

Don't be offended!

The Trust supports the Secretary of State's instruction that all NHS property must be smoke-free. This means that smoking is not permitted anywhere in the buildings or grounds at the Royal Cornwall Hospital (Treliske), St Michael's Hospital (Hayle) or West Cornwall Hospital (Penzance) or other NHS properties.

If you are found smoking around the hospital grounds, staff may ask you not to smoke on site or move off site if you wish to continue smoking. This request should always be made in a polite and respectful manner and we would ask you to respond in the same way.

Any questions?

If you need any further advice or information please contact:

**Cornwall & Isles of Scilly
Health Promotion Service**
Basset Centre, Basset Road
Camborne
Cornwall TR14 8SL

Tel: 01209 615600
Fax: 01209 615090
Email: HPS.info@cornwall.gov.uk

Further information

Other useful sources of information are:

Stop Smoking – Better Lives

<https://www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx>

Stop Smoking Treatments

www.nhs.uk/conditions/stop-smoking-treatments/

British Lung Foundation

<https://www.blf.org.uk/support-for-you/smoking/why-should-i-quit>

Smoking Prevention Local Information

Focus Forum

c/o Safety, Fire & Security Management Department
Royal Cornwall Hospitals NHS Trust
Treliske
Truro
Cornwall TR1 3LJ

Fax: 01872 25 3184

Phone: 01872 252976

E-mail: rch-tr.healthandsafety@nhs.net



If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690



© RCHT Design & Publications 2018
Printed 01/2018 V1 Review due 01/2021

RCHT 1695

SFSM 020

NHS

Royal Cornwall Hospitals
NHS Trust

Our smoke free hospitals

Keeping RCHT safe and healthy



One + all | we care

The Royal Cornwall Hospitals NHS Trust is committed to helping keep our staff, patients and everyone visiting or working at the site, safe and healthy.

How are patients who smoke supported?

We recognise that coming to hospital can be a stressful time, either as a patient or to visit loved ones.

If you are here as a patient, staff will ask you about your smoking habits and will be able to offer you medication to help you manage your nicotine addiction whilst you are here. They will also arrange for one of the Stop Smoking Team (part of Cornwall & Isles of Scilly Health Promotion Service) to visit you and discuss the best options to help you give up.

What are the benefits of quitting?

A smoke free home protects your children and your family. Children have three times the risk of getting lung cancer in later life compared with children who live with non-smokers. Breathing in second-hand smoke increases the risk of lung cancer, heart disease and stroke.



Children with asthma who live in households with smokers may have flare-ups more often, are more likely to be admitted to hospital, are more likely to miss school and asthma is harder to control, even with medicine.

Save money

Smoking 20 cigarettes a day costs you over £275 each month; quitting could save you £3,000 every year!

Better sex

Stopping smoking improves the body's blood flow so improves sensitivity. Men who stop smoking may get better erections. Women may find their orgasms improve and they become aroused more easily.

Breathe more easily and cough less

When you give up smoking your lung capacity improves by up to 10% within nine months.

Have more energy

Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity much easier. You will also give a boost to your immune system, making it easier to fight off colds and flu. The increase in oxygen in your body can also reduce tiredness and the likelihood of headaches.

Feel less stressed

Ditch the cigarettes and feel less stressed. The withdrawal from nicotine between cigarettes can heighten feelings of stress.



It's easy to confuse normal stress with nicotine withdrawal, so it can seem like smoking is reducing other stresses. This is not the case. In fact, scientific studies show people's stress levels are lower after they stop smoking.

If you find that you're prone to stress, then replacing smoking with a healthier, better way of dealing with stress can give you some real benefits.

Improve your sense of smell and taste

When you stop smoking, your senses of smell and taste get a boost.

Live longer

Your life expectancy can increase by 13 years on average leading to extended years of healthy life.

Where can I smoke?

If you really want to smoke we will ask you to leave the site completely, but would ask you to ensure that you speak to the staff on ward to let them know you are going out. Our staff will not take you outside to smoke.