

Stop Smoking Service

Information leaflet



We are a team of trained specialist stop smoking advisors with many years of experience in successfully supporting people to stop smoking. We are here to provide information and support whether you are thinking about stopping or have already decided to stop.

Benefits

There are many benefits to stopping smoking, here are just a few:

- Saving money – around £2,500 per year if you smoke 20 cigarettes a day
- Breathing becomes easier
- Improved sense of smell and taste
- Protect your family from secondhand smoke

Pennine Care's **Stop Smoking Service** in Bury offers free, confidential advice and support for people who want to give up smoking. Carbon monoxide readings will be taken at each appointment to support your quit attempt.

There are a variety of ways to access the service including:

- drop-in clinics
- one-to-one appointments
- groups
- community advisor appointments

Remember: By using our service you are four times more likely to stop smoking and stay stopped.



Products

Nicotine replacement therapy

Replaces the nicotine your body craves, but does not contain toxic chemicals like tar or carbon monoxide.

Nicotine replacement therapy comes in a variety of forms, including:

- patches
- microtabs
- lozenges/mini lozenges
- gum
- inhalators
- nasal sprays
- mouth sprays
- oral strips

If appropriate, you could be given a voucher for these products by your advisor for a maximum of 12 weeks.

Zyban and Champix

Both are non-nicotine based tablets that work by reducing your desire to smoke and your withdrawal symptoms. They are not a magic cure and smokers will still need to be determined to quit their habit. Zyban and Champix are available on prescription and are not suitable for all. A client's full medical history will need to be assessed by a trained stop smoking advisor.

Frequently asked questions

Q: I've tried to stop smoking before and failed, I'm afraid that this might happen again.

A: Every quit attempt is different we can help you to learn from the last one. Even if you have used the service before, you can get support from us again providing there has been an eight week gap since your last appointment. The most important thing is to try again.

Q: Do I have to be referred by my GP because I struggle to get out?

A: We provide telephone support to patients who find getting to clinic difficult or a home visit following an assessment by our team. Our service is open to anyone meaning you don't have to be referred by any health professional. You can call our local rate helpline on **0845 223 9001** to arrange support.

Q: Do I have to pay to use the service?

A: **No**, support and advice from the Stop Smoking Service in Bury is **free**, however any stop smoking medications may be subject to a prescription charge, ask your advisor for more information.

Q: If I don't want to use any nicotine replacement therapies, Champix or Zyban can I still get support from the service?

A: Yes. We are happy to support you however you choose to stop smoking.

Q: I work shifts – do you have clinics available for me?

A: The service offers flexible clinic options to suit different work/lifestyle patterns, call **0845 223 9001** for more details.

Quotes from our service users

"I didn't think I would need to use a clinic initially, however the staff were fantastic and reassured me how well I was doing."

CP - Whitefield

"I found it convenient to drop in whilst I was in Bury. The staff at the clinic were friendly and helpful and they listened and gave me support and encouragement with products and habit change." FD - Bury

"I found it really easy to contact the Bury Stop Smoking Service and would encourage anyone else to do the same if you are thinking of stopping smoking. Anyone can give up smoking if I can." GL - Fairfield

Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

Tel: 0161 716 3178

Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us. You can also contact the Trust's Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

Tel: 0161 716 3083

Email: complaints.penninecare@nhs.net

Become a member of our Trust

You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

Tel: 0161 716 3960

Email: ftmembership.penninecare@nhs.net

Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – speak to a member of staff.



Contact us

For more information, or to make an appointment, please contact the Stop Smoking Service in Bury on:

0845 223 9001

or

pcn-tr.bury-stopsmoking@nhs.net

Local groups and organisations

If you are a member of a local group or organisation and would like an informal meeting/presentation about the Stop Smoking Service in Bury, or if you have any further questions, please contact us on the number above.

Get involved



For regular updates, like the Pennine Care NHS Foundation Trust page on Facebook or follow us on Twitter @PennineCareNHSFT

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