

# YOUR REFERRALS MATTER

Your referrals to the Help Me Quit service are helping patients quit smoking for good.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



## + HOSPITAL REFERRALS

JANUARY - MARCH 2025		554 REFERRALS
Hospital	Number of Referrals	Number Accessed Service*
Prince Charles Hospital	225	195 (87%)
Princess Of Wales	131	92 (70%)
Royal Glamorgan Hospital	198	157 (79%)

APRIL - JUNE 2025		422 REFERRALS
Hospital	Number of Referrals	Number Accessed Service*
Prince Charles Hospital	121	112 (93%) ▲
Princess Of Wales	109	96 (88%) ▲
Royal Glamorgan Hospital	192	147 (77%) ▼

\*Figures include a loss to external health boards

## REMEMBER THE 3 A'S

**ASK:** Do you smoke?

**ADVISE:** The best way to quit is via NHS support

**ACT:** Refer to Help Me Quit

## QUICK FACTS



Quitting smoking can **save** patients up to **£80 a week**.

# 3x

Smokers are up to **3x more likely to successfully quit** if supported by Help Me Quit.



Smoking-attributable hospital admissions in **Cwm Taf Morgannwg** are generally **higher** than other health board areas.



## DENNIS' STORY\*\*



A heavy smoker for 60 years, quit date February 2024.

Dennis was referred to Help Me Quit while an inpatient. Since quitting their sense of taste has improved and generally feeling better.

### Why they think it worked this time:

Weekly phone calls helped stay on track and using patches made a big difference. The HMQ advisor was "wonderful", very supportive and encouraging, gave helpful suggestions and tips. Using patches made a big difference.

### What they'd say to others:

"If you don't give it up – it'll catch you up! Be determined – just give it a try!"



Thanks to nurses of CTM for contributing to the development of the resource.

\*\*Pseudonym used to protect patient's identity.

# MEET THE TEAM



## HOSPITAL TEAM



**Samantha Hughes**  
07901 115390



**Danielle Lineham**  
07901 115323



**Joanne Grimstead**  
07867 500984



**Kirsty Evans**  
07977 381765



**Sarah Hibberd**  
07867 500984



**Tim Bushell**  
07967 873589

[CTM.HELPMEQUIT.HOSPITAL@WALES.NHS.UK](mailto:CTM.HELPMEQUIT.HOSPITAL@WALES.NHS.UK)

## COMMUNITY TEAM



**Gemma Thomas**  
07879 486892



**Sion Britton**  
07879 486825



**Clare Foster**  
07890 958053



**Carianne Reynolds**  
07811 094163

[CTM.HELPMEQUIT.COMMUNITY@WALES.NHS.UK](mailto:CTM.HELPMEQUIT.COMMUNITY@WALES.NHS.UK)

## MANAGEMENT AND ADMINISTRATION

### SERVICE LEAD

**Stephanie Hill**  
[stephanie.hill@wales.nhs.uk](mailto:stephanie.hill@wales.nhs.uk)

### SENIOR ADMINISTRATOR

**Rachel Jayne**  
[rachel.jayne@wales.nhs.uk](mailto:rachel.jayne@wales.nhs.uk)

### HEALTH IMPROVEMENT SPECIALIST

**Lucy Morgan**  
[lucy.morgan8@wales.nhs.uk](mailto:lucy.morgan8@wales.nhs.uk)

### HEALTH IMPROVEMENT SUPPORT

**Finlay Jones**  
[finlay.jones@wales.nhs.uk](mailto:finlay.jones@wales.nhs.uk)

## WHAT HELP ME QUIT OFFER



## HOW YOU CAN REFER PATIENTS

Help Me Quit Advisors are present at all three Cwm Taf Morgannwg Hospitals and are actively taking referrals. Use one of the three methods below to refer a patient to the service.



Send an email to **Help Me Quit** with the patient's hospital number and location.

or



Leave a **telephone message** for the on-site Help Me Quit Advisor with the patient's name and location (contact number is available via the switchboard).

or



On Welsh **Nursing Care Record** (WNCR) tick 'Smoker' under current smoking status and 'Yes' for Help Me Quit referral in the Breathing Section. The Help Me Quit Team screen for referrals on WNCR from Monday – Friday.\*\*\*

\*\*\*Referral method currently unavailable for the Princess of Wales Hospital

With thanks to the Think Quit study:



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In collaboration with:

