

Northamptonshire NHS Stop Smoking Service

Smoking Cessation - Full Skills Day Training Course



The Stop Smoking Service is now part of **First for Wellbeing**, a brand new social enterprise designed to serve the residents of Northamptonshire. The company offers a range of free integrated services, from smoking cessation to weight and alcohol management, financial support and emotional wellbeing. Visit www.firstforwellbeing.co.uk

We are pleased to provide a selection of dates for **smoking cessation full day skills training**. Please book early to secure your place, thank you.

Stop Smoking Skills Training - NEW updated version!

Designed for: pharmacy & practice staff new to smoking cessation. Also open to anyone currently providing stop smoking support who feel they may benefit from a full skills day.

Pre-requisites: it is recommended that you complete Stage 1 NCSCT training prior to attending a full day skills course. Log onto <http://elearning.ncsct.co.uk/>

An in-depth stop smoking skills course, run by experienced Stop Smoking Specialists. Your training includes:

- **NRT & medicines:** recap of medicines & knowledge from Level 1 NCSCT. Plus coverage of electronic cigarettes.
- **Pre-quit assessment:** specialist techniques to conduct a successful pre-quit session.
- **Quit session:** practical skills & knowledge to operate a quit session with your patient, including evidence based coaching & motivation techniques to use with smokers (shown to increase your quit rates).
- **Quit Manager:** introduction to the electronic stop smoking database.
- **Questions:** time to ask our specialists for advice & extra help.

You'll come away with: questions answered, the latest information and increased confidence in all matters stop smoking.

TO BOOK YOUR FREE PLACE

Please select your training session from the choice below, fill in your details, and send to the stop smoking service at First for Wellbeing. Fax: 01604 365 759. Tel: 0300 126 5700. Email smokefree@firstforwellbeing.co.uk

TRAINING LOCATION	DATE/TIME	TICK PREFERRED SESSION <i>Please arrive at 9am for registration</i>
Corby, Willowbrook Health Centre (Health Education Room)	Wed 01 June 2016 9.30am-4pm	
Northampton, Weston Favell Tesco Store (Community room)	Mon 6 June 2016 9.30am-4pm	
Daventry, Danetre Hospital (Seminar Room)	Wed 29 June 2016 9.30am-4pm	

Name & job title	
Surgery/Pharmacy & address	
Email address	
Contact telephone number	
Lunch & refreshments provided	<i>Please indicate if you have any special dietary needs.</i>

Training is provided free-of-charge, however non-attendance without prior notification will result in a fee of £100. On very rare occasions we may have to cancel training due to unforeseen circumstances & will endeavour to provide as much notice as possible.