



Further Stop Smoking Information:

www.smokefree.nhs.uk
www.smokefreesouthwest.org.uk
www.stop-illegal-tobacco.co.uk
www.smokeoutside.co.uk
www.quit.org.uk

For out of hours support call:

0300 123 1044 NHS Smokefree (Weekdays 9am-8pm Weekends 11am-4pm)
0800 00 22 00 Quitline (Weekdays 9am-8pm except Tuesdays 9am-5.30pm)

Stop Smoking Training

The Wiltshire Stop Smoking Service provides training courses for those who support smokers to stop through their work. Please contact the service for further information

How we handle your information

Your information such as name and address and the treatment you receive is kept on both paper and computer records. It is important that we have correct information so should your details change please let the service know as soon as possible by calling **0300 0034562** or emailing: wiltstopsmoking@nhs.net.



Wiltshire Stop Smoking Service **Information Leaflet**

Tel: 0300 0034562

Fax: 01225 716846

Email: wiltstopping@nhs.net

www.wiltshiresmoking.co.uk



Wiltshire Council
Where everybody matters

Support for Smokers

The Wiltshire Stop Smoking Service is available for any smoker living in Wiltshire wanting to stop smoking. We understand that for many this is not easy and we aim to support you every step of the way. We encourage people to use the service as many times as they need to achieve their smokefree goal. You are much more likely to stop successfully if you have support and use a stop smoking medication, especially compared with going 'cold-turkey'.

We offer:

- Free, friendly, non-judgmental support and advice
- Over 100 locations across Wiltshire
- Trained stop smoking advisors at GP surgeries, pharmacies, Health Trainers
- Individual appointments or group setting
- 12 weeks of stop smoking medication on prescription*
- Free carbon monoxide testing

What to expect:

- Help and advice to choose a suitable stop smoking medication
- Help developing an individually tailored quit plan
- Support in making behavioural changes
- Help with managing cravings and temptations
- Support with worries about weight gain and/or managing stress
- Developing strategies to become a content smoke-free person

Where to get support:

Health Trainer Service

Wiltshire Health Trainer Service can help you reduce or stop smoking and also help you make other positive lifestyle changes. This service is for people aged 18 + and is free. For more information contact: Health Trainers, Public Health, County Hall, Bythesea Road Trowbridge BA14 8JN

Email: health.trainers@wiltshire.gov.uk
Tel: 0300 0034566

GP Surgeries

Most GP practices offer individual appointments for stop smoking support. Please make enquiries directly with your surgery or contact the local Wiltshire Stop Smoking Service for details.

Pharmacies

Visit www.wiltshirestopsmoking.co.uk for details of participating pharmacies. Most offer a walk-in service but booking may be required depending on availability. Nicotine Replacement products can be dispensed directly at the cost of a prescription charge*.

Work Place Support

Please contact us for information.

Stop Smoking Medication

Nicotine Replacement Therapy (NRT)

- Start using on the day you stop smoking
- Reduce or removes cravings making it easier to stop smoking
- Enables slow withdrawal from nicotine which minimises withdrawal symptoms
- 10 to 12 weeks of NRT is recommended allowing time to get used to being a non-smoker
- Combination use of two products can be used if needed e.g. patch and lozenge
- Available for anyone 12 years and over
- Most products suitable for pregnant women and breastfeeding mothers
- Products available on prescription* include:
 - Patches
 - Gum
 - Lozenges/Mini Lozenges
 - Inhalator
 - Nasal and Mouth Spray
 - Microtab
 - Oral Strips
- May also be purchased from a local pharmacy
- Please tell your stop smoking advisor or pharmacist if you are taking any medication especially those containing theophylline.

Champix (Varenicline) and Zyban (Bupropion hydrochloride)

- Tablets that work by reducing your cravings and the desire for a cigarette
- You continue to smoke for first 1-2 weeks of taking medication
- Treatment lasts for 12 weeks (8 weeks for Zyban)
- Only available on prescription
- Not available if you are pregnant, breastfeeding or under 18
- Some smokers may be advised to make an appointment with their GP before treatment is considered

*You must be registered with an NHS GP in Wiltshire to access stop smoking medication. Free for those that are exempt from charges.