

WE ARE SMOKEFREE

What this means for you

Patient Information Leaflet
- easy read

A member of staff or a carer can support you to read this booklet.
They will be able to answer any questions that you have.
All key words are **orange** and are explained in the back of this booklet.

What does **smokefree** mean?

NAViGO plans to become **smokefree**. This means smoking will not be allowed in any areas inside and outside of NAViGO buildings.

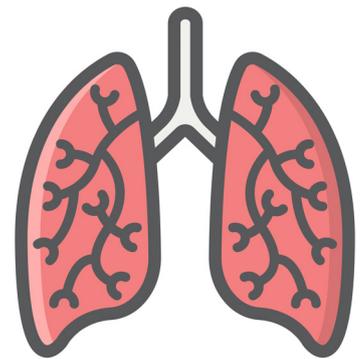
If you smoke on the grounds you will be asked to stop.



Why are we planning to go **smokefree**?

Making sure that NHS services are **smokefree** is something all mental health trusts must do to help the health of people who use NHS services and the health of the people who work there.

Smoking causes health problems and you have a bigger risk of dying at a younger age.



What **smokefree** means for patients, carers, staff and visitors?

When you are visiting someone do not bring tobacco or lighters.

Smoking cigarettes or tobacco will not be allowed in any buildings, areas or grounds used by NAViGO.

This means patients, carers, staff and visitors must not smoke on the grounds.



What smokefree means if you use our services in the community

If NAViGO staff come to see you at home there must be a **smokefree** area where you can meet.

NAViGO staff or your GP can give you information about where you can get help to quit smoking and **nicotine replacement** advice.

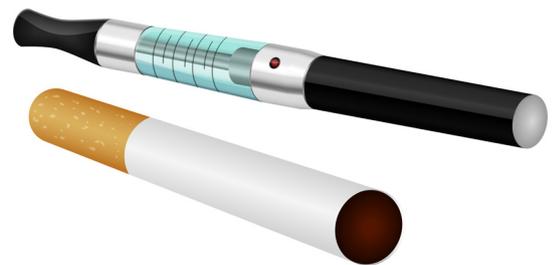
You can contact your local stop smoking service, North East Lincolnshire Wellbeing Services, for support. The contact details are at



Electronic cigarettes (E-cigs)

Electronic cigarettes can be used on NAViGO sites, but only in outdoor spaces.

Electronic cigarettes are not yet licensed as a medicine, so we cannot prescribe them. If you would like to use an **electronic cigarette** you will need to buy your own.



Where can I get support to stop smoking?

Talk to staff who are looking after you.
You can also get help in the community.

North East Lincolnshire Wellbeing Services
T: (01472) 325500
E: wellbeing@nelincs.gov.uk

Quitting is probably the best thing you will ever do to improve your health. The council has trained advisors that can provide help and support tailored to your needs.



Key Words:

Smokefree

This mean you will not be allowed to smoke and the area is free of smoking.

Electronic cigarettes

This mean you will not be allowed to smoke and the area is free of smoking.

Nicotine replacement

A way that your body can get nicotine without you smoking a cigarette.

If you would like this information in another format or language, such as Braille, large print or audio please contact:

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