

Why we are providing smokefree environments to our patients

We want everyone who uses our services to be safe and to see our hospitals and community premises as places that promote good health and wellbeing.

To help achieve this we have made our grounds smokefree, so that patients, visitors and staff are not exposed to the harmful effects of second-hand cigarette smoke.

Outpatients and Visitors

Smoking on Trust premises, including buildings and grounds is strictly prohibited.

If you are visiting or an outpatient at any of our sites, please abide by the Trust's Smokefree Policy.

All grounds, gardens, car parks and surrounding areas on Trust sites are non-smoking areas.

If you wish to smoke, please do so outside the site and be mindful of litter caused by discarded cigarette stubs. It takes 25 years for cigarette stubs to disintegrate.

You are more likely to quit for good with support

Thousands of smokers have already stopped smoking for good. Only 1 in 5 people still smoke in the North West.

If you would like help and support to quit for good, please contact your local Stop Smoking Service for free help.

For more information on what is available in your area search:

Smokefree NHS

Trust Headquarters
Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

www.MerseyWestLancs.nhs.uk

Welcome to our Smokefree Hospital

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What support is available?

Mersey and West Lancashire Trust now offer all patients help and support to stay smoke free during their stay in Hospital. Our friendly team of stop smoking advisors will be able to provide patients who are current smokers with the following;

- ◆ Offer Nicotine Replacement Therapy on admission to help ease withdrawal symptoms
- ◆ Offer behavioural and motivational support
- ◆ Provide patients with up to two weeks of Nicotine Replacement Therapy on discharge
- ◆ Provide information, guidance and referral to the community stop smoking support that is available when leaving Hospital to give our patients the best possible chance of staying smokefree and living a more healthier lifestyle

Stopping smoking will help you to...

- ◆ Reduce your risk of infection
- ◆ Reduce your stay in hospital
- ◆ Promote faster healing wounds and bone repair
- ◆ Reduce problems relating to anaesthetics
- ◆ Improve your overall health and reduce the risk of developing lung disease or certain cancers
- ◆ Protect your family and friends from the adverse effects of second-hand smoke inhalation

Why you should consider using nicotine therapies

Nicotine is present in all tobacco products and is highly addictive. Nicotine is not the harmful part of tobacco products.

Withdrawal from the nicotine in the smoked tobacco can cause some people to have strong cravings and discomfort and can make you feel anxious and restless.

Nicotine replacement therapy manages the cravings for nicotine, even if you are not planning to quit in the long-term.

Advice for inpatient smokers

Our hospitals and grounds are smokefree environments, so whatever the reason for your stay, this could be the ideal opportunity to stop.

We know that giving up smoking is a personal choice, but is the most important thing you can do for your health and those around you.

We will respect your decision and support you to give up if you choose to. Ask a member of staff for help and advice.

Stopping smoking before admission is the best thing you can do to improve your health now and in the future

Many patients will have been offered advice and support to quit before their admission, but if your stay was not planned and you are smoking when you are admitted, our Inpatient Stop Smoking Team are there to offer practical help and advice on staying smokefree during your stay in hospital and are able to offer help and guidance of support available in the community when you leave hospital.

Mersey and West Lancashire NHS Trust operate a strict no smoking policy

St Helens, Whiston, Newton, Southport and Ormskirk hospitals are all smokefree, as are all Trust sites.

Patients, visitors and staff are not permitted to smoke within our grounds.

Our aim is to promote a healthy environment for everyone in our hospitals. This includes patients, visitors and staff and includes buildings, vehicles, grounds and gardens. People seen smoking on Trust sites will be asked to stop.