

VERY BRIEF ADVICE 30 SECONDS TO SAVE A LIFE UPCOMING TRAINING

**Suitable for all professionals who work in...
Libraries, Family Hubs, Voluntary sector, Community groups,
Sports teams etc.**

Very Brief Advice on smoking is a proven 30-second clinical intervention, which identifies smokers, advises them on the best method of quitting, and supports subsequent quit attempts. VBA comprises three elements: ASK, ADVISE, ACT and is designed to be used opportunistically in almost any situation with a smoker.

Quitting smoking is the one thing that can make the biggest positive difference to someone's health and wellbeing. Smoking can take ten years off someone's life and cost thousands of pounds over decades of smoking. Nearly 60% of smokers are thinking about quitting at some point. It can be really difficult to quit, though with support and the right information about how to quit, someone's chances of success are increased by up to three times.

JAN
21

LIVE ONLINE TRAINING VIA TEAMS

1:00pm – 3:00pm

If you would like to book a FREE place on
on this VBA training please click below;

21st January 1-3pm

Any questions please email:
smokefreeoxon@oxfordshire.gov.uk