



# Easy Read Information for Service Users

**Nicotine Management and  
Smoke Free From 31 May 2016**



**Smoke**  
**Free**

A HEALTHIER PLACE FOR EVERYONE



From 31 May 2016 we will be totally smoke free.



This means that no one will be able to smoke in our hospitals, on our grounds, in our car parks or in our units. E-cigarettes can be used, but only by in-patients.



This includes all staff, service users, visitors and family members.

# Why are we going smoke free?



The Government and lots of health organisations agree that all hospitals and NHS sites should be smoke free.



We want to make our ward, units and grounds a healthier place to be.



We want to help service users and staff improve their health.



We want to protect our staff from second hand smoke.

## What does this mean for me if I am an in-patient or staying on a unit?



Everyone will receive an assessment when they come into hospital or one of our units.



We will give service users who smoke support to stop smoking while they are in hospital or on one of our units.



Service users who smoke will be offered Nicotine Replacement Therapy, for example, patches or gum. If you would prefer to use an e-cigarette, please talk to a member of staff.



There will be lots of activities taking place so that people have plenty of things to do.



Service users will not be able to bring cigarettes, tobacco, lighters or matches into hospital or any of our units.



We have trained our staff so they can offer smoking cessation support to service users.

## What does this mean for me if I use Trust services at home or in the community?



You will be asked if you smoke, and would like help to stop smoking.



Service users who want to stop smoking will be given support by staff.



You can you help us protect our staff. Please can you not smoke when they visit you. If you can, please ask other people in the house not to smoke during the visit.



If staff visit you at home, please try to make a room available that is smoke free or well aired for an hour before the visit.

## **What if I am visiting the hospital or a clinic for an appointment or an activity?**

If you would like help to manage not smoking during this time, please talk to a member of staff, who will be able to help with this.

If you would like help to stop smoking for good, please talk to a member of staff.

# Where can I get support?



Staff can offer you support to stop smoking.



Staff can offer you support to use Nicotine Replacement Therapy.



Yorkshire Smokefree can also offer you support. Staff can help you contact Yorkshire Smokefree.

Find out more at: [shsc.nhs.uk/about-us/smoke-free](http://shsc.nhs.uk/about-us/smoke-free)  
For information e-mail: [smokefree@shsc.nhs.uk](mailto:smokefree@shsc.nhs.uk)

