

Smoking Cessation

Yorkshire SmokeFree Barnsley – Stop Smoking Service

Yorkshire SmokeFree Barnsley has helped many people to stop smoking successfully and are a key part of tobacco control and health inequalities policies both at local and national level.

Many smokers will need to make multiple attempts to quit before achieving long-term success and it is every health professional's responsibility to raise the subject of stopping smoking at every opportunity.

- Smokers expect to be asked about smoking as it shows health professional's concern about their overall health
- If health professionals don't mention smoking at every consultation, clients are given the impression that it is not affecting their health and are less likely to make a quit attempt

The Department of Health recommend the following three A's approach:

A – ASK and record smoking status: smoker, ex-smoker, non-smoker

A – ADVISE clients of personal health benefits in quitting and deliver brief advice

A – ACT on client's response, including referral to the Yorkshire SmokeFree Barnsley

Yorkshire SmokeFree Barnsley support options

The service offers face-to-face support at venues across the Barnsley borough. The opening hours are:

- Monday, Thursday and Friday 9.00 am to 5.00 pm
Tuesday and Wednesday 9.00 am to 7.00 pm

Saturday 8.30 am to 1.00 pm
- If health professionals don't mention smoking at every consultation, clients are given the impression that it is not affecting their health and are less likely to make a quit attempt

A telephone support line is available for clients who may require extra support or are unable to attend face-to-face sessions. The opening hours of this service are:

- Monday to Friday 8.30 am to 8.00 pm
Saturday and Sunday 10.00 am to 3.00 pm

(Open Bank Holidays except Christmas Day and Easter Sunday)

Yorkshire SmokeFree website provides an on-line stop smoking support programme and useful information regarding stopping smoking. There is a live chat option where clients can speak to an advisor. The main function of this option is to assist with quit attempts, give product information and general stop smoking advice

The service can also be contacted via Facebook and Twitter

Contact details:

Yorkshire SmokeFree Barnsley Stop Smoking Service

12-14 Eldon Street

Barnsley

S70 2JB

Telephone: 01226 737077

Telephone helpline: 0800 612 0011 (free from most land lines) or 0330 660 1166 (free from most mobiles)

Website: www.yorkshiresmokefree.nhs.uk

Find us on Facebook: www.facebook.com/smokefree

Follow us on Twitter: twitter.com/YSmokefree

The service accepts referrals from all healthcare professionals and client self-referrals

The Stop Smoking Service will:

- offer an appointment either at the Eldon Street Quit Shop, hospital clinic or at a community session (various sites available) chosen by the client.
- offer the option of telephone or on-line support.
- offer weekly support for the initial 4 weeks after the client's quit date and then fortnightly for a maximum of 12 weeks.
- take a carbon monoxide reading at every visit to verify the client's smoke free status.
- advise on nicotine replacement therapy and other stop smoking medications.
- give weekly vouchers for nicotine replacement products for the first four weeks after quit and then fortnightly for the next eight weeks, subject to the client's smoke free status.
- give vouchers for varenicline (Champix®) fortnightly for up to eight, subject to the client's smoke free status.

Barnsley NHS Stop Smoking Service Referral Pathway

