

What Harrow's Stop Smoking Services do

Stop Smoking Services in Harrow provide: programmes to help smokers quit; training for health professionals; awareness campaigns; support for businesses to develop smoking policies; smoking prevention work among young people; and work to crack down on illegal tobacco sales in the borough.

Since the council took on responsibility for public health in April 2013, the service has worked with 3,640 smokers and 1,751 successfully quit.

The 5- to 6-week one-to-one Stop Smoking programmes are delivered through GPs and 57 pharmacies in the borough.

The Specialist Stop Smoking Service helps smokers with health issues or those who have had difficulty quitting with other services. It offers programmes and follow-up support for:

- Smokers with mental health issues, including inpatients
- Pregnant women
- Disabled and housebound smokers
- Smokers who have successfully quit for four-weeks

Training delivered by the Stop Smoking team includes:

- Training for health and social care workers, and pharmacy staff on basic advice and information sharing
- Basic advice and information sharing training for the voluntary sector, adapted to cover specific cultural issues
- Training for health and social care workers, including junior doctors and midwives, to give advice to smokers on the dangers of smoking and methods for quitting
- Training Stop Smoking advisors and keeping them updated on new treatments and methods
- Smoking cessation for midwives as part of their mandatory training
- Sudden Infant Death Syndrome awareness training for early years service workers
- Training new Stop Smoking advisors and ongoing training for advisors with low success rates
- Updating advisors on latest treatments

Every year the team runs campaigns around the new year, National No Smoking Day in March and "Stoptober", to raise awareness of the dangers of smoking and the support available for those who want to quit.

The team also runs programmes to prevent young people from taking up smoking, and has given one-to-one support to three secondary pupils who wanted help to quit smoking.

The team are working with pan-London illegal tobacco group and Trading Standards and HMRC to crack down on illegal tobacco in Harrow and raise awareness of its dangers.