

Herefordshire Stop Smoking Service

Do you have a patient who wants to stop smoking?

The Healthy Lifestyle Service provides 1-2-1 stop smoking support for Herefordshire residents and those registered with a Herefordshire GP practice. The 12 week programme offers face to face behavioural support and the use of pharmacotherapy (NRT).



We do not offer support using Varenicline (Champix) or Bupropion (Zyban).

 01432 383567

 healthylifestyle.trainerservice@nhs.net

 [HLTSlifestyles](#)

 Talk
Community

How do you access the service?

It's a quick and easy process and patients can refer themselves via phone, email or our Facebook page or you can complete our referral form.

Where can I find the referral form?

This Service and relevant documents/referral forms can be found in the Clinical Support area in TeamNet under Smoking Cessation. You can also contact the Healthy Lifestyle Service.

Where do I send the form?

Healthy Lifestyle Service, Museum Resource & Learning Centre, 58 Friars Street, Hereford, HR4 0AS or healthylifestyle.trainerservice@nhs.net

What should I say to my patient about quitting smoking?

We recommend offering very brief advice, including:

ASK and record their smoking status (are they a smoker or ex-smoker)

ADVISE on the best way of quitting, such as nicotine replacement therapy (NRT) or e-cigarettes / vaping

NRT is available to buy over the counter via pharmacies, supermarkets and other outlets

E-cigarettes / vaping: There's growing evidence that using ecigarettes or vapes, as a means to stop smoking, is around 95% less harmful than smoking. Smokers wanting to use these to help them stop smoking, should be encouraged to do so and directed to additional online support at www.wisherefordshire.org/smoking

ACT by acknowledging and encouraging your patient's quit attempt, respond to any questions they ask and signpost them to additional information at www.wisherefordshire.org/smoking

Training: There's additional training available on how to deliver very brief advice on smoking at www.ncsct.co.uk/publication_very-brief-advice.php

Contact us

For further advice or to request a smoking cessation referral form, please contact the Healthy Lifestyle Service:

☎ 01432 383567

✉ healthylifestyle.trainerservice@nhs.net