



# Hertfordshire Partnership University NHS Foundation Trust is smokefree.

Information for visitors

# 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. Service users, 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. The life expectancy of those who have a long and enduring mental health illness is acknowledged to be around 20 years less than the rest of the population; and a factor recognised to contribute to this outcome is the high incidences of smoking amongst users of mental health services. Smoking also reduces the effectiveness of some of the drugs service users are prescribed and is a contributing factor in many physical illnesses including cancer, respiratory and heart disease.

## 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:

- All our inpatient beds have access to an on-site smoking cessation service
- We offer intensive behavioural support and Nicotine Replacement Therapy, or other support for our inpatients who smoke
- We offer advice and support to help people to stop smoking
- Our staff are trained to support people to stop smoking whilst using our services

- There is strong leadership and management to ensure all Trust premises are smoke free
- We support our staff to stop smoking or abstain whilst at work
- We will no longer have designated smoking areas in our Trust premises.

## How you can support us to become smoke free

- Encourage and support your relative/friend to give-up smoking
- Refrain from bringing tobacco products on to Trust premises
- Think about giving-up yourself.

## What support is available for relatives, visitors and members of the public who smoke?

Nicotine Replacement Therapy is widely available to purchase from community pharmacists to help you manage withdrawal symptoms whilst you are visiting Trust premises.

**If you want to quit smoking long term, please contact Hertfordshire Stop Smoking Service on 01442 453071.**

## What happens to visitors who smoke within Trust premises?

Any member of the public or visitor smoking within Trust premises will be approached by a member of Trust staff and asked to stop smoking. If a visitor or member of the public persists in smoking or becomes abusive or aggressive when asked to stop, they will be asked to leave the premises.

**Please email [smokefree@hpft.nhs.uk](mailto:smokefree@hpft.nhs.uk) if you have any queries or questions regarding the Trust becoming smoke free.**

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](http://www.hpft.nhs.uk)**

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