



Hertfordshire Partnership University NHS Foundation Trust is smoke free.

Information for service users

Frequently Asked Questions

What does smoke free mean?

Smoking is not permitted inside any of the Trust's premises, in Trust vehicles or anywhere in the grounds. You, as well as visitors and staff, are therefore not allowed to smoke on Trust premises.

Why did we become a smoke free Trust?

We now believe there is overwhelming evidence that our approach to smoking should not just focus on preventing harm to others but should actively support services users and staff to stop smoking or reduce the harmful effects of smoking, by supporting them to reduce their consumption of cigarettes. Smoking remains a significant source of inequalities in health and is a major cause of long term disability.

How we hope becoming a smoke free Trust will benefit you

- It may help you to feel healthier and better in yourself
- It may reduce the amount of medication you take
- It can help you save money – for example: if you stop smoking 10 cigarettes a day you can save more than £1000 a year
- You may be less likely to have breathing problems, heart disease, diabetes and many kinds of cancer.

Is it a human right to be allowed to smoke?

The British High Court (2008) ruled that smoking is not a basic human right. It is reasonable to expect the Trust to take action to preserve the health of service users and staff.



How will the Trust ensure it stays smoke free?

We have a comprehensive plan to provide the necessary support and leadership to deliver a smoke free environment. Specifically, we will ensure:

- Our staff are trained to support you to stop smoking whilst using our inpatient services
- All our inpatient beds have access to an on-site smoking cessation service
- We will offer advice and support to help people to stop smoking
- We will offer intensive behavioural support and Nicotine Replacement Therapy or other support for our inpatients who smoke
- There is strong leadership and management to ensure our Trust premises are smoke free
- We support our staff to stop smoking or abstain from smoking whilst at work
- We will no longer have designated smoking areas in our Trust premises.

If I feel the need to smoke during my admission what can I do?

Talk to the nursing staff on the ward/unit. They will be able to provide you with Nicotine Replacement Therapy that will help with the cravings for a cigarette. Wards hold stock of patches, inhalators and lozenges to support you whilst staying on Trust premises. If you would like to quit smoking in the long term and would like support, the nursing staff can refer you to **Hertfordshire Stop Smoking Service**. Please do not be tempted to have a cigarette; help is available to support you and to ensure you are comfortable whilst you are an inpatient.

What happens if service users smoke within Trust premises?

If you are smoking within Trust premises you will be approached by a member of Trust staff and asked to stop smoking. Staff on the ward/unit will discuss with you how best to support you and ensure you can comply with our Smokefree Policy.

For further information on quitting smoking, call **Hertfordshire Stop Smoking Service on 01442 453071.**

If you require this information in a different language or format please contact the Trust on 01707 253903 or speak with the service providing you with support.

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

www.hpft.nhs.uk

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