

Brief Intervention for Smoking Cessation Training Day



Stop Smoking Wales is pleased to offer a **free**, one-day brief intervention training course.

What is brief intervention training for smoking cessation?

Brief intervention is a method of discussing smoking and quitting in a positive, non-confrontational way to encourage smokers to think about giving up and enable them to access specialist support when they are ready.

Who is the training for?

This training is suitable for all health and community workers who come into contact with smokers on a regular basis.

What will the training cover?

- Smoking-related issues and concerns, prevalence, recent changes to the law, the health risks of smoking and the benefits of quitting
- Understanding why people smoke and why it can be difficult to quit
- Recognising when a person may be ready to quit
- Developing practical skills to make effective brief interventions
- How to refer to Stop Smoking Wales and what the service offers

Who is delivering the training?

The training has been developed by Stop Smoking Wales practitioners and is accredited through the Royal College of Nursing and Open College Network Cymru. The course will be delivered through the medium of English.

How much does the training cost?

The course is free.

How to book a place

Course dates and locations for 2009 are listed on the following page. Please choose your preferred course, then complete and send the attached booking form. You will receive confirmation of your booking and pre-course information by email.

Further information

If you would like any further information or have any queries, please contact Stop Smoking Wales on 0800 085 2219.

Brief Intervention for Smoking Cessation Training Dates 2009



Date	Location	Venue
2 September	Cardiff	Health Solutions Wales, Knox Rd CF14 0HA
4 September	Anglesey	Penrhos Stanley Hospital, Holyhead LL65 2QA
8 September	Neath Port Talbot	St Catwg Church Hall, Cadoxton SA10 8AU
11 September	Merthyr	Merthyr Local Health Board CF48 4TQ
14 September	Monmouthshire	Monmouthshire Local Health Board NP25 5JA
15 September	Vale of Glamorgan	Barry Hospital, Colcot Rd, Barry CF62 8YH
15 September	Pembrokeshire	Pembrokeshire County Council, Haverfordwest SA61 1TP
18 September	Newport	Newport Local Health Board NP19 0BH
22 September	Flintshire	National Public Health Service, Mold CH7 1PZ
1 October	Rhondda Cynon Taf	Ty Elai, Williamstown CF48 4TQ
16 October	Gwynedd	Ysbyty Gwynedd, Bangor LL57 2PW
20 October	Powys	Bronllys Hospital, Brecon LD3 0LU
22 October	Swansea	Cefn Coed Hospital SA2 0GH
6 November	Blaenau Gwent	Blaenau Gwent Local Health Board, Abertillery NP13 1DB
11 November	Bridgend	Welsh Blood Service, Pencoed CF35 5LJ
12 November	Denbighshire	HM Stanley Hospital, St Asaph LL17 0RS
10 November	Carmarthen	St. David's Park, Carmarthen SA31 3WY
8 December	Torfaen	CBC Civic Centre NP4 6YB
11th December	Ceredigion	Ceredigion County Council, Aberaeron SY23 2EB
16 December	Caerphilly	Caerphilly Local Health Board NP11 5GH

Brief Intervention for Smoking Cessation Booking Form



Preferred course date & location:

If your preferred course is full, please state any alternative courses you would be willing to attend:

Surname:

First name:

Title (Mr, Ms, Dr):

Job title:

Work address (including postcode):

Email address:

Telephone number(s):

Lunch will be provided. If you have any dietary requirements please state:

If you have any particular needs or access requirements to enable you to participate, please state:

Please email your completed booking form to:

stopsmokingwales@nphs.wales.nhs.uk