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Addysgu Powys
Powys Teaching
Health Board



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POWYS SMOKE-FREE NEWSLETTER

SPRING EDITION!!!



HMQ Community SMOKING CESSATION CHAMPIONS BIRTHDAY EVENT

The birthday event on March 11th at Newtown became a celebration of our community champions. In future we plan to deliver similar, localised events, alongside our PAVO community connectors in community-based settings providing the support requested by Community-based Champions. We will be sharing dates for the year soon so look out and come join us for a cuppa.



Practice offering support to quit smoking. Welcoming, non-judgemental support can be found within Help me Quit.

For National No Smoking Day, we ran a social media campaign along with Ash Wales:

TIPS TO QUIT SMOKING

- SET A QUIT DATE
- KEEP BUSY DURING CRAVINGS
- SWAP YOUR TRIGGERS
- STAY ACTIVE TO REDUCE STRESS
- SAVE & TREAT YOURSELF
- SUPPORT FROM HELP ME QUIT
- USE STOP SMOKING AIDS
- CLEAR OUT CIGS & LIGHTERS

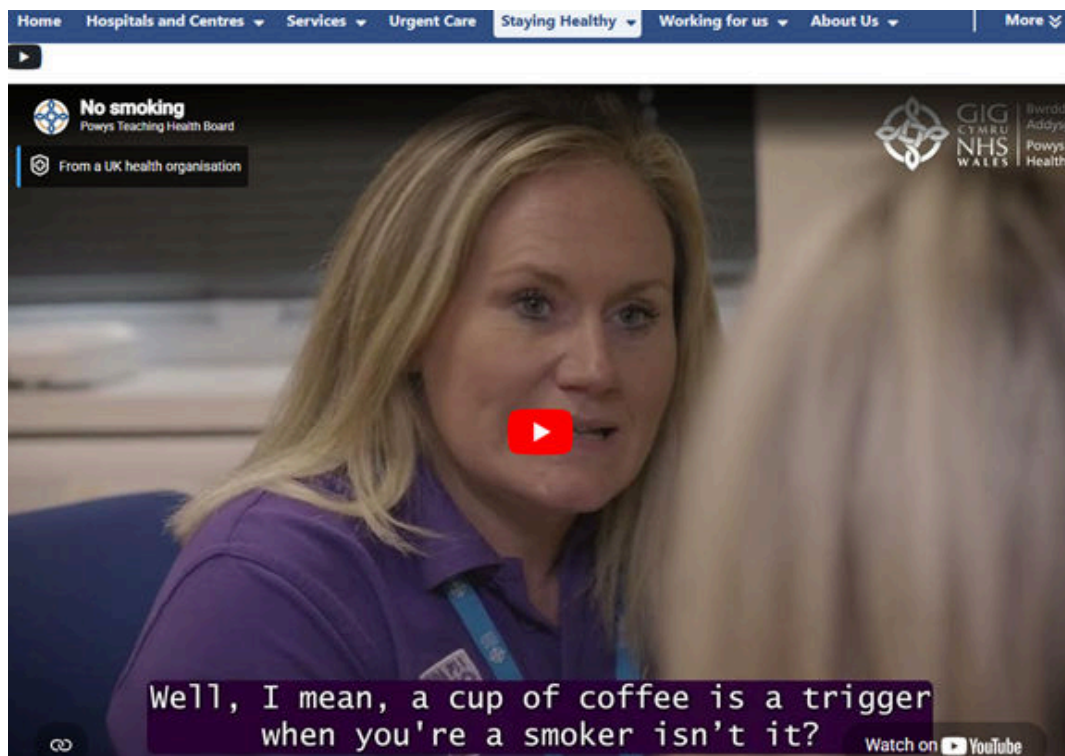
HELP TO QUIT SMOKING
HELPMEQUIT.MALES
0800 085 2219 | HMQ TO 80818

HELP I RO'I'R GORAU I YSMYGU:

- GOSODMCH DDYDDIAD I STOPIO
- CADWCH YN BRYSUR YN YSTOD CHWANTAU
- DEWCH I ADNABOD EICH SBARDUNAU
- BYDDWCH YN ACTIF I LEIHOU STRAEN
- ARBEDMCH A THRETIWCH EICH HUN
- HELP GAN HELPA FI I STOPIO
- DEFNYDDIMCH GYMORTHION STOPIO YSMYGU
- GWAREDWCH UNRHYW SIGARÉTS A THANWYR

HELPU I RO'I'R GORAU I YSMYGU
HELPAFIISTOPIO.CYMRU
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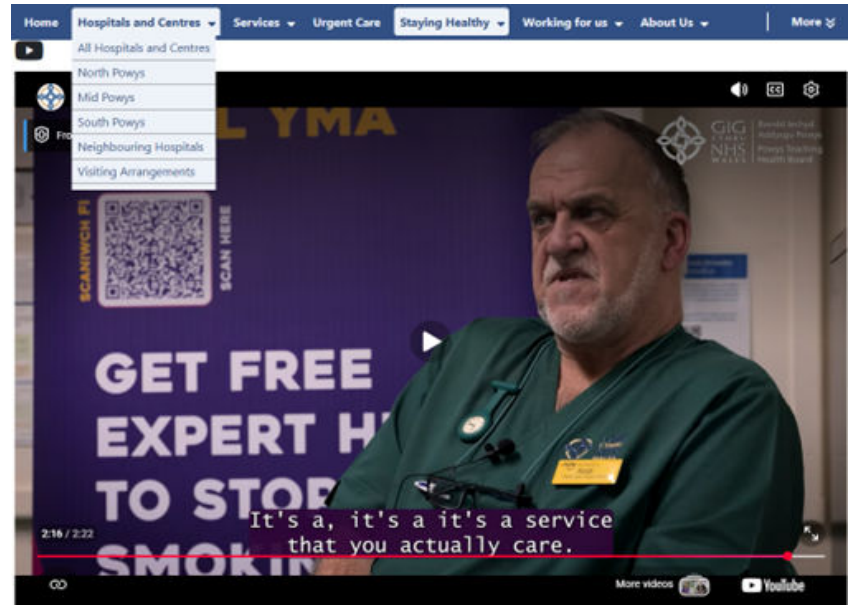
We have been developing digital case studies to explain the benefits of being smokefree. Please access them on our webpage or via Social Media: Smoking - Powys Teaching Health Board



In January this year we ran a very successful campaign with our Primary care partners. The GP Text messaging project has had very high uptake of people making quit attempts. The project involves sending out 3 text messages to registered smokers within the GP Practice offering support to quit smoking. Welcoming, non-judgemental support can be found within Help me Quit.

HMQ Hospital

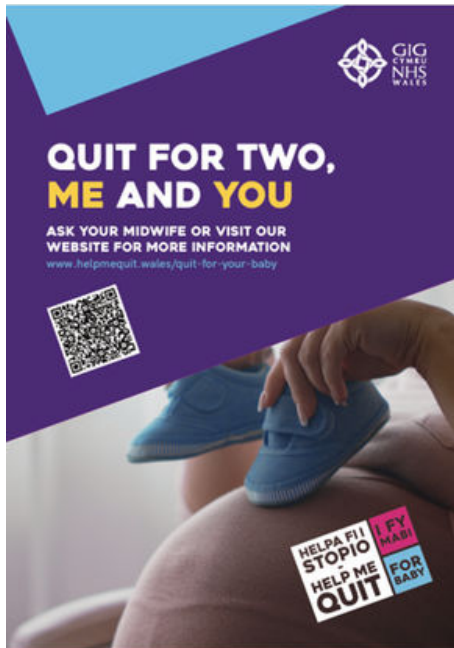
We are pleased that a PTHB employee is now a smoking cessation champion. We are grateful to him and the other champions promoting the support that is available through Help me Quit.



HMQ Baby

The Stop Smoking team continues to work closely with the midwives receiving referrals through the new digital system Badgernet. We have launched our digital resource on Myths and Facts in Pregnancy and around stopping smoking. Watch the film here: [Maryann and Sioned](#)

The Powys midwifery teams are displaying posters and banners developed for HMQ baby by Public Health Wales.



We are circulating the HMQ Baby user friendly manual for Spring



HMQ PHARMACY



Richards EW Ltd were the proud winners of our “best dressed window” competition that all our Community Pharmacies in Powys took part in. Richards EW Ltd used their innovation and creative flair to design and implement an eye-catching window display using resources appropriate for a Stop Smoking campaign. This raises the profile of the service which supports individuals to make quit attempt in community based settings.



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

LET'S TALK ABOUT VAPING



Powys Public Health Team have been developing assembly packs and teacher resources to support a campaign for young people in Powys around the harms of Vaping. These will be going out to ALL schools in Powys over the next term. These resources support the film created in schools in Powys that made national news last year.

If you haven't seen the film before or want more information on vaping and support to quit head to PTHB web page Vaping - Powys Teaching Health Board



Other News

SilverCloud Wales – your space for thinking and feeling better. Free mental health health and wellbeing programmes from NHS Wales.

Whether you're just starting your quit journey or looking to strengthen your wellbeing more broadly, SilverCloud's digital tools can help you take the next positive step – in your own time and at your own pace.

These NHS-supported, online programmes offer support with managing the mental health impacts of stopping smoking, including stress, anxiety and low mood.

In turn, quitting can have a powerful impact on your mental wellbeing.

Smoking has been linked to higher anxiety, lower mood, and a cycle of dependence that keeps stress ticking over in the background.

When you quit, however, both your body and your mind begin to recover. Here's what many people notice when they stop smoking:

Here's what many people notice when they stop smoking:

1. Reduced anxiety levels

Nicotine withdrawal can create a rollercoaster of stress and tension. Once you're free of that cycle and your body adjusts, these peaks and troughs begin to even out, leading to calmer, more stable anxiety levels over time.

2. Improved mood and emotional balance

Research shows that people who quit often experience fewer symptoms of depression than those who continue to smoke. Without nicotine disrupting your brain's reward system, mood-regulating chemicals like dopamine rebalance naturally.

3. Better sleep quality

Nicotine is a stimulant, meaning it can make it tougher both to fall asleep and stay asleep. Within a short time after quitting, many people report deeper more consistent rest, and better shut eye is one of the most effective foundations for good mental health.

4. A stronger sense of control and confidence

Stopping smoking is a major personal achievement! Taking charge over the habit can improve confidence, self-esteem, and a sense of control that often carries over into other areas of life.

5. Healthier ways to manage stress

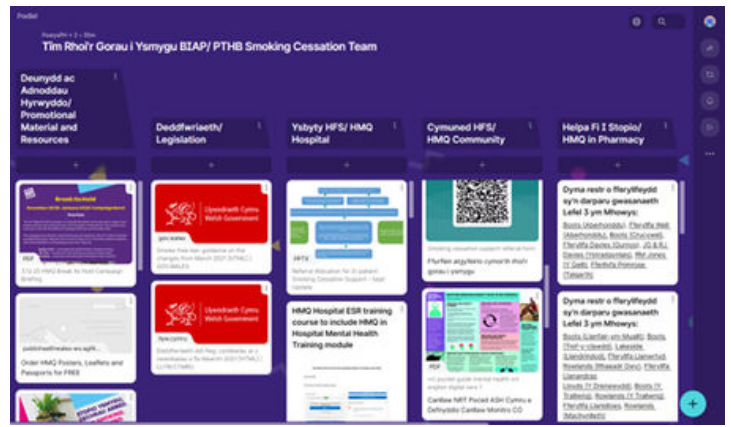
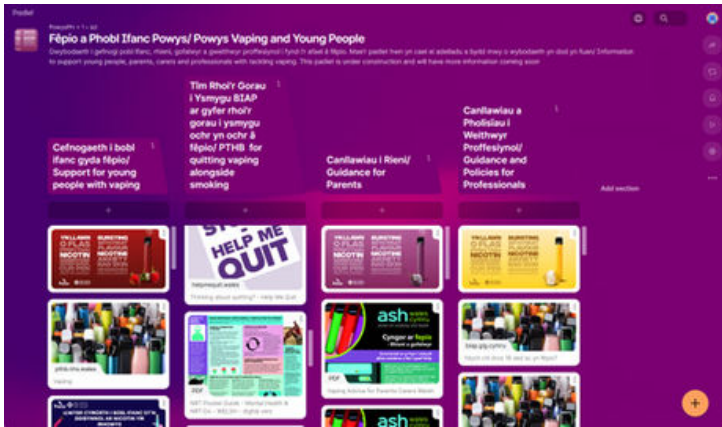
Although cigarettes can feel like a coping tool, craving for nicotine causes feelings of stress – until they're relieved by more nicotine. It's a vicious cycle, but one that can be overcome. Once they've passed the nicotine dependence phase, many people find they cope better with daily challenges more effectively, without needing a smoke break.

Find out more about SilverCloud or sign up today:
<https://nhs.wales.silvercloudhealth.com/signup/>

Standing items:

These Padlets hold useful information relating to both quitting Smoking and Tackling Vaping in both English and Welsh:

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



How to Refer:

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



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)