

Stop For Life

GP Briefing Note



Hello,

We're **Stop For Life Devon**, your new free stop smoking service, working in partnership with Devon County Council, supporting Devon residents to become smoke-free.

We understand that quitting smoking is a significant challenge, and our expert team provides personalised support to your patients, guiding them along their smoking quit journey. We aim to reduce smoking rates across Devon, improving the long-term health and wellbeing for all of our community.

How we support your patients:

We offer free health coaching and evidence-based support, personalised to meet their individual needs. This includes:

- **One-to-one support:** Individuals are paired with a dedicated NCSCT trained stop smoking coach, who works with the client to develop a personalised plan and practical strategies to follow throughout the client's 12-week journey and beyond. Meetings are over the phone, via video calls or face-to-face in a community space.
- **Behavioural support:** Our coaches help clients understand their smoking triggers, develop coping mechanisms, and build confidence. We want to make sure each client learns the best tools that work for them, ensuring they can remain smoke-free.
- **Nicotine Replacement Therapy (NRT):** Where appropriate, clients can access free NRT such as patches, gum, lozenges, and inhalers, as well as information on other prescribed medications that can aid quitting. We can also provide vaping support as a tool to help patients quit smoking. Nicotine vaping is substantially less harmful than smoking and is a great aid to help you quit.
- **Digital Support Options:** Access to online resources and tools to complement face-to-face support. Best You is a free app designed to support patients, helping them improve health and wellbeing by setting and tracking their own goals.
- **Support for Pregnant Women and their Families:** Specialised advice and support for expectant mothers and their partners to quit together.

Eligibility

Stop For Life Devon is a free service, available to anyone who:

- Lives in Devon
- Works in Devon
- Has a registered GP in Devon
- 12+ Years

Referring your patients to us, through the single point of access:

- Freephone with out of hours voicemail: 0800 122 3866
- Text: QUITNOW DEVON to 66777
- Encrypted HCP/ Self-referral forms: www.stopforlifedevon.org/referral-form/
- General email: info@stopforlifedevon.org

Working Together: Opportunities for Collaboration

We are keen to work closely with your practice to maximise the reach and impact of our service. To help us tailor our support effectively, we would appreciate your input on the following:

Marketing and Communications:

- Does your practice have a patient newsletter (print or digital) where we could regularly feature information about Stop for Life Devon and upcoming campaigns
- Are there opportunities to display posters or leaflets in your waiting areas or on digital screens?
- Would you be open to sharing information about our service on your practice website or social media channels?

Our Support for Your Practice

To make it easier for you to promote smoking cessation and refer patients, we offer:

A Comprehensive Toolkit: This includes a range of promotional materials such as leaflets, posters, digital assets for screens and websites, and information guides. You can download these for free from our website (support for professionals page). If there are other ideas or things that we can do to help, please let us know.

Practice Visits and Events: Our team members are available to:

- Attend practice meetings to provide updates and answer questions.
- Set up information stands at patient clinics or health events.
- Deliver brief awareness sessions for your staff.

How can we support your existing projects, programmes and clinics?

We'd love to meet with key members of your team to explore how we can support, such as:

- Cancer Care Leads/Nurses
- Respiratory Health Leads/Nurses (e.g., for COPD/Asthma clinics)
- Practice Nurses involved in Long-Term Condition reviews
- Health Care Assistants
- Health Visitors
- Health Inequalities Lead

Contact Us

To discuss any of the above, request resources, or arrange a visit, please contact:

Lisa Woodward
Engagement Lead, Stop for Life Devon

0800 122 3866 | 07969 720855
Lisa.woodward@stopforlifedevon.org

Newsletter / Intranet Copy Template

Ready to quit smoking for good?

Stop For Life Devon's free Stop Smoking Service is here to help you achieve your smoke free journey.

The friendly team of expert coaches guide you through a personalised 12-week programme of behaviour change coaching, practical tools and NRT support. They'll make quitting easier and more achievable than ever.

Don't wait—take the first step towards a healthier, smoke-free future today.

Quitting smoking is one of the best decisions you can make for your health and well-being. Here are some of the top benefits:

- **Improved Health:** Your body starts to heal almost immediately. Within 20 minutes, your heart rate and blood pressure drop, and after just 72 hours, your breathing becomes easier. Long-term, you'll reduce the risk of heart disease, stroke, and lung cancer.
- **Better Breathing:** Your lung capacity improves, making it easier to stay active and enjoy daily activities.
- **More Energy:** With better circulation and oxygen levels, you'll feel more energetic and less fatigued.
- **Enhanced Senses:** Your sense of taste and smell return, letting you fully enjoy your favourite foods.
- **Healthier Skin:** Stopping smoking improves blood flow, giving your skin a more radiant, youthful appearance.
- **Financial Savings:** Cutting out cigarettes saves you hundreds or even thousands of pounds a year.
- **Protecting Loved Ones:** Quitting reduces secondhand smoke exposure, creating a healthier environment for family and friends.

Every day smoke-free is a step towards a longer, healthier life!

Start your smokefree journey today:

- <https://stopforlifedevon.org>
- **0800 122 3866**
- For general queries: info@stopforlifedevon.org

Stoptober 2025

Social Media



@SFLDevon can help give you tips to fight those cravings and keep you on your journey to be smoke free!

Find out how one small change can make a massive impact!

Start your journey 📍
🌐 stopforlifedevon.org
☎ 0800 122 3866



You can count on @SFLDevon!

We're always here for FREE help & support, so reach out whenever you feel you need that extra push to remain smoke free!

Start your journey 📍
🌐 stopforlifedevon.org
☎ 0800 122 3866



12 weeks is all it takes to turn one small habit change into a new lifestyle, and @SFLDevon can help you with all the tools you need to quit smoking for good!

Start your journey 📍
🌐 stopforlifedevon.org
☎ 0800 122 3866



Did you know quitting smoking could save you over £5,000 a year? 🐷

Whether it's a holiday, a rainy-day fund, or just less financial stress – quitting smoking is a smart move.

Start your savings journey by self-referring today.

🌐 <https://stopforlifedevon.org>



Let's quit together. There's no need to go it alone.

It's much easier to stop smoking when you get the right support, and @SFLDevon is here to help you through the entire journey,

Start your journey 📍
🌐 stopforlifedevon.org
☎ 0800 122 3866



It's time to ditch the cigarettes 🍷

There are so many reasons to stop smoking...

- ✓ Huge savings
- ✓ You'll feel healthier
- ✓ You'll look healthier
- ✓ Reduced risk of various conditions and diseases
- ✓ More energy
- ✓ More time to spend with loved ones

If you live or work in Devon and smoke tobacco, we can offer 12 weeks of FREE support to quit.