

Date: 21<sup>st</sup> May 2026

### Stop Smoking Support Available for WUTH Staff

WUTH staff are being encouraged to access free support to help them stop smoking through a series of drop-in clinics taking place across the Trust.

The clinics will offer friendly and confidential support, including access to Nicotine Replacement Therapy (NRT) such as patches, gum, lozenges and inhalators.

The first staff drop-in clinic will take place on Thursday 28th May 2026 from 9am to 12 midday at the Patient Experience Hub and will be delivered by ABL.

Support will then continue on a weekly basis following the initial clinic.

Stopping smoking is one of the best things you can do for your health and wellbeing. Whether you are considering quitting for the first time or have tried before, support is available to help you succeed.

There is no need to book an appointment and colleagues can simply drop in and speak to the team.

The clinics are designed to make support as accessible as possible for staff working across different departments and shifts.



Wirral University  
Teaching Hospital  
NHS Foundation Trust

# STOP SMOKING START LIVING

## WE CAN HELP YOU.




Join our staff drop in clinics and get support to stop smoking for good.



**STAFF CLINICS**  
**28/5/26**  
9AM – 12 MIDDAY



**DROP IN CLINICS CAN GIVE NICOTINE REPLACEMENT THERAPY**  
e.g. patches, gum, lozenges and inhalators.

 <p><b>RAN BY ABL</b> IT IS ONLY AVAILABLE IN <b>THE PATIENT EXPERIENCE HUB</b></p>	 <p><b>DROP-IN SUPPORT</b> WILL BE AVAILABLE AT <b>PATIENT EXPERIENCE HUB</b></p>	 <p><b>ONCE A WEEK</b></p>
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 <p><b>WE'RE HERE TO SUPPORT YOU</b> Friendly, confidential support to help you quit smoking for good.</p>	<p><b>NO APPOINTMENT NEEDED</b> Just drop in.</p>
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