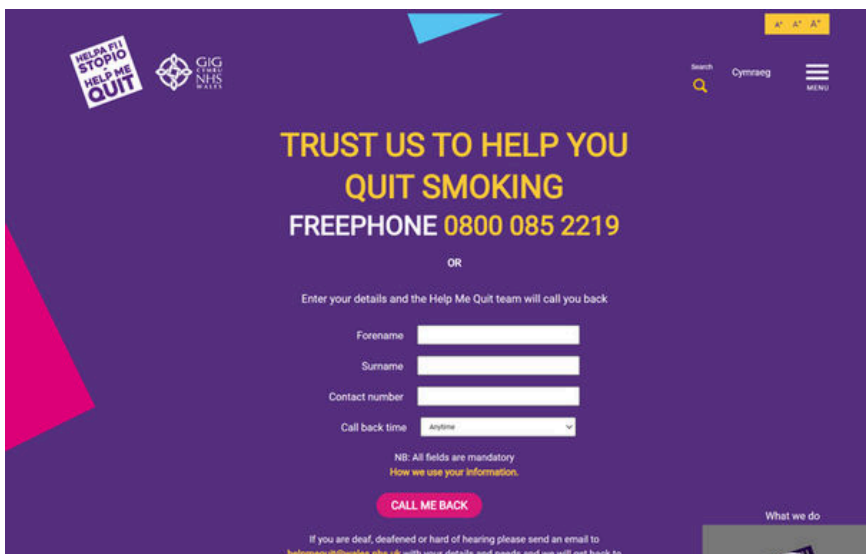
SMOKING CESSATION SUPPORT REFERRAL FORM Powys Teaching Health Board



Referrals can be made directly to our Smoking Cessation Advisors – Maryann, Alex and Lavina - via stopsmoking.powys@Wales.nhs.uk

Other News

- ▶ A service review has been undertaken of the Help Me Quit service, commissioned by Welsh Government. A summary of key findings and recommendations will be shared once online publishing is completed.



HELPA FFI STOPIO - HELP ME QUIT

GIG YS YS
NHS
WYLLFA

Search Cymraeg

**TRUST US TO HELP YOU
QUIT SMOKING**
FREEPHONE 0800 085 2219

OR

Enter your details and the Help Me Quit team will call you back

Forename

Surname

Contact number

Call back time

NB: All fields are mandatory
[How we use your information.](#)

CALL ME BACK

What we do

If you are deaf, deafened or hard of hearing please send an email to helpmequit@wales.nhs.uk with your details and needs and we will get back to you

- ▶ The University of Bath has produced a [useful summary of key policies to tackle the illicit tobacco trade globally.](#)

PTHB Website Links

PTHB internet (public facing)

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

PTHB intranet (PTHB staff)

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