

Stop Smoking Training: Very Brief Advice Training

The Newcastle Stop Smoking+ Service is offering a range of free training sessions designed to increase confidence in supporting people who smoke. The training also aims to raise awareness of the risks associated with smoking, the benefits of quitting, and the referral pathways available into their service for support.

This “Very Brief Advice” training offers a simple, evidence-based intervention that can be delivered in under 30 seconds to encourage someone to consider quitting smoking.

To book, please contact newcastle.stopsmoking@cgl.org.uk with:

- Your **full name**
- **Job title and organisation**
- Your **email address** (for the meeting invitation)
- Your preferred **training date**

They will then send you a calendar invite and joining information.

The Newcastle Stop Smoking+ Service provides free, confidential support to help people quit smoking through a 12-week programme. People who access support from a stop smoking service are up to three times more likely to quit successfully, and these training sessions help professionals feel confident in starting those important conversations.

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