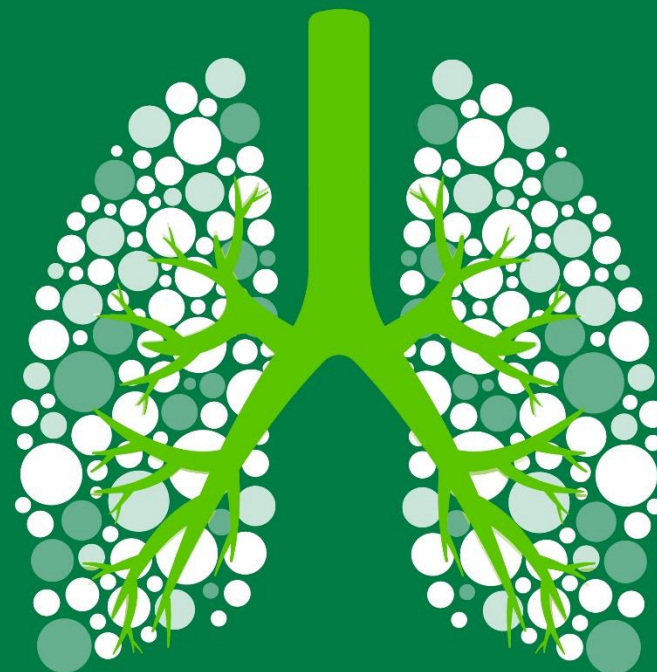


0208 354 8889

wlm-tr.hls@nhs.net



Ealing Community
Partners



Ealing Smokefree Service



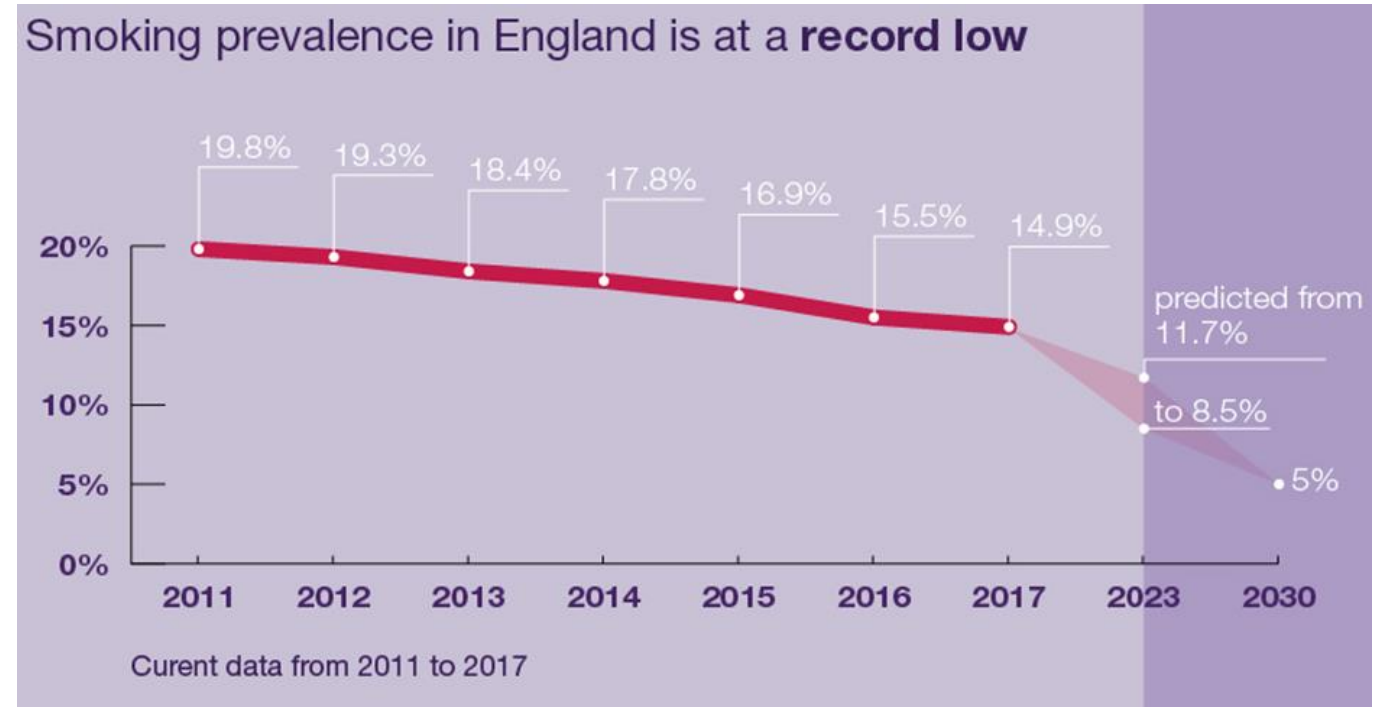
You are 4 times more likely to quit with support. Take the first step today!
Visit www.westlondon.nhs.uk/ealing-smokefree-service or scan the QR code >

Meet the team:

- **Katerina Manginas** – Healthier Lifestyle Service Lead
- **Ariana Florentino Gonzalez** – Health Improvement Practitioner for Smokefree
- **Maria Romero Rosado** - Health Improvement Practitioner for Smokefree
- **Anissa Hared** - Tobacco Dependence Specialist
- **Hani Khan** - Tobacco Dependence Specialist
- **Yara Atwan** - Tobacco Dependence Specialist

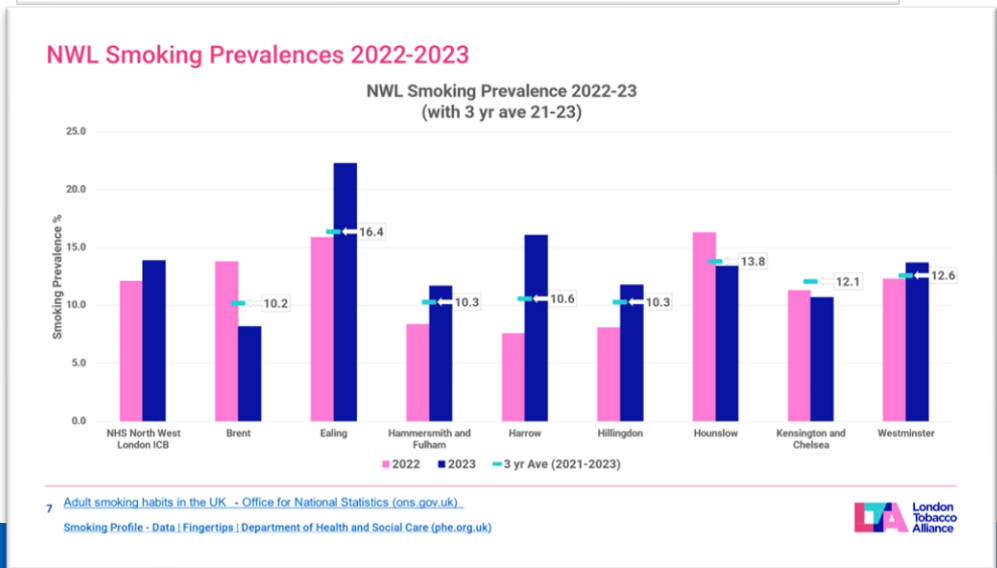
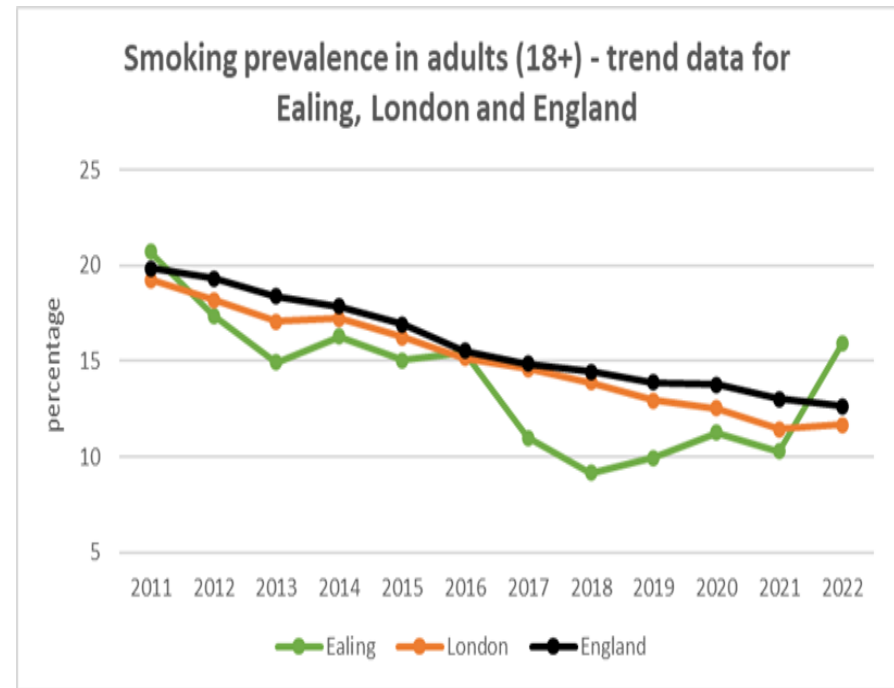
What is Smokefree?

- Smoking is the leading cause of preventable illness and premature death in Ealing
- On average 79,000 deaths per year attributable to smoking
- Smoking rates have been declining
- Aim to have a “Smokefree Generation” by 2030



What is Smokefree?

- Nationally, smoking prevalence among adults continues to fall. Smoking prevalence in Ealing is currently 15.9% which is higher than the averages across England (12.7%) and London (11.7%)
- Smoking prevalence in Ealing has seen a significant jump from 10.3% in 2021.
- Rates are higher in routine & manual workers (27.4%) and adults with serious mental health illness (34.6%).

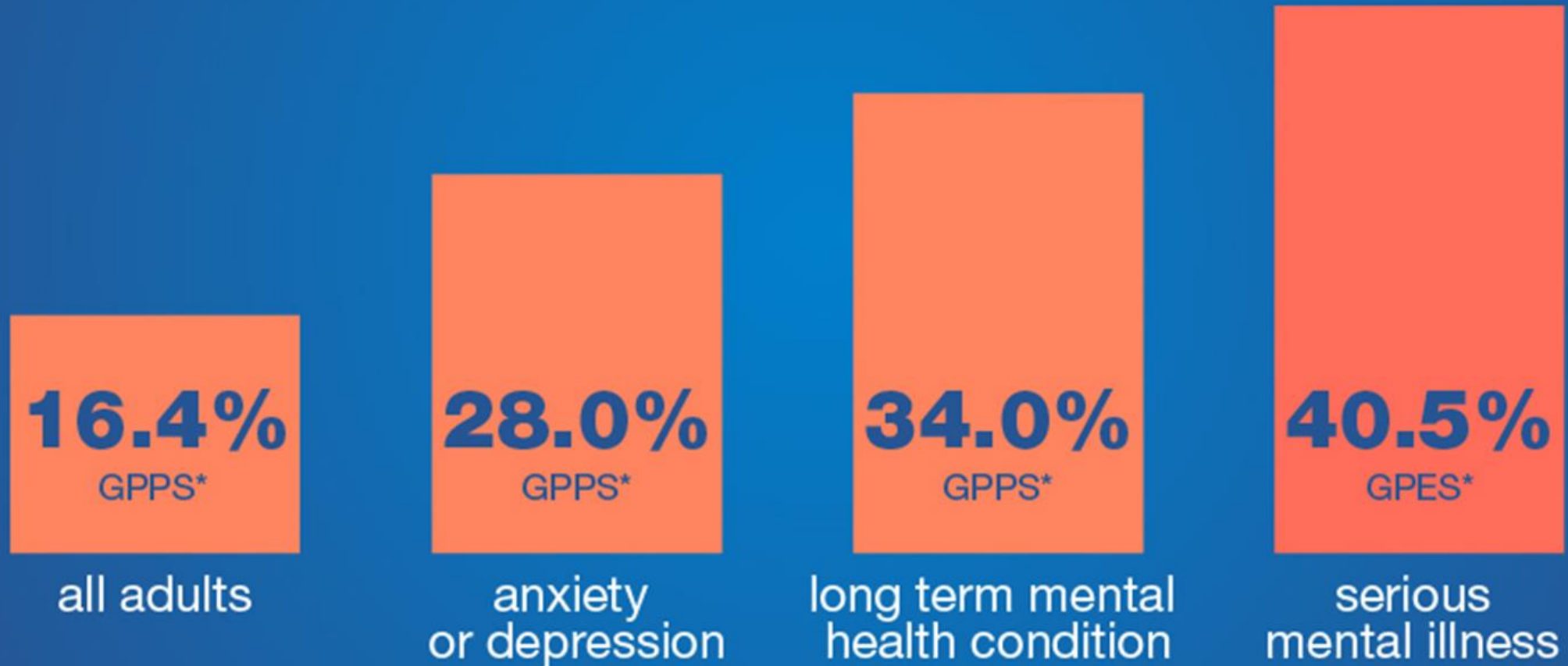


7 Adult smoking habits in the UK - Office for National Statistics (ons.gov.uk)
Smoking Profile - Data | Fingertips | Department of Health and Social Care (phe.org.uk)



Smoking as a risk factor for people with poor mental health

Smoking prevalence in adults (18+)



Source: ***GPPS** - GP Patient Survey, 2014-2015

***GPES** - General Practice Extraction Service, 2014-2015

Our aim is to reduce the smoking prevalence within Ealing!



Who is the service for?

- Over 18 years old
- Currently smoking cigarettes
- Residing in the borough of Ealing/
Registered with a Ealing GP Practice



How can you refer?

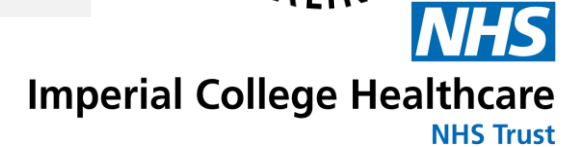
- Online Website – [Ealing Smokefree Service :: West London NHS Trust](#)
- Self Referral Accepted/ Community Teams
- SystemOne for GPs/ Ealing Community Partners Internal Referral Form

Email to: ealingcommunity.referrals@nhs.net

Partnerships



Ealing Community Partners



How can you refer?

Ealing Smokefree Service

[Home](#) > [Adult services](#) > [Health and wellbeing](#) > [Ealing Smokefree Service](#)

Ealing residents struggling with smoking addiction can receive support from the Ealing Smokefree Service.

Our trained team of Tobacco Dependence Specialists help residents to quit or change their smoking habits using a variety of behavioural change techniques and Nicotine Replacement Therapy (NRT).

[Refer yourself to the smoke free support service >](#)

[About our service](#) ▾

[Quitting smoking through Nicotine Replacement Therapy \(NRT\)](#) ▾

[How to refer](#) ▾

[We work with pharmacies to support you](#) ▾

[We offer training to groups](#) ▾

[Visit one of our clinics](#) ▾

Contact details

Email:

wlm-tr.hls@nhs.net

Telephone number:

0208 354 8889

More in this section

[Ealing TB awareness](#)

[Ealing Smokefree Service](#)

[Diabetes health and wellness coaching](#)



Ealing Community Partners

Online Referral Form

Ealing Smokefree Service referral form

[Home](#) > [Adult services](#) > [Health and wellbeing](#) > [Ealing Smokefree Service](#) > [Ealing Smokefree Service referral form](#)

This service is to support people who would like to quit or reduce their tobacco usage.

If you have been referred by a healthcare professional (including GPs) or if you would like to refer yourself, please complete the form below.

Section 1: Referral source

Which service referred you to us? ***Required**

- Care co-ordinator/community rehabilitation
- GP
- Inpatient mental health services
- Internal
- Maternity services
- Mental Health Integrated Network (MINT)
- No one, I'm referring myself
- Other
- Perinatal mental health
- Talking therapies (IAPT)

If other, please specify

Booking with the Tobacco Dependence Specialist

- One-to-one support (patient centered approach)
- Monday - Friday with flexible appointments to suit patient's needs
- Face-to-face and remote sessions available
- Appointments are for approximately 30 minutes (every weeks) with the initial session taking roughly 45 minutes

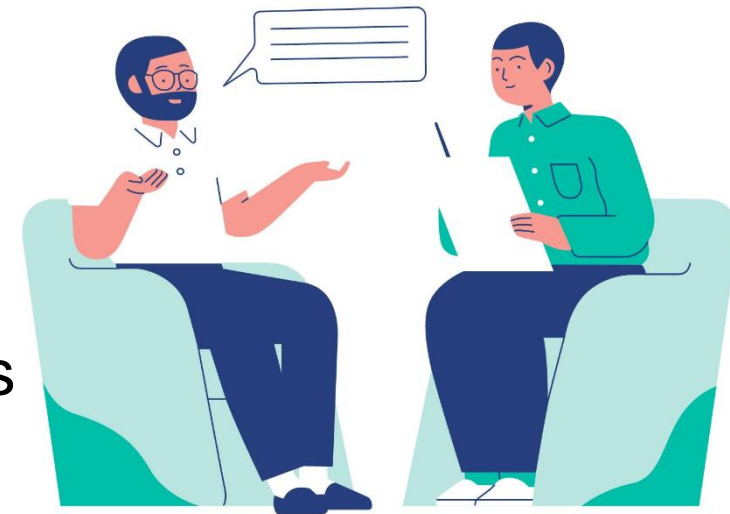


Clinic Locations

- Perivale Library: **Tuesday** 10am-2pm
- Acton Health Centre: **Wednesday** 12-5pm
- Greenford Green: **Thursdays** 9am-5pm
- Featherstone Road Health Centre: **Friday** 9am-5pm
- Bookable appointments for Ealing Broadway

Sessions with the Tobacco Dependence Specialist

- 8 week NCSCT treatment programme
- Group Support
- Behavioural support for **quitting** and **harm reduction** approach (reducing tobacco and cutting down to quit)
- 8 weeks of pharmacological support (NRT)
- E-cigarette friendly service
- Accredited NCSCT Practitioners and can support patients on the programme who would like to make a change to their smoking



Nicotine Replacement Therapy (NRT):

- Novel service protocol for the Tobacco Dependence Specialists to assess, supply and monitor the use of NRT, without a prescription
- Collaborative work with Ealing Community Partners Pharmacy Team and the Healthier Lifestyle Service
- Ensure NRT is provided at time of consultation
- Positive patient experience whilst in the service

Vapes

- Vapes are devices that deliver nicotine within an inhalable aerosol by heating a solution.
- Solution: nicotine, and a thick colourless liquid called glycol and glycerine. With flavourings.
- No burning, no smoke.
- Do not produce tar or carbon monoxide
- 95% safer than cigarettes
- Swap –to-Stop Scheme (2weeks and then 2 weeks)



Vapes

Disposable vapes to be banned from June



EPA-EFE/REX/SHUTTERSTOCK

| The government plans to introduce legislation to ban the sale of disposable vapes from 1 June 2025

Christy Cooney & Amy Walker

BBC News

24 October 2024 ·  2954 Comments

The sale of single-use disposable vapes will be banned in England and Wales from June next year, the government has confirmed.

Ministers in England said the move, first announced in January by the previous government but not enacted before the general election, is intended to protect children's health and prevent environmental damage.

NHS

**Ealing Community
Partners**

Pharmacies

Greenford:

- Parade Pharmacy, pharmacy.fdr42@nhs.net, 020 8575 8041

Southall,

- Southall Pharmacy & Travel Clinic, shahpharmacy@nhs.net, 020 8574 2700

Sudbury hill,

- Curapharm Chemist, curapharmchemist@gmail.com, 020 8422 1250

Ealing,

- Lewis Pharmacy, Lewispharmacy@nhs.net, 020 8997 5713
- Mattock Lane Pharmacy, mattocklanepharmacy@nhs.net, 020 8567 9153,
- Northfield Pharmacy, northfieldpharmacy@nhs.net, 07581886993, 020 8567 0982
- Terry's Pharmacy, terrys.pharmacy@nhs.net, 020 8997 2954

Acton,

- Walkers Pharmacy, walkerspharmacy@nhs.net, 020 8992 4522

Training Offer

- Level 1 Training (1hr)
Deliver flexible to suite the needs of the services
- Level 2 Smokefree Training (1 day + 1 day course)
- Contact the service via email : wlm-tr.HLS@nhs.net
- Service will also share training/webinars to attend

Very Brief Advice on Smoking

30 seconds to save a life

ASK

AND RECORD SMOKING STATUS

Is the patient a smoker, ex-smoker or a non-smoker?

ADVISE

ON THE BEST WAY OF QUITTING

The best way of stopping smoking is with a combination of medication and specialist support.

ACT

ON PATIENT'S RESPONSE

Build confidence, give information, refer, prescribe.
They are up to four times more likely to quit successfully with NHS support.

REFER THEM TO THEIR LOCAL NHS STOP SMOKING SERVICE



Ealing Community
Partners

Thank you!

What are your questions about the service?

Get in touch!

Email: wlm-tr.hls@nhs.net

Website: [Ealing Smokefree Service :: West London NHS Trust](#)

Phone: 0208 354 8889

0208 354 8889

wlm-tr.hls@nhs.net



Ealing Community
Partners



Ealing Smokefree Service



You are 4 times more likely to quit with support. Take the first step today!
Visit www.westlondon.nhs.uk/ealing-smokefree-service or scan the QR code >