

Chapel Street Surgery

Supporting Smoke Free Homes

General:

- Second-hand smoking is dangerous, especially for children. The best way to protect loved ones is to quit smoking. At the very least make sure you have a smokefree home and car.

Smokefree Home:

- A smokefree home protects your loved ones
- Smoking in the home will have an impact on everyone living and visiting that home. Toxins within cigarette smoke can remain within the home for 5 hours and can easily spread from room to room even with the doors closed.
- By stopping smoking, you'll help to protect your non-smoking friends and family, too.
- Breathing in secondhand smoke increases the risk of lung cancer, heart disease and stroke.
- In children, it doubles the risk of getting chest illnesses, including pneumonia, ear infections, wheezing and asthma. They also have 3 times the risk of getting lung cancer in later life compared with children who live with non-smokers.

Passive Smoking:

- When friends and family breathe in your secondhand smoke it isn't just unpleasant for them, it can damage their health too.
- People who breathe in secondhand smoke regularly are more likely to get the same diseases as smokers, including lung cancer and heart disease.

Children and passive smoking:

- Passive smoking is especially harmful for children as they have less well-developed airways, lungs and immune systems.
- Children who live in a household where at least 1 person smokes are more likely to develop:
 - asthma
 - chest infections – like pneumonia and bronchitis
 - meningitis
 - ear infections
 - coughs and colds
- Children are particularly vulnerable in the family car where secondhand smoke can reach hazardous levels even with the windows open.

- To protect children, a ban on smoking in cars and other vehicles carrying children was introduced in October 2015. It is now against the law to smoke in a private vehicle if there's a young person under 18 present.

Healthy Lifestyle Services – One You Walsall:

- One You Walsall is a **free healthy lifestyle service** dedicated to improving the health and wellbeing of all residents across Walsall in making great choices for a more positive lifestyle.
- Services include: physical activity; healthy eating; weight loss; emotional wellbeing; welfare; alcohol reduction; quitting smoking; and NHS Health Checks.
- The team supports everyone - adults, families and workplaces – and also can help to find the right support.

One You Walsall: 01922 444 044 Mon to Fri 9am to 6pm

<https://www.oneyouwalsall.com/>

Links:

- <https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/#:~:text=When%20friends%20and%20family%20breathe,lung%20cancer%20and%20heart%20disease.>
- Visit www.nhs.uk/live-well/quit-smoking to find out about the stop smoking treatments available on the NHS and find out how to get started with stopping smoking.
- [NHS stop smoking services](#)
- [Take steps NOW to stop smoking](#)
- [10 self-help tips to stop smoking](#)
- [Stop smoking without putting on weight](#)
- [What to do if you relapse after quitting](#)
- [Coping with cravings](#)
- Lifestyle Services – One You Walsall
<https://www.oneyouwalsall.com/> 01922 444044 – patients can self-refer from your website by contacting One You Walsall directly
- National Smokefree App - Update the smokefree app messaging at the bottom - <https://www.nhs.uk/better-health/quit-smoking/>

- <https://www.nhs.uk/conditions/stop-smoking-treatments/>
- <https://www.nhs.uk/better-health/quit-smoking/>

Videos:

GP Practice: link to download with new logos: <https://we.tl/t-hp2n8wIVik>

Other:

- Smokefree Homes Campaign – West Midlands Fire Service
<https://www.youtube.com/watch?v=jto3vNCbJRE>
- https://go.walsall.gov.uk/news/news_details/birchills-in-walsall-backs-smokefree-campaign-at-school-gates