

smokefree life Nottinghamshire

Amy Bower - Stop Smoking Advisor (Pregnancy Specialist)

Service Area.

- ▶ To access the service, clients must;
 - ▶ Live within the Nottinghamshire County Border
 - ▶ Have a Nottinghamshire County GP
 - ▶ Work within Nottinghamshire County (workplace clinics only)



Support Offered.

- ▶ Types of support available;
 - ▶ 1-2-1 support in a variety of locations across the county
 - ▶ GP surgeries
 - ▶ Telephone support
 - ▶ Hospitals (DBH, SFHFT, NUH)
 - ▶ Workplace clinics
 - ▶ Outreach (supermarkets, schools/colleges, community events)



Stop Smoking Treatments.

- ▶ Nicotine Replacement Therapy (NRT);
 - ▶ Patches
 - ▶ Gum
 - ▶ Lozenges
 - ▶ Inhalator
 - ▶ Nasal Spray *
 - ▶ Mouth Spray *
 - ▶ Microtabs *
- ▶ Champix (Varenicline)
- ▶ Zyban (Bupropion Hydrochloride) *
- ▶ E-Cigarettes *



* Currently unavailable via Smokefreelife Nottinghamshire

Referral Pathways.

Clients are able to self-refer directly into the service or they can be referred by another service.

- ▶ Call : 0800 246 5343
- ▶ Email:
smokefreelife.nottinghamshire@nhs.net
- ▶ Text : QUIT to 66777
- ▶ Website:
<https://www.smokefreelifenottinghamshire.co.uk/referral-form/>
- ▶ Where a GP practice hosts a clinic, some practices are also able to book appointments for those sessions if patients contact the practice directly (e.g. Newgate & Larwood practices).



Any Questions?

Contact Details.

- ▶ Amy Bower (Stop Smoking Advisor & Pregnancy Specialist)

- ▶ amy.bower@solutions4health.co.uk

- ▶ 07824 122 742

- ▶ Working Days : Tuesday-Thursday

- ▶ Smokefreelife Nottinghamshire

- ▶ Unit 1B, The Willows, Ransom Wood, NG21 0HJ

- ▶ smokefreelife.nottinghamshire@nhs.net

- ▶ www.smokefreelifenottinghamshire.co.uk

- ▶ 0800 246 5343