

# Worcestershire Stop Smoking Offer

For further **stop smoking** information and signposting please visit [Stop smoking support | Worcestershire County Council](#).

## **Smokefree Homes Service**

### **Offer:**

- A stop smoking service for parents/carers living in a household with a child/baby under the age of three (living in Worcestershire)
- The service offers face to face support for 12 weeks
- 1-1 appointments with a stop smoking advisor including free nicotine replacement therapy and/or vapes to support smokers to quit
- *The current service is under development. A confirmed model will be clearer in the next few months, this may possibly include a support element for young people.*

### **Signposting:**

For any questions or referrals, please contact [whcnhs.smokefreehomes@nhs.net](mailto:whcnhs.smokefreehomes@nhs.net) or visit [Smoke Free Homes service for Worcestershire Families | Starting Well \(startingwellworcs.nhs.uk\)](#)

## **Universal Stop Smoking Service**

### **Offer:**

- An initial consultation with a trained stop smoking advisor
- Weekly telephone support meetings
- Follow up 4 weeks after the designated quit date
- Practical advice about goal setting, self-monitoring and managing barriers to quitting
- Advice and guidance on how to access appropriate nicotine replacement products
- Distribution of swap to stop vouchers for service users who wish to use vapes to help them to stop smoking.
- Signpost/refer into relevant Healthy Worcestershire sessions to provide ongoing support for the longer-term maintenance of successful quit attempts.
- Signpost to other stop smoking services available in Worcestershire such as Smoke Free Homes and SIP

### **Signposting:**

Individuals can self-refer or be referred by a professional or non-professional via phone (01905) 928185, email [healthy.worcestershire@nhs.net](mailto:healthy.worcestershire@nhs.net) and website [Refer to Healthy Worcestershire – Healthy Worcestershire’s Services](#)

## **Smoking in Pregnancy Service**

### **Offer:**

- A stop smoking service for anyone who is pregnant and lives in Worcestershire or receives midwifery care in Worcestershire
- Anyone who is living with a pregnant person can also access stop smoking support
- The service offers face to face support up until birth and also 6 weeks following birth
- 1-1 appointments with a stop smoking advisor including free nicotine replacement therapy and/or vapes to support smokers to quit.

### **Signposting:**

All smokers will be referred to the Smoking in Pregnancy Service by their midwife. For any questions of referrals, please contact [wah-tr.smokingcessationteam@nhs.net](mailto:wah-tr.smokingcessationteam@nhs.net) or call Heidi Hulbert, 07568 601709 (Kidderminster & Malvern); Shelly Halford, 07568 601710 (Redditch & Bromsgrove); Liz Hammond, 07568 601711 (Worcester & Wychavon)