

Frank Stops Smoking

In July 2020, West Sussex Public Health launched a Stop Smoking project aimed specifically at supporting Homeless people to quit Smoking, due to their increased risk factors in relation to Covid-19 and to reduce health inequalities across the county. Working with Totally Wicked Vape Shop, local Homeless Charities and the Wellbeing Hubs, they developed a service to provide one-to-one support and the option to use vaping or nicotine replacement products to help them quit.

Dependence:

Smoking mainly roll ups,
over 15 a day, for over
30 years

Barriers:

Stress: his personal situation
and has a family member in hospital

Fears:

Worried about gaining weight
if stops and developing
unhealthy eating habits



Referred:

By Turning Tides
Homeless charity for the
Homelessness Vaping Project
in July 220

Agreed quit date:

7 August 2020

Motivation for quitting:

Getting older, health concerns and wants
better breathing to improve activity levels

Methods used to help with quit:

- Motivational support from advisers,
weekly calls
- Nicotine Replacement Products (NRT)
- Nasal spray and chewing gums

Achievements:

- Engaged and committed : never missed one
telephone appointment (6 weeks)
- Has not smoked one cigarette since quit date
- Has reduced dependency on nasal spray from
2 a week down to 1 for 2 weeks currently
- Increased physical activity with walking and
hopes to get access to gym soon
(but uncertainties due to Covid-19)

On 23/09/2020 Frank was still not smoking and has been
free of cigarettes for just over 6 weeks and is still doing well.

"Thank you to my Adviser for
the support and keeping me
motivated" Frank

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