



# Had Enough of Smoking?

There's help if you need it.

**0800 043 5134**



**SMOKEFREE**

# We Can Help

When you decide to stop smoking you don't have to go it alone. You are up to four times more likely to give up smoking if you use your local NHS Stop Smoking Service.

If you live in Western Cheshire, which includes Chester, Ellesmere Port, Neston and the surrounding areas, your local Stop Smoking Service can offer you free, friendly advice and support in a variety of settings.

## What to Expect

**1** At the first session a trained advisor will tell you about the nicotine replacement products available and other prescription only treatments such as Bupropion (Zyban) and Varenicline (Champix).

Your advisor will also explain the service you should expect, take some details and record your carbon monoxide reading. They will also give you advice on how to cope and make the most of a tobacco free future.

When you are ready to quit and depending on your treatment programme, you will either be given a voucher to take to your local pharmacy or a letter to take to your GP.

**2** You will be expected to attend regular follow up sessions throughout your quit attempt. This will enable your advisor to address any issues or questions that you might have to ensure you are getting the best from your stop smoking programme.

**3** Support from your Stop Smoking Advisor usually lasts for a minimum of 4 weeks but may be longer depending on which treatment you decide to use and how much support you need.

# Support Available

## One-to-One or Group

Individual one-to-one appointments or group sessions are available in many locations. You can also visit your local pharmacy or GP practice in some areas.

## Telephone Support

Are you too busy to attend a session? We offer the same help and support over the telephone.

## Pregnancy Support

Are you thinking of getting pregnant? Are you pregnant now or the partner, friend or relative of someone who is? Did you know that stopping smoking is the single most important thing that you can do to improve your own health and the health of your baby.

Whilst most mums know that smoking during pregnancy isn't good for them or their baby, it doesn't make it any easier to kick the habit. If you feel ready to try and quit our Stop Smoking Midwife can offer a range of support services and treatments to help you.

## Hospital Support

Are you an inpatient or outpatient at either the Countess of Chester or Ellesmere Port Hospital? Are you waiting to have surgery? If so, our Specialist Stop Smoking Nurse can offer you help and support to stop smoking before, during and after your hospital stay.

If you work at the Countess of Chester or Ellesmere Port Hospital you can also have help and support. There are several sessions available within both hospitals.

**For further information on all these types of support**

**please call: 0800 043 5134**

This document can be made available in a range of alternative formats including various languages, large print, Braille and audio cassette. To discuss your requirements please ring 01244 650368

Nëse keni pyetje ose komente në lidhje me këtë informacion ose dëshironi t'a keni atë të përkthyer në gjuhën tuaj, ju lutemi telefononi në 01244 650368. Ju lutemi thoni emrin e gjuhës tuaj tre herë, së bashku me numrin tuaj telefonik. Ne do të marrim masa që një përkthyes përmes telefonit t'ju telefonojë juve.

**Albanian**

إن كان يوجد لديك أي أسئلة أو ملاحظات حول هذه المعلومات أو إذا أردت ترجمة لها في لغتك الخاصة، يرجى الاتصال بالرقم 01244 650368. نرجو أن تعطيني أسم لغتك ثلاثة مرات سوية مع رقم هاتفك. سوف نقوم بعد ذلك بالطلب من مترجم ليعيد الاتصال بك.

**Arabic**

আপনার যদি এই তথ্য সম্পর্কে কোন প্রশ্ন অথবা অভিমান থাকে অথবা সোটা যদি আপনার মাতৃভাষায় অনুবাদ করানো চান তাহলে অনুগ্রহ করে 01244 650368 নম্বরে টেলিফোন করুন। আপনার টেলিফোন নম্বর বলুন ও আপনার ভাষার নাম তিনবার অনুগ্রহ করে বলুন। আপনাকে পুনরায় ফোন বা কল বাক করার জন্যে আমরা একজন দোভাষীর ব্যবস্থা করবো।

**Bengali**

如果你對本資訊有任何疑問或意見，或者你希望將它翻譯成你的母語版本，請致電 01244 650368。請在電話中說明你所需的語言，以及你的電話號碼（請重複表述三次）。我們會在回復你的電話時安排電話口譯服務。

**Cantonese**

જો તમને આ માહિતી વિષે કોઈ પ્રશ્નો અથવા ટીકા-ટિપ્પણો હોય અથવા તમારી પોતાની ભાષામાં તેનો તરજૂમો કરવામાં આવે તેવી ઇચ્છા હોય તો, કૃપા કરી 01244 650368 ઉપર ટેલિફોન કરો. કૃપા કરી તમારી ભાષાનું નામ ત્રણ વખત જણાવી, તેની સાથે તમારો ટેલિફોન નંબર આપશો. અમે ટેલિફોન ઇન્ટરપ્રિટર સાથે તમને વળતો જવાબ આપવાની ગોઠવણ કરીશું.

**Gujarati**

Just this information if you have any questions or views, or if you wish to have it translated into your mother tongue version, please call 01244 650368. Please state the language you need in the telephone, and your telephone number (please repeat three times). We will arrange telephone interpretation service when we reply to your telephone.

**Mandarin**

Jeżeli masz jakieś pytania lub komentarze dotyczące tych informacji lub potrzebujesz otrzymane je przetłumaczone na własny język, prosimy o zatelefonowanie pod numer: 01244 650368. Prosimy o trzykrotne wypowiedzenie nazwy swojego języka oraz podanie numeru telefonu. Zamówimy tłumacza, który do Ciebie oddzwoni.

**Polish**

ਜੇਕਰ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਬਾਰੇ ਤੁਹਾਡੇ ਕੋਈ ਸੁਆਲ ਹਨ ਜਾਂ ਕੋਈ ਟਿੱਪਣੀ ਹੈ ਜਾਂ ਤੁਸੀਂ ਇਸ ਦਾ ਤਰਜਮਾ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 01244 650368 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਭਾਸ਼ਾ ਦਾ ਨਾਂ ਆਪਣੇ ਟੈਲੀਫੋਨ ਨੰਬਰ ਦੇ ਨਾਲ ਤਿੰਨ ਵਾਰ ਲਵੋ। ਅਸੀਂ ਟੈਲੀਫੋਨ ਦੁਬਾਰੀਏ ਵੱਲੋਂ ਤੁਹਾਨੂੰ ਫੋਨ ਕਰਵਾਉਣ ਦੀ ਵਿਵਸਥਾ ਕਰਾਂਗੇ।

**Punjabi**

اگر اس معلومات سے متعلق آپ کے سوالات ہیں یا آپ کی کوئی رائے ہے یا آپ اس کی اپنی زبان میں ترجمہ کروانا چاہتے ہیں تو براہ کرم ہمیں 01244 650368 پر ٹیلی فون کریں۔ اپنی زبان کا نام اپنے ٹیلی فون نمبر کے ساتھ تین بار کہیں۔ ہم ٹیلی فون مترجم کے ذریعہ آپ کو ٹیلی فون کروانے کا انتظام کریں گے۔

**Urdu**



For FREE help and support contact:

Freephone:  
**0800 043 5134**

Visit: [www.quit4good.org](http://www.quit4good.org)  
Text: quit4good to 60777  
Email: [quit@quit4good.org](mailto:quit@quit4good.org)

Other useful websites:

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)  
[www.seriousquitters.co.uk](http://www.seriousquitters.co.uk)

