

Public Health Schools Programme

Smoking Prevention and Cessation Service Offer to Schools

The Public Health Schools Programme provides a whole-school community approach to health and wellbeing for pupils, staff and parents/carers. Promoting healthy lifestyles including the prevention and reduction of smoking is central and is **now** available.

A Health Improvement Specialist - Stop Smoking in Schools, from Sussex Community NHS Trust is able to provide a tailored package that suits the school from the menu below:

- Smoking prevention/health promotion activities for young people, parents/carers and staff, focusing on the reduction of smoking uptake amongst young people and smoking prevalence:
 - Active participation in health promotion events,
 - Workshops on trends of regular use of electronic, shisha or vape pens,
 - Presentations in assemblies / parents events / staff meetings,
 - Carbon monoxide testing,
 - Parent drop-in sessions,
 - Promotion of national campaigns,
- Work alongside school staff to increase pupil's contribution in the development of health messages.
- Provide smoking cessation programmes – A six-week programme delivered on a one to one basis, or in a group, separately available for young people, parents/carers and staff.

The programme will:

- Assess motivation, readiness to quit and nicotine addiction,
 - Provide Information about the benefits of stopping smoking,
 - Explore triggers, coping strategies and behaviour change,
 - Conduct carbon monoxide testing,
 - Provide ongoing support,
 - Provide Nicotine Replacement Products (NRT), as per assessment, suitability and guidance.
- Working together with Schools Health Trainers to provide stop smoking support to school staff members.
 - Work alongside ru-ok, young people's substance misuse service to ensure that effective pathways and referrals are in place where young people may be smoking cannabis and tobacco.
 - Provide staff training on brief interventions (45 - 60 minute sessions).
 - Support schools to review their smoke free policy and develop clear partnership working with staff, pupils, their families, school nurse and other professionals involved in the delivery of health related services in the school.

“With help and support smokers are up to four times more likely to quit smoking than doing it alone”

At the end of the school year, schools will be sent a confidential summary report.

For more information about the Stop Smoking Service in schools, please contact:

Clara Nyman Health Improvement Specialist - Stop Smoking in Schools, Sussex Community NHS Trust
Tel: 01273 267 397 Mob: 0786 768 0925 Email: c.nyman@nhs.net