

Dear



We are becoming a smokefree Trust on Monday 2<sup>nd</sup> October 2017.



We will be asking people not to smoke on any of our grounds or in our buildings.

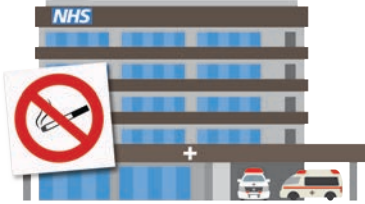


We will also be doing as much as we can to help people to give up smoking.



Stopping smoking helps you to be healthy.

It is also helps to reduce depression, anxiety and stress.



Many other NHS services have been smokefree for years.



We want our Trust to be a healthy place to work for our employees.



Many of our staff visit patients in people's own homes.



You are free to smoke in your own home, but we want you to protect the health of our employees when they are at work.



From October we will be ask you to have a room we can use that hasn't been smoked in for at least one hour before.



If you would like support to quit smoking, please speak to your GP or care coordinator who will be able to help.



You can contact our local stop smoking service: Quit 51 at:



Web: [www.quit51.co.uk](http://www.quit51.co.uk)

Phone: **0800 622 6968**



You can find out more about our plans to go smokefree at:

Web: [www.sabp.nhs.uk/quit](http://www.sabp.nhs.uk/quit)

Kind regards,

**Jo Young**

Chief Nursing Officer and Deputy Chief Executive