



**WE CAN DO THIS**

Join millions of people  
who have quit smoking  
with Stoptober.

Let's quit smoking together



**‘Let’s quit smoking together this Stoptober’**

Stoptober is back and we’re calling on England’s smokers to join millions of others who have successfully quit.

**Over 5 million adults in England still smoke.**  
Smoking causes **75,000 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**. The good news is, if you quit smoking for 28 days, you’re five times more likely to quit for good.

Going ‘cold turkey’ is still the most common way that people attempt to give up, but quit attempts are more likely to succeed, when using quit smoking support and advice. That’s why we are encouraging smokers to explore all the options available to them and there is a huge range!  
including the NHS Quit Smoking app, the Personal Quit Plan, expert support from local stop smoking services and a Smokefree Facebook support group. There's also lots of information about aids such as nicotine-free medicines, nicotine replacement therapies and vaping, available at:  
[www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)

**What happens when you quit?**  
Good things start to happen immediately! Your body starts repairing the day you stop smoking and benefits build over time.  
Quitting not only improves your respiratory health but also your mental wellbeing. You should also see a healthy improvement to your bank balance!

Together, we can do this. We have your back!



Better  
Health

Smoke  
free

NHS

Scan here:

Get ready to quit smoking  
with a free Personal Quit Plan

Answer a few simple questions to  
get a quit plan that works for you.  
Receive helpful tips and advice,  
along with the right support you  
need to quit smoking for good.

Or search 'Better  
Health quit smoking'

SF-FC-001







# FIVE STEPS FOR SAFE BABY WEARING

## BABY SLINGS

1

TIGHT



2

IN VIEW AT ALL TIMES



3

CLOSE ENOUGH TO KISS

4

CHIN OFF THE CHEST



5

SUPPORTED BACK

FOR MORE INFORMATION PLEASE SCAN THE QR CODES BELOW:





This poster has been made in collaboration with Tower Hamlets, Family Hubs and Barts Health NHS Trust, using the recommendations from the Royal Society of the Prevention of Accidents and Lullaby Trust. Developed January 2025

## Baby Slings & Carriers

Baby slings have become an increasingly popular choice for parents, who wish to keep their babies close.

Baby slings are made of soft fabrics that wrap around the chest. There are a wide variety of carriers available from wraps and ring slings to soft structured carriers and mei dai's. The number of styles and sizes of carriers can be overwhelming. Different slings and carriers will appeal and suit different people, so it is important to find one that is best for you and your little one.

The safest method of baby wearing is in a carrier that keeps the baby solidly against the parent's body, in an upright position. Parents should ensure that they keep their baby's chin off their chest, thereby keeping the airway free for breathing. Parents should be careful with their selection of the type of sling and to be aware that there are risks attached.

A sling's fabric can press against a baby's nose and mouth, blocking the baby's airways and causing suffocation within a minute or two. Suffocation can occur where the baby is cradled in a curved or "C-like" position in a sling, nestling below the parent's chest or near their stomach. Because babies do not have strong neck control, this means that their heads are more likely to flop forward, chin-to-chest, restricting the infant's ability to breathe.

It is vital to be aware of the safety guidelines identified when choosing a carrier and finding one which supports the development of baby's spine, neck and hips. Equally characteristics of a good quality sling or carrier would ensure the child's weight is evenly distributed across the wearer's shoulders, hips and back.

As with all activities and products that are used for children, it is vital to follow safety advice and manufacturers guides. A carrier that keeps the newborn baby solidly against the parent's body, in an upright position, is the safest method. Parents should ensure that they keep their baby's chin off their chest, keeping the airways clear for breathing.

When you're wearing a sling or carrier, don't forget the T.I.C.K.S acronym:

- Tight
- In view at all times
- Close enough to kiss
- Keep chin off the chest
- Supported back.



## Little Moments Together

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together are building their brain.

Every smile, cuddle, chat and game makes a huge difference, helping them learn to communicate, develop confidence and make friends.

The more we chat, play and read with our kids, the more we help build their brains. Any time, anywhere, whether at home or out and about, it all adds up. There's no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child's questions and sharing special moments together all help their brain to grow and develop secure and strong connections. Just what they need to get off to the right start at school. **The Start for Life** website is packed with simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

Find lots of ideas, easy tips and activities you can do together with your child.

[www.nhs.uk/start-for-life/early-learning-development](http://www.nhs.uk/start-for-life/early-learning-development)



## Did not attend Appointment

In June & July, we booked **6469** appointments.

**250** patients did not attend (DNA)

**If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.**

### To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)

## Patient Participation Group

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**

