



GIG  
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Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board



ISSUE 2  
January - March 2025

# POWYS SMOKE-FREE NEWSLETTER

## Want to quit smoking? Make January 2025 your fresh start

**STOPIO YSMYGU,  
TORRI'N RHYDD.  
STOP SMOKING,  
BREAK FREE.**

Teimla'r gwahaniaeth  
Feel the difference

HELPA FI  
STOPIO  
HELP ME  
QUIT

GIG  
CYMRU  
NHS  
WALES

Dechreuwch eich taith gyda **Helpa Fi i Stopio** heddiw.  
Start your journey with **Help Me Quit** today.

With 2025 fast approaching, many of us are looking at making New Year's Resolutions. Thousands of others have quit smoking and you can too – so make this January a fresh start.

If you, a family member or client smoke and want to stop, there's free proven support to help quit smoking. Stopping smoking brings multiple benefits to health, some immediate and others that build over time. These include having more energy and being able to breathe more easily. You'll also have more money in your pocket; the average smoker is able to save around £38 a week when they quit - that's £2,000 a year.

Whether it is visiting a local stop smoking 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 are different options available for someone who wishes to give up smoking. The service includes access to FREE nicotine replacement medication (NRT).

Get in touch today to obtain support to quit by using the QR code on page 2, emailing [StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk) or calling Help Me Quit on 0800 085 2219.

## Smoking Cessation in person Clinics

Mon: Newtown Hospital: Mon 15:00-17:00  
Llanidloes GP Practice 09:30-12:30

Tues: Newtown GP Practice 09:30-17:30  
Presteigne GP Practice 11-5pm (fortnightly)

Wed: Llandrindod Wells GP Practice Wed 11:00-16:30  
Brecon Hospital Outpatients Clinic 17.30-19:00  
Welshpool GP Practice 09:30-15:00

Fri: Pengorof GP 09:30-12:30

TBC: New Clinic starting Llanfair Caereinion GP Practice



## Smoking Cessation in person Groups

Mon: Welshpool Integrated Family Centre 10:30-11:30

Wed: Brecon Hospital 18:00-19:00

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



## HMQ PHARMACY COMPETITION TIME!

Nominate a staff member for Powys Pharmacy Smoking Cessation Champion Award and chance to win PRIZE!

Is there a pharmacy staff member in your store who shows passion and commitment in working with clients attempting to quit smoking?

We would like to recognise the hard work of pharmacy staff in the support of clients to quit smoking. Please submit a 100 words nomination including why you have chosen the nominee for Powys Pharmacy Smoking Cessation Champion and what special efforts your nominated staff member makes to support clients in quitting smoking.

Please email your nomination to [stopsmoking.powys@wales.nhs.uk](mailto:stopsmoking.powys@wales.nhs.uk) by February 3rd 2025 or contact us by email for further information.

Also Powys pharmacies who are offering Level 3 smoking cessation support will be competing in next few months to achieve the greatest increase in number of smoking quit attempts this year as compared to last year!

2 pharmacies who increase the total number of quit attempts that they have supported by the greatest percentage this year (April 2024- End March 2025) as compared to April 2023 to End March 24 will receive a PRIZE for staff to enjoy.

Use this link to find your nearest pharmacy offering Level 3 smoking cessation service:  
[Quit Smoking Services In Your Area | Help Me Quit](#)



# HMQ Baby

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

Here are some common questions asked about smoking in pregnancy.

## I am pregnant and have been smoking- Is there any point in me giving up now?

Quitting smoking at any stage of your pregnancy will bring health benefits for you and your baby.

Even just after one day of not smoking your baby will get more oxygen. This will help your baby's lungs to develop well. Quitting now also lowers the chances of having a baby with low birth weight.

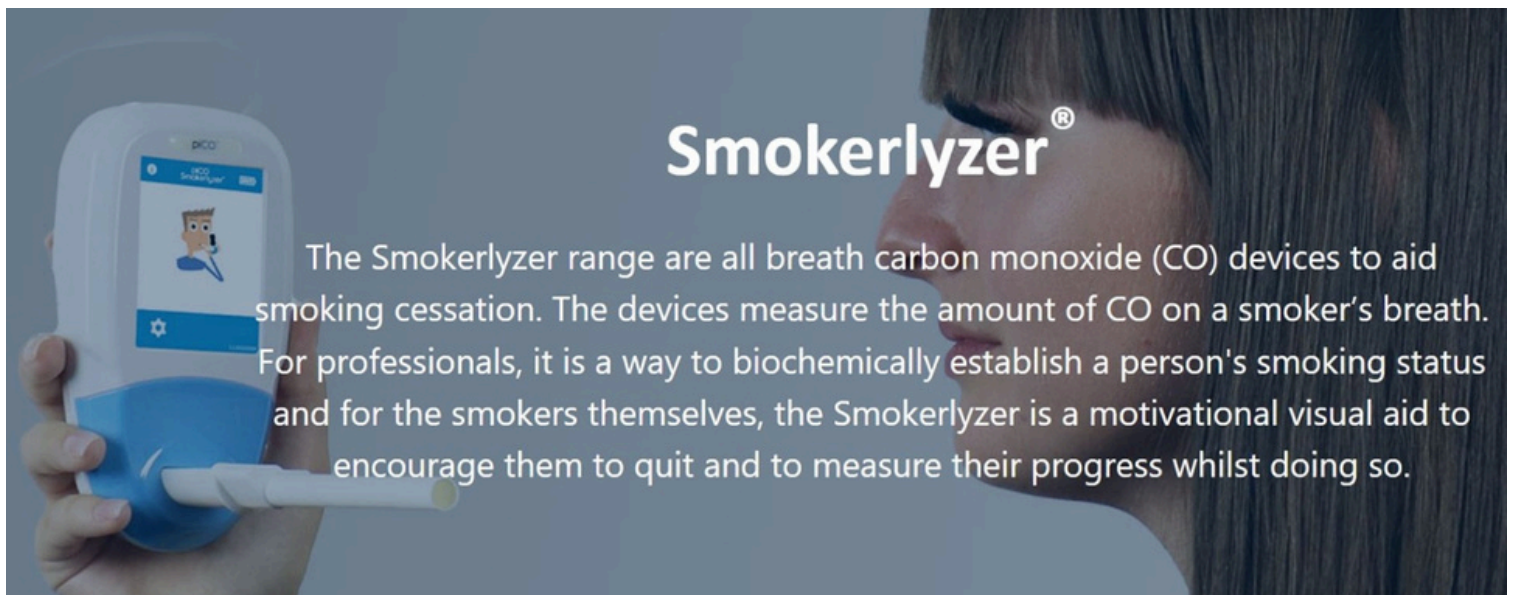
## What is wrong with having a small baby?

Smoking during pregnancy increases the chances of having a low birth weight baby. Babies with low birth weight are more likely to have serious health problems than normal weight babies. These problems can affect your baby's health now, throughout their childhood and into adulthood.

## I am pregnant. Is it ok to smoke light cigarettes?

Smokers who switch to 'light' or 'mild' cigarettes end up compensating for the low levels of tar and nicotine by inhaling more deeply or by smoking more of each cigarette. If you smoke 'light' cigarettes you will still be putting harmful chemicals into your body.

Powys Stop Smoking team are currently giving any pregnant woman who wants to make a quit attempt a FREE personal Carbon Monoxide monitor!



Powys Stop Smoking 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 the 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 whilst pregnant will benefit the baby immediately!



# HMQ Hospital

All hospital sites in Wales are smoke free by law. This applies to everyone, including staff, patients, visitors and contractors.

Powys Teaching Health Board have recently developed a NEW protocol for the supply of Nicotine replacement therapy (NRT) to patients to relieve and/or prevent craving and nicotine withdrawal symptoms whilst unable to smoke or vape on hospital grounds. PTHB staff can follow this [link](#) to access the protocol. To support staff in the use of this protocol and ensuring smokers remain smoke-free and comfortable in secondary care, training is also available on ESR 000 NHS Wales - Supporting Smokers in Secondary Care .

Level 1 MECC training is also available to NHS staff and our wider public sector (non-NHS) colleagues online. MECC training will give you the confidence and skills to have those healthy conversations.

[MECC // Public Health Network :: E-Learning](#)

The health benefits of stopping smoking are immediate. To anyone who is struggling to quit, the smoking cessation service is on hand to provide support.

## What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



### After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



### After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.



### After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



### After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



### After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



### After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

# Vaping



On 5 November 2024, UK Government announced the Tobacco and Vapes Bill in Parliament. This bill stands to be one of the most significant public health interventions in a generation.

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.

Support work to reduce vaping in Powys by:

- Promoting Powys vaping campaign-social media posts as well as banners, posters, postcards are available. Contact our team to order resources [StopSmoking.Powys@wales.nhs.uk](mailto:StopSmoking.Powys@wales.nhs.uk)
- Sharing vaping pathway for young people in Powys- see below
- Visiting Vaping Web page [Vaping - Powys Teaching Health Board](#) for access to guidance and signposting
- Accessing Vaping Advice Leaflets for young people and for parents and carers produced by ASH Cymru <https://ash.wales/vaping-resources/>



## SUPPORT PATHWAY FOR NICOTINE DEPENDENT YOUNG PEOPLE IN POWYS

**YOUNG PERSON SMOKING AND VAPING AND WANTS TO QUIT**

**NEED HELP???**

CONTACT: POWYS SMOKING CESSATION SERVICES ON:

FREEPHONE 08000852219

OR REFER VIA A SELF REFERRAL FORM AT:

[CLICK HERE](#)

**YOUNG PERSON IS VAPING AND WANTS TO QUIT**

**NEED HELP???**

SUPPORT IS AVAILABLE ACROSS THE FOLLOWING SERVICES:

**YOUTH SERVICE**

[CLICK HERE](#)

**SCHOOL NURSING TEAM**

[CLICK HERE](#)

**ADFERIAD**

[CLICK HERE](#)

**HELP**

**CAMHS:**

IN REACH CAMHS FOR YOUNG PEOPLE WITH MENTAL HEALTH & WELLBEING NEEDS.

EMAIL: [powyscamhs.schools-in-reach@wales.nhs.uk](mailto:powyscamhs.schools-in-reach@wales.nhs.uk)

**ADFERIAD**

[CLICK HERE](#)

**POWYS AREA 43**

[CLICK HERE](#)

**ASSESS SAFEGUARDING RISKS/TRACE**

[CLICK HERE](#)

**Useful Links:**

WHO NICOTINE TOBACCO TOOLKIT

INFORMATION AND GUIDANCE ON VAPING FOR SCHOOLS IN WALES

WHOLE SCHOOL POLICY FOR SMOKING AND VAPING ON SCHOOL GROUNDS

NO IFS, NO BUTS

# Deborah's Journey to 'smoke-free'

We are so proud of you Deborah! Deborah quit smoking and experienced life changing results



**Deborah who has recently quit smoking after 42 years says  
'the life changing results that you get are amazing'**

Deborah is keen to inspire others and plans to become a community smoking cessation champion. After quitting smoking Deborah feels that she has a new life and is looking forward to a healthier future. Deborah wasn't initially convinced she would be able to give up smoking. However, once she met Alex (Powys Smoking Cessation Advisor), she was immediately made to feel welcome, and described Alex as 'polite, helpful, non-judgemental and described that the session was not pressurised in any way'.

So, if you have had enough of smoking and all the negative effects it has, why not join the 15,000 people in Wales who get support from Help Me Quit each year? The Powys Stop Smoking team are here to help all smokers on the journey to becoming smoke-free.

To refer yourself you can contact:

[Help Me Quit](#) | [Stop Smoking Services In Wales](#) on 0800 085 2219 or text HMQ to 80818 or you can email [stopsmoking.powys@wales.nhs.uk](mailto:stopsmoking.powys@wales.nhs.uk)

## PTHB Website Links

**PTHB internet (public facing)**

[Smoking - Powys Teaching Health Board \(nhs.wales\)](#)

**PTHB intranet ( PTHB staff)**

[Smokefree \(sharepoint.com\)](#)