



South Eastern Health
and Social Care Trust



Public Health
Agency

South Eastern HSC 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 permitted anywhere on South Eastern HSC Trust sites including buildings, entrances, exits, grounds, car parks and all vehicles.

Who does this apply to?

This applies to everyone using South Eastern HSC Trust facilities and services; patients, staff, 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.

Smoking is the single greatest cause of preventable death, resulting in over 2,300 deaths in Northern Ireland 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.

In a recent survey of those engaging with the Trust 70% were in favour of a **Smoke Free** South Eastern Health and Social Care Trust

How is it different from the last Smoke Free Policy?

Smoking or using e-cigarettes will not be permitted anywhere on the South Eastern HSC Trust sites. 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 also be in e-cigarettes.

There is a lack of rigorous research studies to date 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 South Eastern HSC 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 South Eastern HSC Trust sites.

Where possible, visitors and members of the public will be made aware that all South Eastern HSC 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:

South Eastern HSC Trust
Stop Smoking Service
Tel: **(028) 9250 1373**
email: **stop.smoking@setrust.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 South Eastern HSC Trust site?

We would ask that everyone comply with the **Smoke Free** policy.

Those smoking on Trust sites may be approached by a South Eastern HSC 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, the incident will be recorded and managed in accordance with the Trust policy on management of violence and aggression.



South Eastern HSC Trust will be **Smoke Free** from 9 March 2016

Thank you for supporting our Smoke Free Policy