

PROUD TO BE
SMOKE  **FREE**

Smoking kills, and from **5 July 2019**,
smoking is not allowed anywhere on
our **sites** including in our **car parks**
and **outside areas**.

CLEANER AIR
IN OUR CARE

Why are we making this change?

Tobacco smoke is a lethal cocktail of more than 4,000 irritants, toxins and cancer-causing substances. Most secondhand smoke is invisible and odourless, so no matter how careful you think you're being, people around you still breathe in the harmful toxins.

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

If you are a patient staying at the hospital, you will be asked if you smoke and we will explain our smokefree site status. We can help you with alternatives for the period of time you are in hospital and also direct you to stop smoking services to help you cut down and quit. A range of nicotine replacement products are available for patients who can access it by talking to our clinical staff. We will help you to find the one that works best for you.

Giving up smoking is a personal choice, but one of the most single important things you can do for your health and those around you.

Stop before the op

If you are due to have an operation, then cutting down or quitting is of vital importance. Smoking introduces many poisonous chemicals into the blood which can hamper recovery from an operation or illness. You may already have been referred to a smoking cessation service to help you give up smoking. Quitting smoking will help you recover better and more quickly from your operation and will help keep you healthier in future.

Stop Smoking Services

If you are a relative or visitor and you want to quit smoking long term, there are services available in Sandwell and West Birmingham to help you do just that.

- Visit your local pharmacy
- Speak to your GP
- You can also find your local Stop Smoking Service by going to [nhs.uk/smokefree](https://www.nhs.uk/smokefree) or access Sandwell's Everyone Health Stop Smoking Service by going to [everyonehealth.co.uk](https://www.everyonehealth.co.uk).

Vaping

We are following Public Health England guidelines in being supportive of vaping as a route to cut down or quit smoking. Two vaping shops will be opening at City and Sandwell Hospitals run by **ECigWizard**, where staff will be able to give advice and supply vaping products for anyone who needs them.

What happens to visitors who smoke within Trust premises?

It is our responsibility to ensure that people do not smoke anywhere on our sites, and in this we are supported by dedicated **smoking wardens** who will be patrolling the area on-the-ground backed up by **CCTV**. The maximum ban for anyone caught smoking on site is **£50** and this **includes smoking in cars on our premises**.

Vaping is permitted outside and we have a small number of vaping shelters for protection from the elements. They are monitored by CCTV to ensure they are not used for smoking.



SMOKING KILLS
KILL SMOKING

For more information about smoking at Sandwell and West Birmingham NHS Trust go to swbh.nhs.uk/patients-visitors/before-you-arrive/smokefree/.

The Stop Smoking Service offered by Everyone Health Sandwell can be contacted by calling **03330050095** or by going to everyonehealth.co.uk/sandwell-metropolitan-borough-council/.

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