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# Health Lines

Issue 40

October 2024

**THE MONTHLY PATIENT BULLETIN FROM YOUR PATIENT PARTICIPATION GROUP (PPG)**

## STOP SMOKING FOR STOPTOBER AND YOU'RE FIVE TIMES MORE LIKELY TO QUIT FOR GOOD

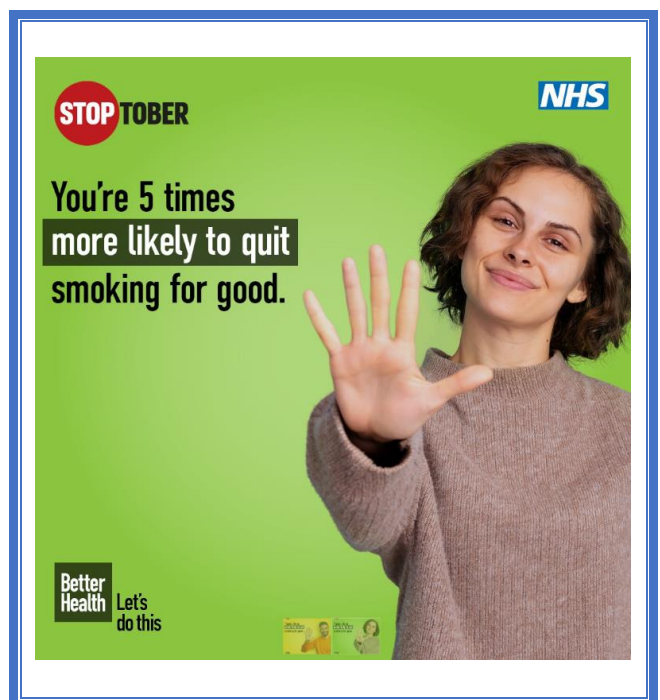
Stoptober is calling on smokers in England to join the 2.5 million others who have made a quit attempt.

Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death. Quitting smoking is one of the best things you can do for your health. That's why this year's Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – you're five times more likely to quit for good.

When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend.

Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support from local stop smoking services.

Simply search 'Stoptober' for more information or visit the Better Health Quit Smoking Website - <https://www.nhs.uk/better-health/quit-smoking/>



## Update regarding SHP support for carers.

The drop in sessions that have been held on the second Thursday of each month to this point have been 'stood down' until January 2025.

There will be another larger event on **Saturday 9 November at Solihull Retirement Village (Poppyfields) in Shirley**. Our first event here earlier this year was a great success and carers and their families found it useful and informative. See below for details

The PPG will be on hand to assist and offer a welcome tea or coffee.



### \*\*COME & JOIN YOUR PPG\*\*

If you want to help us develop and improve SHP's services for the patient population, or even just to voice your views, please join your PPG. Simply complete the form available in the PPG section of SHP web site or email [shp.ppg@nhs.net](mailto:shp.ppg@nhs.net) for further information.

Next committee meeting will be on Thursday 21<sup>st</sup> November, 2024.

Next Full Member meeting – Date & Timings to be advised.



## SHP CARERS EVENT

If you are a Carer who helps & supports someone who can't manage on their own, we want to ensure YOU get all the support you need.

Solihull Healthcare Partnership (SHP) are inviting all Carers to our Carers Event,

On **Saturday 9<sup>th</sup> November 2024,**  
from 10am to 1.30pm

Drop in & meet local organisations who support Carers & members of the SHP Team.

There will be information stands, health checks for carers and refreshments.

Held at Solihull Retirement Village,  
Shirley, Solihull B90 3LP

Visit our website for more details at  
[www.solihullhealthcarepartnership.nhs.uk](http://www.solihullhealthcarepartnership.nhs.uk)

The PPG would like to wish SHP a happy 5<sup>th</sup> birthday

Congratulations to all staff

