

Being smokefree is better for everyone

Every time you smoke a cigarette, your body is flooded with poisonous chemicals. It causes many diseases and increases your risk of heart attack and stroke. It's not only dangerous to you, but to others around you.

It's so important to keep our hospital smokefree. And we're here to help you do it!



Where to go for help:

For free expert stop smoking support, go to
makesmokinghistory.co.uk
or call the NHS Stop Smoking Helpline for free:
0300 123 1044

Want to chat with an advisor? Get in touch

Name: _____

Tel: _____

NHS

Staying smokefree in hospital.

Expert help and free treatments to keep you smokefree.





You're in a smokefree hospital

All our hospital grounds are smokefree – meaning smoking isn't allowed anywhere in or out of the hospital, including near doorways or in our car parks.

It's one of many ways that we're helping to keep people healthy and safe, including our staff, patients, visitors, and local community.

We'll help you stay smokefree

If you're a patient and usually smoke, let the person looking after you know. They'll help you stay smokefree while you're here.

Your support options

There's lots of support to keep you smokefree, both in the hospital grounds and back at home. Have a chat with one of our advisors. They'll point you in the right direction, whether it's to local community services, your pharmacy, your GP, or even the Smoke Free app.

Our nurses and advisors will help you find the best option for you.

Free stop smoking treatments

We can give you free Nicotine Replacement Therapy (NRT) to help you manage cravings while you're here. There are different options available depending on your circumstances and it's important you speak to your advisor who will prescribe the right treatment.

Are you staying overnight?

If you're staying overnight as an inpatient, you can access lots of our support to help you stay smokefree. This includes a chat with an expert advisor and free stop smoking aids.

Are you here for the day, or visiting someone?

If you're an outpatient, day patient, or visitor, please bring your own nicotine replacement products. You can get these at most pharmacies or supermarkets, or on prescription from your GP or local smokefree service.