

Quit Smoking Sessions in the Workplace

Are you contemplating introducing a smoke free policy within your premises before government legislation is introduced in 2007? If the answer is yes, why not consider supporting your employees to stop smoking. Coventry Teaching Primary Care Trust can provide practical help.

Aim:

To provide employers with quit smoking sessions in the workplace for their staff and so increase their chances of success.

Objectives:

- To motivate your employees to make a quit attempt.
- To deliver Nicotine Replacement Therapy and support for your workforce .
- To increase awareness of other smoking cessation support services.

Timing:

- Each quit smoking session takes one hour. Two sessions will be required, with a four week interval in between sessions. The sessions are delivered on your premises at an agreed time.

Employees receive:

- Nicotine Patches* (eight week supply, delivered at two sessions, with a four week interval in between).
- Information leaflets.
- Motivational support.

The sessions are delivered by an NHS Smoking Cessation Specialist. The delivery is informal and participatory to encourage discussion among attendees.

Cost:

The service is free, apart from a single payment of the current prescription charge. This covers the cost of an eight weeks supply of patches**.

If this service is not convenient for you and your employees, Coventry Teaching Primary Care Trust also offer five-week quit smoking sessions which are friendly and informal.

They run for one hour per week and include a full course of Nicotine Replacement Therapy (NRT) patches. These are given on a weekly basis and the balance supplied at the final group meeting. The sessions themselves are free of charge and the NRT is free to those who are eligible for free prescriptions. Those not eligible will pay a one-off prescription charge at the current rate. We also provide outreach programmes for people with limited time.

To access any of these services please contact:

Coventry Smoking Cessation Service 024 7624 6093

*Nicotine Patches will only be provided to people aged 18 and over, but will not be given to pregnant women. Other services are recommended to this client group and to those under 18 years.

**People entitled to free prescriptions are not charged for patches.