



# POWYS SMOKE-FREE NEWSLETTER

## HMQ Community

Powys Teaching Health Board are working to support smokers in Powys to quit and to reach the national target of a 'Smoke -free Wales' by 2030.

The team have been working with primary care settings in 2024/25 to invite smokers to access the service and make a quit attempt and receive the health benefits they deserve.

They are currently running clinics in:

- Brecon Hospital: Wed 17.30-18:00
- Llandrindod Wells GP: Wed 11:00-16:30
- Llanidloes GP: Mon 09:30-12:30
- Newtown Hospital: Mon 15:00-17:00
- Newtown GP: Tue 09:30-17:30
- Pengorof GP: Fri 09:30-12:30
- Welshpool GP: Wed 09:30-15:00

New Clinic starting 12th November:

- Presteigne GP: Tue - Time TBC
- Llanfair Caereinion GP: TBC

Whether it is visiting a local Smoking Cessation Clinic, meeting with other people who are also quitting on a regular basis or having virtual or telephone calls with one of our trained Smoking Cessation Advisors, there is an option suitable for everyone who wishes to give up smoking.

The service includes access to FREE nicotine replacement medication (NRT).

Get in touch if you want more information:  
[StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk)

**Dyma'r tîm rhoi gorau i ysmegu**  
**Meet the quit smoking team**

**Siaradwch gyda ni am help i roi'r gorau, ac am gynnyrch am ddim i'w defnyddio yn lle nicotîn.**

**Talk to us to get help to quit and free nicotine replacement products.**

[StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk)

[qrbh.nhs.wales/staying-healthy/smoking](https://qrbh.nhs.wales/staying-healthy/smoking)

**HELPA FFI STOPIO - HELP ME QUIT**

**Dewlechwch fod yn Ddi-fwg Choose Smokefree**

GIG CYMRU NHS WALES | Bwrdd Iechyd Addysgu Powys Powys Teaching Health Board

Smoking Cessation Groups are currently running at:

- Welshpool Integrated Family Centre: Mon 10:30-11:30
- Brecon Hospital: Wed 18:00-19:00

Smoking Cessation Advisors will be also attending some of the Farming Fit sessions at Powys Livestock markets in coming months!

Why not have a chat and get yourself a free health check and advice?

[Where We Will Be - Powys County Council](#)



# HMQ Pharmacy



Community Pharmacy Staff in Powys are ready to support smokers to make a quit attempt. Smokers can receive FREE Nicotine Replacement Therapy (NRT) and behavioural support.

Follow this link to find your nearest pharmacy offering support:

<https://pthb.nhs.wales/services/pharmacy-and-medicines-management/public/community-pharmacypharmaceutical-services/>

The health benefits of stopping smoking are immediate. To anyone who has struggled to quit, do not feel alone - the service is on hand to support you.

## Winners of the Pharmacy best dressed competition 2024

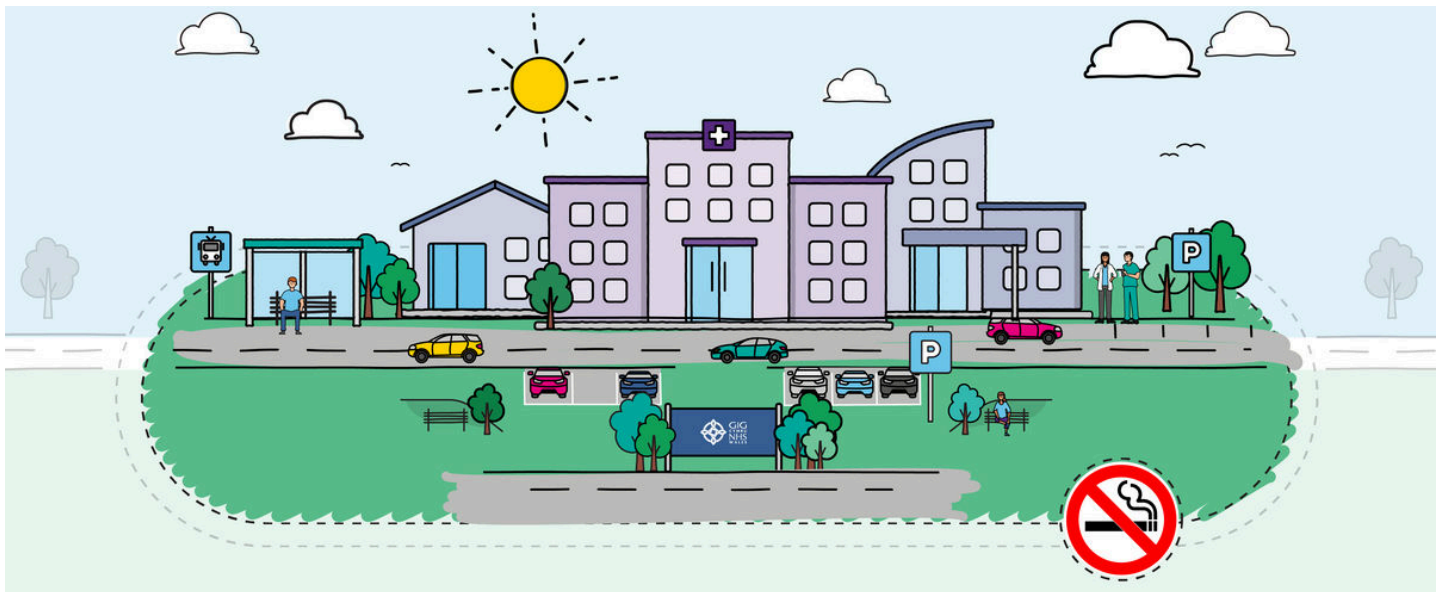


# HMQ Hospital

Whilst significant progress has been made to reduce smoking prevalence, tobacco smoking remains the leading single cause of preventable ill health and premature death in Wales, and the biggest single contributor to health inequalities. In Wales, one in every six deaths in people aged 35 years and over is attributable to smoking, around 5,600 deaths per year (Public Health Wales, 2020).

Powys Teaching Health Board has a Smoke-free policy which links to smoke free site regulations. By making more public places in Wales smoke-free, we will help create healthier environments and eliminate the harmful effects second-hand smoke.

A new protocol has been developed to ensure that NRT is now available for all in-patients admitted to Powys hospitals. PTHB staff are able to refer patients directly to Powys Smoking Cessation team for behavioural support during in-patient stay. <https://youtu.be/VjKVFmfGDqE>



## HMQ Baby

Being smoke-free during a pregnancy gives the baby the best start in life.....

Smoking restricts the amount of oxygen getting to the baby and makes their heartbeat harder. Powys Smoking Cessation team are currently giving any pregnant woman who wants to make a quit attempt a FREE personal Carbon Monoxide monitor!

Powys Smoking Cessation team will support any pregnant woman to make a quit attempt and provide FREE Nicotine Replacement Therapy. Get in touch today to obtain support to quit by

- Using QR code
- Emailing [StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk) or
- Calling Help Me Quit on 0800 085 2219

Becoming smoke-free in a pregnancy will benefit the baby immediately!

ARE YOU  
**PREGNANT**  
AND WANT TO BE  
**SMOKE**  
**FREE?**

Our friendly Powys team can help you today!

Get in touch today and obtain support to quit, a **FREE** personal Carbon Monoxide monitor and **FREE** Nicotine Replacement Therapy:

You can either

- Refer yourself using QR code
- Email [StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk) or
- Call Help Me Quit on **0800 085 2219**

**Become smoke-free to benefit you and your baby immediately!**

Smoking restricts the amount of oxygen getting to your baby and makes their heartbeat harder every time you smoke.

Becoming smoke-free will give your baby the best start in life.....

HELPA HIT STOP!O HELPS ME QUIT  
Smoking is bad for you. Choose Smokefree.

GIG NHS Powys Health Board

# Jacqui's Journey to 'smoke-free'



Powys resident Jacqui Dowell has quit smoking with the help of the Smoking Cessation Service in Powys. Jacqui who is 77 and smoked for 15 years and has been smoke free now for 5 months and has no intention of smoking again.

Jacqui said "The face-to-face sessions in the GP surgery were excellent. Kat, the advisor was very open minded and approachable, she was non-judgemental and had a cheerful attitude."

Powys Smoking Cessation Advisor Kat said "The first comment Jacqui made when she walked into her session was "I don't want to stop smoking, I enjoy it! But I'm going to give it a try. No promises." Jacqui began her stop smoking journey for herself and now smoking is a thing of the past. All it takes is that first step into our Smoking Cessation service. We can help others to stop smoking too. It's never too late!"

If you, your friend, family or client want to make a quit attempt...Get in touch by:  
Using above QR Code or Emailing [StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk)  
Calling Help Me Quit on 0800 085 2219 or [Help Me Quit | Stop Smoking Services In Wales](#)  
Text: HMQ to 80818

## Vaping

Whilst vapes can be useful to some smokers in supporting smoking cessation, data shows the number of children using vapes has tripled in the past 3 years. Due to their nicotine content and the unknown long-term harms, vaping carries a risk of harm and addiction for children.

The use of single-use vapes has also grown in recent years to the point that almost 5 million are either littered or thrown away each week.



Not only is this extremely wasteful because of their hard to recycle components, but disposable vapes are known to be used by children and when littered they can release toxic chemicals into the environment.

For more information on vaping and support available to quit follow link: [Vaping - Powys Teaching Health Board \(nhs.wales\)](#)

### PTHB Website Links

**PTHB internet (public facing)**  
[Smoking - Powys Teaching Health Board \(nhs.wales\)](#)

**PTHB intranet ( PTHB staff)**  
[Smokefree \(sharepoint.com\)](#)