

The text used in this leaflet is adapted from material kindly provided by the Lancashire Care NHS Foundation Trust

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 223 2545

Published by the Patient Information Centre

2016 Copyright, Northumberland, Tyne and Wear
NHS Foundation Trust

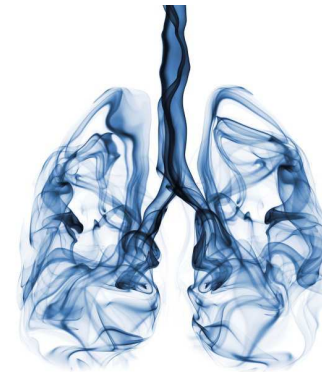
Ref, PIC/741/0316 March 2016 V2

www.ntw.nhs.uk/pic Tel: 0191 223 2545

Review date 2018

 Follow us
@ntwnhs

 www.facebook.com/NTWNHS



Our Smokefree Trust

Patient Information Leaflet

Easy Read



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

This leaflet will tell you about

- what smokefree means
- why the hospital plans to be smokefree
- stopping smoking and your health
- what smokefree means for patients, carers, staff and visitors
- what smokefree means if you use services in the community
- what smokefree means if you are admitted to hospital
- support you can get



Hard Words

**Carbon
monoxide**

One of the bad chemicals in your body because of smoking.

Nicotine

The chemical in tobacco that makes it hard to stop smoking.

**Nicotine
replacement**

A way that your body can get some nicotine without you smoking.

Smokefree

You will not be allowed to smoke.



If you live in South Tyneside
Tel: 0191 424 7300



If you live in Gateshead
Tel: 0800 014 9092 / 0191 283 1145

What does smokefree mean?



The hospital plans to become **smokefree**.

This means smoking will not be allowed in any areas inside and outside of the hospital.

If you smoke on the grounds you will be asked to stop by staff.

Why is the Trust planning to go smokefree?



Making sure that NHS services are **smokefree** helps the health of people who use hospital services and the health of the people who work there.



Smoking causes health problems and you have a bigger risk of dying at a younger age.

Stopping smoking and your health

When you stop smoking your body starts to get better straight away.

after 20 minutes	Your blood pressure and heart rate return to normal.
after 8 hours	Your chance of having a heart attack is less. Your body is half as much nicotine and carbon monoxide . (Nicotine is the chemical in tobacco that makes it hard to stop smoking. Carbon monoxide is one of the bad chemicals in your body because of smoking.)
after 1 day	Your lungs start to get cleaner.
after 2 days	Your body has no nicotine left. Your senses of taste and smell are better.
after 3 days	You can breathe more easily. You have more energy.
after 3-9 months	Your lungs are working better. You stop coughing.
after 5 years	You only have half the change of having a heart attack compared with a smoker.
after 10 years	Your chance of getting lung cancer is half that of a smoker. Your chance of having a heart attack is the same as someone who has never smoked.

Where can I get support to stop smoking?

Talk to staff who are looking after you.

You can also get help in the community.



If you live in Newcastle

Tel: 0191 269 1103 / 07809 105837



If you live in North Tyneside

Tel: 0300 2000 101



If you live in Northumberland

Tel: 01670 813135



If you live in Sunderland

Tel: 0191 565 3482 or 0800 107 0741

Electronic cigarettes (E-cigs)

Certain types of e-cigs (like the one pictured here) can be used on Trust sites, but only by service users in outdoor spaces.

If you would like to use an e-cig it must be **disposable**, **non-refillable** and **non-rechargeable**.

Other types of e-cig are not allowed to be used anywhere on Trust sites.

E-cigs are not yet licensed as a medicine, so the Trust cannot prescribe them. If you would like to use an e-cig you will need to buy your own.

E-cigs are not allowed within our Forensic Services.



Stopping smoking will save you money. People who smoke 20 cigarettes a day will save about £2500 per year.

What smokefree means for patients, carers, staff and visitors?



When you are visiting someone in hospital **do not** bring tobacco or lighters to the ward.



Smoking cigarettes or tobacco will not be allowed in any buildings, areas or grounds used by the hospital.

This means patients, carers, staff and visitors must not smoke on the hospital grounds.

What smokefree means if you use our services in the community



If NHS staff come to see you at home there must be a **smokefree** area where you can meet.



NHS staff or your GP can give you information about where you can get help to quit smoking.



You can contact your local stop smoking service for support. The contact details are at the end of this leaflet.

What smokefree means if you are admitted to hospital



If you are in hospital the NHS can give you **nicotine replacement** products to help with the cravings for a cigarette.



Nicotine replacement products may be patches, gum, lozenges and inhalators.



NHS staff can help and support you if you are tempted to have a smoke.

If you take certain medication your doctor or pharmacist will talk to you about going **smokefree** to make sure you stay well.