


Workplace Stop Smoking Toolkit

This toolkit is designed to help
Oxfordshire workplaces to actively
encourage and implement
a smokefree workplace culture.





Smoking is often part of the daily routine for many workers, which can make it difficult to break the habit and quit. Research suggests that the majority of people that smoke would like help to stop, and they are...

34% more likely to quit

when someone they work with stops.

Not only does this emphasise the influence that social networks have on one's own smoking behaviour but also demonstrates how the workplace is an ideal environment which can help develop a culture that supports smoking quit attempts.

Whatever size your business is, there are real benefits from investing in the health of employees:

- Increased productivity at work
- Reduced sickness absence
- Improved staff morale
- Pleasant working environment
- Good corporate image

FREE Help & Support

If you're an employer interested in supporting staff to stop smoking, we provide FREE help and support.

Using the expertise of Stop for Life Oxon's team of coaches, we have developed a toolkit for workplaces that outlines the support on offer, as well as providing tips, resources and promotional materials to support your team.

stopforlife
OXON

1. Free Support

4-week /12-week Quit:

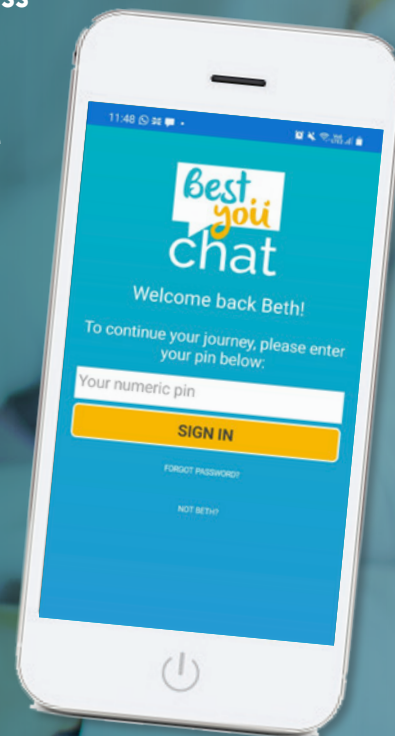
The Stop for Life Service provides up to 12 weeks of free health coaching to support individuals to quit by week 4 of 12. Employees coming to Stop for Life will be paired with a coach who will support their quit journey.

Smoking cessation medications:

Our support includes providing access to Nicotine Replacement Therapy (NRT) subject to availability. Clients choosing to quit through vaping either as a sole means or alongside NRT will also be supported to do so but will have to purchase the product themselves. Employees taking advantage of the combined support that we provide are three times more likely to quit than going it alone.

Best-You:

Stop for Life's free online app that your employees can use as your own personal platform to communicate, create goals and track your progress. Create a private Group and invite employees to discuss healthy lifestyles at work – activity, healthy eating or anything that is specific to your organisation. Employees can create goals for smoking, healthy eating, alcohol, weight and activity. They can track their progress against their goal each day and Best-You will give motivational feedback. Best-You is full of helpful guidance with a specialised area on mood and stress.



Virtual Drop-In Sessions:

We are able to offer a dedicated coach to run regular virtual drop-in coaching sessions for your employees during work time where there is sufficient demand. These sessions will usually be through an online video chat platform such as MS Teams or Zoom or another to suit the needs of your business.

Quitting in the workplace is an opportunity for work mates to stop smoking together with the added motivation and encouragement of group support to increase chances of success. New habits may include a short walk replacing the usual

coffee and cigarette break or set up 'walk and talk' lunchtime sessions.

With their consent, HR/ Occupational Health can refer employees to the allocated Stop for Life Coach who will set up a weekly time slot to see them individually.

NB: The drop-in sessions are subject to availability and workplace demand. Please contact us for a friendly discussion about your workplace requirements info@stopforlife.co.uk or call 0800 122 3790.

2. Free Resources

The Stop for Life Oxon Service has a bank of promotional materials that can be used in your workplace to encourage people to get support to stop smoking.

- **Digital Posters**

For communal areas and/or smoking areas.

- **Intranet posts**

Electronic notices for the company intranet that signposts staff to Stop for Life for support to quit.

- **Stoptober social media content**

A suite of images and key messages to demonstrate your workplaces commitment.

- **Top Tips for stopping smoking**

[CLICK HERE](#)

To download and share with your team.

If you would like to order any of our free resources then please email your request to info@stopforlife.co.uk or call 0800 122 3790



3 • Signposting Information, Campaigns & Resources

There is so much support out there if you know where to look for it. This section is designed to help members of your workforce explore the free information online from trusted and reputable sources. Whether you are a manager looking to support a member of your team or an individual who would like to know more about the support available it is worth knowing what information and advice is available online.

Smokefree Oxfordshire by 2025 – The Final Push

Stopping smoking is the best thing an individual can do for their health and well-being. You can download the Oxfordshire Tobacco Control Strategy, which aims to reduce the overall prevalence of smoking in Oxfordshire to below 5% by 2025, here;

www.stopforlifeoxon.org/smokefreeoxon

In doing so, we will achieve our vision to inspire the first smoke free generation in Oxfordshire.

Very Brief Advice (VBA) on smoking – FREE online training sessions

Very brief advice (VBA) allows you, as a manager, to offer practical advice in as little as 30 seconds and can be effective in encouraging smokers to quit. This one-hour session focuses on how to engage with someone who smokes whilst keeping the conversation positive.

NHS FREE Health Checks

If you are worried about symptoms, you may be eligible for a FREE NHS health check.

www.nhs.uk/conditions/nhs-health-check

NHS Smokefree online plans & information

Get your personal quit plan – find out which option would best suit you from Apps, emails and information and support direct to your phone.

www.nhs.uk/smokefree

National Stop Smoking Campaigns with FREE Resources and Information to share:

- **Today is the Day** Smoke free NHS information
- **World No Tobacco Day**
Campaign from the World Health Organisation – 31st May each year
- **Stoptober**

Get the facts & figures from ASH

ASH Fact Sheet: Stopping Smoking

[ASH](#)

Contact Us

If you would like to have an informal discussion about how Stop for Life Oxon can support your team please email

info@stopforlife.co.uk
or call **0800 122 3790**

**Book a
FREE place**
on the Eventbrite website.
INTRODUCTION TO
VERY BRIEF ADVICE:
30 SECONDS TO SAVE A LIFE
**TICKETS |
MULTIPLE DATES**



stopforlife
OXON

0800 122 3790

www.stopforlifeoxon.org

Stoptober



OXFORDSHIRE
COUNTY COUNCIL