

# smoke**free**life Berkshire

0800 622 6360 | 0118 449 2026 | text QUIT to 66777

[www.smokefreelifeberkshire.com](http://www.smokefreelifeberkshire.com)

Available to all smokers in Berkshire West

Face-to-face, telephone, app, self-help

Available 7 days/week; 52 weeks/year (excl. BHs), evenings and weekends.

Greater choice and flexibility of routes to quitting offered to smokers

Full range of pharmacotherapy \*

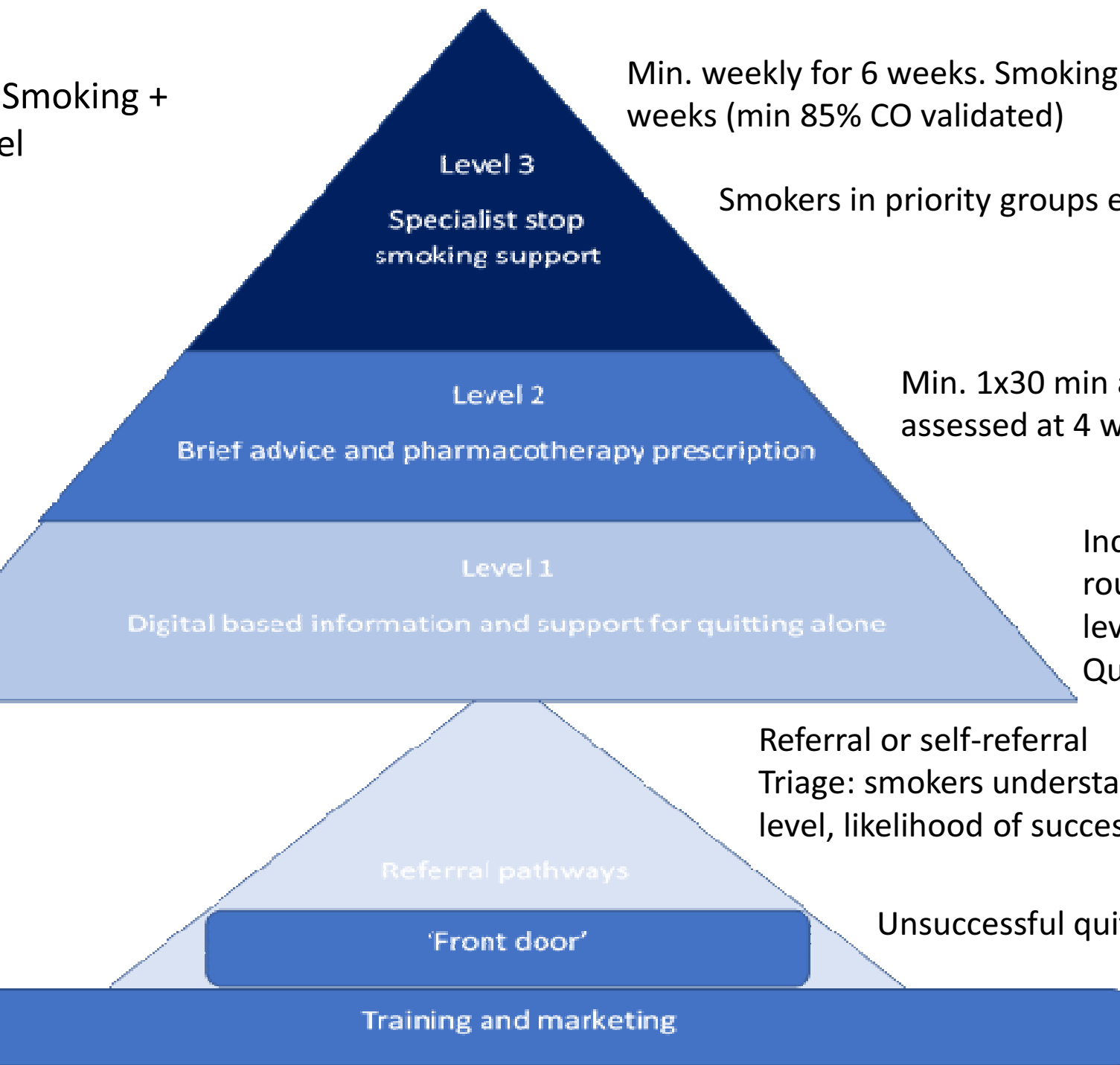
E-cigarette/vape friendly

Targeted at priority groups at high risk of tobacco-related harm:-

- Routine and manual workers
- Pregnant women who smoke (including cohabitees)
- People diagnosed with a long term mental health condition
- Individuals receiving treatment from substance misuse services
- People currently admitted to secondary care acute settings and/or living with one or more specific long-term conditions
- Children and young people under 18 years
- Minority ethnic groups

currently unable to provide Champix, due to national shortage)

Smoking +  
el



Min. weekly for 6 weeks. Smoking status assessed at 4 and 12 weeks (min 85% CO validated)

Level 3

Specialist stop smoking support

Smokers in priority groups encouraged to enter at level 3

Level 2

Brief advice and pharmacotherapy prescription

Min. 1x30 min advice session. Smoking status assessed at 4 weeks (min 85% CO validated)

Level 1

Digital based information and support for quitting alone

Includes clinical assessment and smoker routed to best level of support for their level of dependence. Quit with Bella app.

Referral or self-referral

Triage: smokers understand different interventions at each level, likelihood of successful quit and commitment required

Referral pathways

'Front door'

Unsuccessful quitters can re-enter at same or different

Training and marketing

Work with NHS Trusts, GPs, pharm campaigns, tobacco control

# SOUTH EAST OF ENGLAND POSITION STATEMENT ON ELECTRONIC CIGARETTES 2021



- Comprehensive guidance
- Provides a regional public health consensus on e-cigarettes
- Steers through the latest evidence, best practice guidance and relevant regulations
- Summarises the key communication messages
- Helps organisations develop their own policies and practice
- Source of evidence-based advice for practitioners' conversations with clients/patients
- Encourages a consistent approach and communication messages