

## Walsall Primary Care - Smokefree Homes Webpage

Suggestions of what to include on Smokefree Homes webpage:

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](http://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](https://go.walsall.gov.uk/news/news_details/birchills-in-walsall-backs-smokefree-campaign-at-school-gates)

Campaigns:

Suggested campaigns for targeted engagement

<b>Date</b>	<b>Campaign Supported</b>	<b>Suggested target group engagement</b>
October	Stoptober – Smoke Free Homes	Households with known smokers and children
November	Men’s Health month Movember	Men  Households with known male smokers and children
January	New Year resolutions	Households with known smokers  Households with known smokers and children
February	Heart Month	Households with known smokers and children

		Known smokers with CVD conditions/high CVD risk
		Known smokers who are obese
March	No Smoking Day	Households with known smokers
		Households with known smokers and children