

Welcome to our Autumn Newsletter – our first edition of sharing news, events, team developments and successes.

## Events and News

**LEVEL 2 CELEBRATION EVENT** – The summer ended with a wonderful celebration of our star performers across the County. Our Level 2 advisors provide such great support. Awards were aplenty and given out by our very own CEO Kishore Sankla, Solutions 4 Health.

**STOPTOBER 2016** - We have had a very successful Stoptober this year. 243 people who set a quit date between the 1<sup>st</sup> and the 31<sup>st</sup> October 2016 were successful at 4 weeks.

The winner was chosen at random, congratulations to Rose from Bishop Auckland, who has won £55 worth of Love to Shop vouchers.

**COSTA & QUIT 2016** - We have partnered up with Costa to run Costa & Quit sessions, currently running in Shildon, Seaham and Peterlee. Come along for support & a cuppa!

**NORTHERN CONFERENCE** - Smokefreelife County Durham hosted its first Northern Conference in November, it was a fantastic day. Teams and Key Speakers from across the Country came to network, share best practice and talk about developments and ideas for the future.

We even enjoyed a taster session from Kathryn, Tina, Grace & Lauren of Zumba and a Squat challenge.

**QUIT & GET FIT 2016/2017** - We are excited to announce we have developed quite a few Quit & Get Fit programmes where smokers who want to quit can access specialist support and access to medications to help them quit as well as either Beginners Zumba or Bootcamp sessions to help distract them from smoking.

**SIGNING UP TO A QUIT & GET FIT PROGRAMME** - couldn't be easier, just call 0800 772 0565 to find out where your nearest programme is running in the New Year 2017.

**PREGNANCY NEWS** - 2016 has proven to be another very successful year for pregnancy with over a thousand referrals into the service and more pregnant quitters than anywhere else in the region.

## Meet the Team



Meet Shirley, Sam, Julie & Susan – these wonderful ladies are the first point of contact for anyone telephoning our service, enquiring about drop-ins, home visits, specialist advisor support, clinics and for receiving referrals.

Outside of work their hobbies include things like – Table Tennis, Socialising, Going to the Cinema and Walking.

# Outreach Squad

Our Mobile Clinic has been in full swing over the past few months. The Outreach Team have visited various venues and events such as community centres, colleges, agricultural shows and family fun days.

The role of the mobile clinic is so diverse, staff have been connecting with a wide range of people and visiting different areas of Durham. The team enjoy being that first point of contact, engaging with the public and promoting the stop smoking service.

The staff's biggest project so far has been setting up the Durham Dales Route and liaising with various organisations and businesses to promote the services to the general public who want to access the area. The team secured appropriate places to set up the Mobile Clinic Bus along the A689, which visits five locations and travels approximately 60 miles in one day.

Due to the success of supporting people to stop smoking in rural areas, this route will continue. Well done guys, great effort! To view this route please visit our website.

# Local Success Stories

**Colin** was referred to the service to help him quit after being discharged from hospital. Colin needed a home visit and his partner Linda decided to quit at the same time so they could support each other. Both are now successful quitters and in September 2016 they became the first couple S4H clients to get married.

**Tracey** was referred to the service to help her quit before she could be considered for Bariatric Surgery. She attended every single session and not only is she still smoke free, but has now had her surgery.

**Michael** 55, from County Durham was diagnosed with COPD in 2009 as a result of smoking. In 2016, his health was badly deteriorating, and he received a "terrifying" wake up call when he nearly died twice in the space of a week. He referred himself to the stop smoking service and since quitting his symptoms have improved enormously. He featured as a case study for the Fresh "Every Breath you take" campaign in September this year.