

smoke
free

**Southern Trust
will be **SMOKE FREE**
across all sites from
9 March 2016**

**Information for Visitors
and Members of the Public**

Frequently Asked Questions

What does Smoke Free mean?

Smoking or using e-cigarettes will not be acceptable anywhere on Southern Trust sites including buildings, entrances, exits, grounds, car parks and all vehicles.

Who does this apply to?

This applies to everyone using Southern Trust facilities and services; patients, employees, contractors, visitors, volunteers and members of the public.

Why are we becoming a Smoke Free Trust?

In 2015 the NI Health Minister announced that all Health and Social Care Trusts will be **Smoke Free** by March 2016.

In a recent survey of those engaging with the Trust 65.5% were in favour of a Smoke Free Southern Health and Social Care Trust.

Smoking is the single greatest cause of preventable death, resulting in over 2300 deaths per year. The purpose of this policy is to protect and improve the health and wellbeing of patients, employees and visitors by:

- Assisting patients and employees who wish to stop smoking
- Setting an example of best practice
- Providing a healthy environment.

How is it different from the last Smoke Free Policy?

Smoking or using e-cigarettes will not be acceptable anywhere on the Southern Trust sites. There will no longer be any smoking shelters and smoking will not be permitted in cars parked on Trust grounds.

Frequently Asked Questions

What about E-cigarettes?

E-cigarettes are battery operated devices that supply nicotine along with other chemicals, usually propylene glycol and flavourings. However, other chemicals can be in e-cigarettes. There is a lack of rigorous research studies to support using e-cigarettes as a safe and effective Nicotine Replacement Therapy (NRT). They are also monitored under limited regulation, and are not licensed as a medicine in the UK. Therefore, the Southern Trust has decided to prohibit the use of e-cigarettes as part of the **Smoke Free** policy.

What happens if I am a smoker?

Visitors or members of the public will no longer be able to smoke on Southern Trust sites.

Where possible, visitors and members of the public will be made aware that all Southern Trust sites will be Smoke Free from 9 March, and signposted to Stop Smoking Services for support.

What help is available for visitors and members of the public who wish to quit smoking?

For help to stop smoking contact the SHSCT Stop Smoking Service:

T: 028 3741 5333 or **E: stop.smoking@southerntrust.hscni.net**

Alternatively, you can contact your GP or local Pharmacy.

Or go online to: www.want2stop.info



Frequently Asked Questions

What happens if a visitor or member of the public smokes on a Southern Trust site?

We would ask that everyone complies with the **Smoke Free** policy. Those smoking on Trust sites may be approached by a Southern Trust employee, who will draw their attention to the “No Smoking” signs and explain that the Trust has a **Smoke Free** policy to ensure a healthy and safe environment for everyone. The employee will then ask them not to smoke and provide an information card. This information card explains why the Trust is now **Smoke Free** and how the visitor or member of the public can access Stop Smoking Support Services.

If anyone becomes aggressive or abusive towards any member of staff, they may be asked to leave the site.

If a visitor or member of the public continues to smoke they may be required to leave the site.



Southern Trust will be **Smoke Free** from 9 March 2016

Thank you for supporting our **Smoke Free** Policy