

# Sunderland NHS Specialist Stop Smoking Service

## Brief Advice training

### Training Overview

#### **Most smokers want to stop smoking but aren't aware of the many ways to stop and the support available**

Brief advice is a means of discussing smoking and quitting in a positive way to encourage smokers to think about giving up smoking and enabling them to access support when they are ready. It can take as little as 30 seconds depending on time available.

### Learning Outcomes

Attendees will:-

- Understand the impact of smoking and the benefits of stopping
- Consider local prevalence and services available
- Be able to raise the issue
- Understand the three components of brief advice – ask, advise, act – and how to use it in everyday conversations
- Be able to refer or signpost people into the service

### Is this training for me?

This free course is for anyone whose work (paid or voluntary) brings them into contact with smokers who live or work in Sunderland. This could be those responsible for workplace health, health professionals, youth workers, health champions, social care staff or anyone else.

### Annual Update/Refresher Training Dates

Date	Time	Venue/Location
Monday 26 <sup>th</sup> April 2021	10.00 -11.00 am	Remote Training
Wednesday 26 <sup>th</sup> May 2021	2.00-3.00 pm	Remote Training

Further dates TBC

### Sunderland NHS Specialist Stop Smoking Service Contact Details

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