



we share clean air...

Easy read

A member of staff or a carer can support
you to read this booklet



SMOKEFREE

This leaflet tells you about

- what does smokefree mean
- why the Trust is smokefree
- 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
- electronic cigarettes
- smoking and your health
- support you can get to stop smoking
- hard words

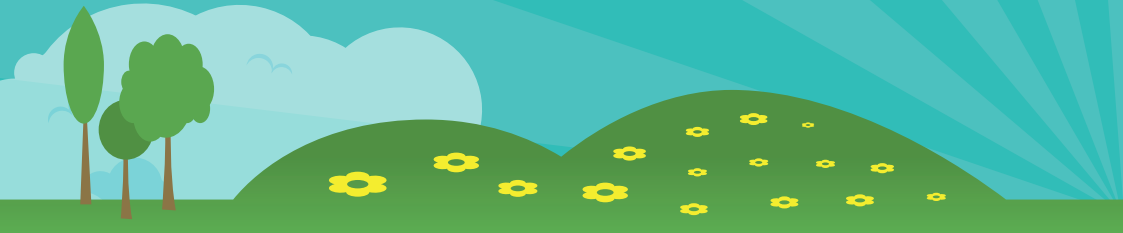
What does smokefree mean?



The hospital is smokefree.

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

If you smoke at the hospital you will be asked to stop by staff.



Why is the Trust smokefree?



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



We want to help patients and staff to improve their health.



We want to make our hospitals healthier places to be for everyone.

SMOKEFREE



What smokefree means for patients, carers, staff and visitors



If you come to stay in hospital please **do not** bring tobacco or lighters with you. If you do bring them you will need to give them to staff. Any lighters or matches will be destroyed.



Smoking cigarettes or tobacco is not 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 or inside the hospital.



What smokefree means if you use our services in the community



Smoke from tobacco and cigarettes damages your health.



You can help us protect our staff by not smoking when staff come to visit you at home.

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

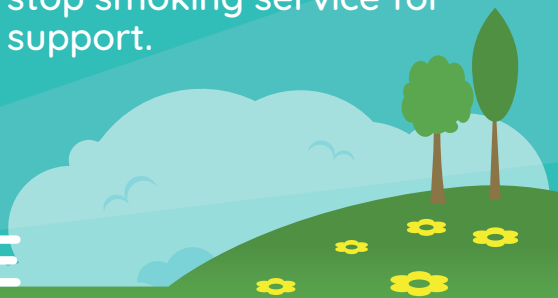


NHS staff or your GP can give you information about where you can get help to stop smoking.

You can contact your local stop smoking service for support.

The contact details are at the end of this leaflet.

SMOKEFREE



What smokefree means if you are admitted to hospital



If you come to stay in hospital please **do not** bring cigarettes, tobacco or lighters with you.



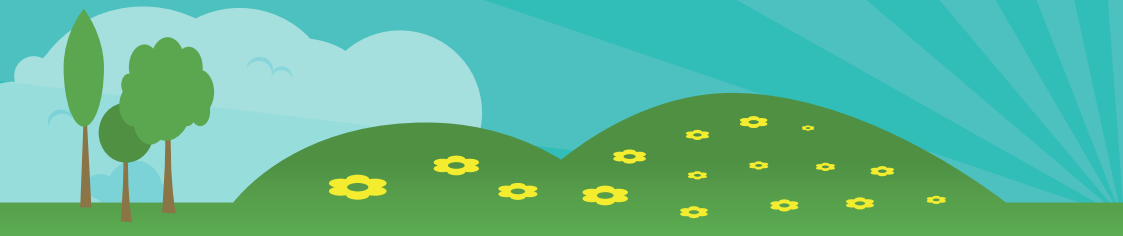
If you are in hospital the NHS can give you nicotine replacement products to help with the cravings for a cigarette.

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

CNTW have staff who are specially trained to support you. A member of the QUIT Team will visit you to talk to you about how they can help you if you are tempted to smoke.



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



Electronic cigarettes (E-cigs)



E-cigs might not be completely safe but they are much less harmful than smoking.

E-cigs can be used on Trust sites in certain areas. Speak to a member of staff about where these areas are.

Some services don't allow e-cigs for safety reasons. E-cigs can't be used if you are under 18 years old.

E-cigs are not a medicine, so the Trust can't prescribe them, but you can bring your own to hospital.

If you bring your own e-cig to hospital, staff will need to check it first before you can use it.

When you are admitted to hospital you will be given an e-cigarette if you do not have your own. Replacement cartridges can be bought at the hospital shop.



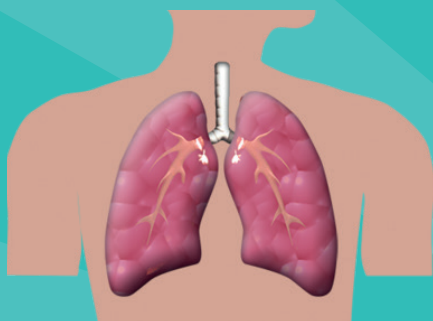
Smoking and your health



Smoking is very bad for our health and can cause health problems like heart attacks, stroke and cancers.

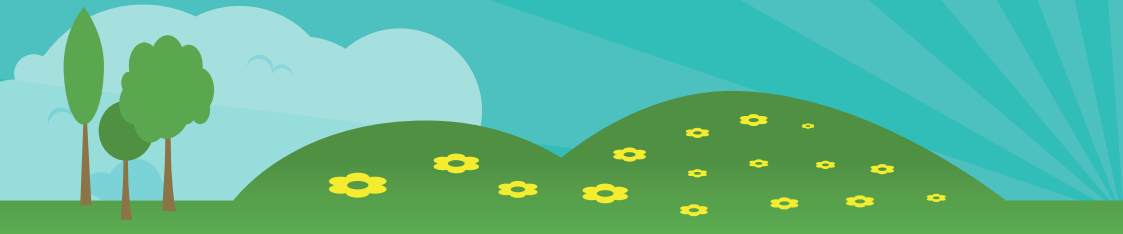


When you stop smoking your body starts to get better straight away.



Your lungs start to work better and you can breathe more easily.

The harmful chemicals in smoke start to leave your body and you will have less chance of getting illnesses caused by smoking.





Stopping smoking will also save you money. People who smoke 20 cigarettes every day will save about £2500 if they stop smoking.

Where can I get support to stop smoking?



**WE CAN
HELP**

Talk to staff who are looking after you. Staff in hospital will be able to help you to stop smoking.

You can also get help in the community.

SMOKEFREE



If you live in Newcastle

CGL - Newcastle Stop Smoking Service
Tel: 0191 269 1103

If you live in North Tyneside

North Tyneside Stop Smoking Service
Tel: 0191 643 7171

If you live in Northumberland

Northumberland Stop Smoking Service
Tel: 01670 813 135

If you live in Sunderland

Live Life Well Sunderland
Tel: 0191 567 1057

If you live in South Tyneside

Change4Life South Tyneside
Tel: 0191 424 7300

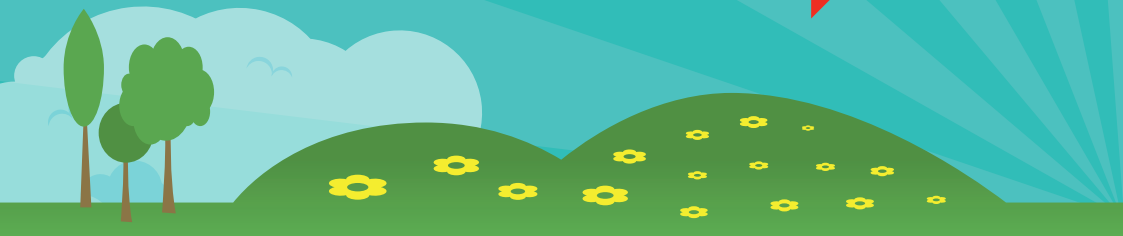
If you live in Gateshead

Gateshead Live Well Service
Tel: 0191 433 3058

If you live in Cumbria

Cumbria County Council
Text: pharmacy stop then your
postcode to 80011

**WE CAN
HELP**



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.

Electronic cigarettes (e-cigs)

Another way that you can get nicotine without smoking.

SMOKEFREE



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. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (e.g. Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288.

www.cntw.nhs.uk Tel: 0191 246 7288



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