


A large, abstract graphic of blue smoke or vapor flows from the left side of the page, curving upwards and then downwards towards the bottom right, framing the central text.

# **New Year, Best-You** **Workplace** **Stop Smoking** **Toolkit**

This toolkit is designed to help  
Oxfordshire workplaces encourage their  
employees to go smokefree in 2022 with  
**FREE** support from Stop for Life Oxon.





As we enter a New Year, many of us will be making resolutions for a healthier 2022. Research has shown that only 13% of those who vow to go smokefree actually manage to successfully stick to the resolution for the duration of the year. That's where Stop for Life Oxon can help, providing specialist one-to-one coaching and Nicotine Replacement Therapy.

With support from Stop for Life Oxon, your employees are...

**3x more likely to quit for good,** helping to create a smokefree workplace culture that benefits everyone.

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
- Reduce risk of fires

## FREE Help & Support

If you're an employer interested in supporting staff to stop smoking this New Year, 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.

Our support is also available to any who has quit smoking previously but is finding it difficult to sustain their attempt. Our team will help the individual work out what happened and focus on strategies that will prevent them slipping up again. However many times they've attempted to quit in the past- we're here to help!

## 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.

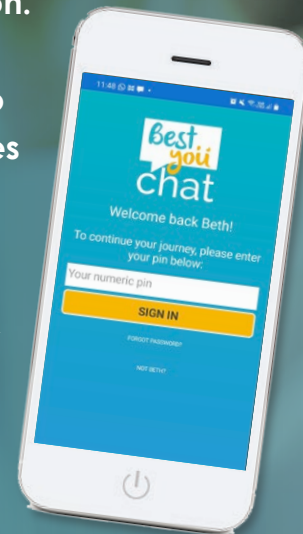
## New Year, Best-You:

Best-You is Stop for Life's FREE online app that your employees can use as your own personal platform to communicate, create goals and track their progress.



Not limited to smoking cessation, get the whole workforce involved in tracking their health-related New Year's goals, including healthy eating, physical activity and cutting down on alcohol consumption. Create a private Group and invite employees to discuss healthy lifestyles at work.

Best-You will give motivational feedback and is full of helpful guidance with a specialised area on mood and stress.



## E-cigarettes:

New guidance says that using e-cigarettes is as effective as using NRT. Our stop smoking service is working to provide e-cigarettes for FREE as part of a quit attempt from 2022.

## Virtual Drop-In Sessions:

To support your work force in their attempt to go smokefree in 2022, we are able to offer a dedicated coach to run regular virtual drop-in coaching sessions for your employees during worktime, 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. With the support and encouragement of each other, your employees are much more likely to stick to their New Year's resolutions and make 2022 the year they commit to quit.

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](mailto: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 quit smoking this New Year.

- **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.

- **Social media content**

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

- **Resources for health events**

Get free resources to hand out to employees at health promotion events.

[CLICK HERE](#)

- **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](mailto: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](http://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](http://www.nhs.uk/conditions/nhs-health-check)

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

## 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](http://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](mailto:info@stopforlife.co.uk)  
or call **0800 122 3790**





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