

Rotherham
Primary Care Trust



WANT TO STOP SMOKING?

FOR FREE SUPPORT AND ADVICE CALL
Rotherham NHS Stop Smoking Service
01709 302444



SMOKEFREE
ROTHERHAM

ROTHERHAM NHS STOP SMOKING SERVICE

WHAT IS ROTHERHAM NHS STOP SMOKING SERVICE?

The service is for anyone in Rotherham, who would like help to stop smoking. Remember you're up to **4 times** more likely to stop with our help compared to will power alone.

WHAT DOES THE SERVICE PROVIDE?

The service is run by a friendly team of trained staff, who offer advice and support, taking you through a tried and tested programme. We aim to help you stop smoking and stay stopped. We provide flexible support to meet your needs including group or one to one sessions or telephone support. Sessions are run in local venues across Rotherham at various times of the day, including some evenings. Alternatively visit us at our drop-in centre at 16 Bridgegate in Rotherham town centre, you don't need to make an appointment, just turn up!

We also provide workplace sessions and home visits are available if you have mobility problems.

S ERVICE

ALL OUR SERVICES ARE FREE AND CONFIDENTIAL, OFFERING HELP AND SUPPORT TO:

- Adults
- Pregnant women & their families (Smoke Free Families)
- Young People (4 U 2 Quit It)

WHAT HAPPENS WHEN I SEE THE STOP SMOKING SERVICE STAFF?

At your first visit, we will explain what the service can offer you, and what options are available to aid your stop attempt. You will not be expected to quit smoking on this day.

ARE THERE ANY PRODUCTS TO HELP ME STOP?

Yes! Nicotine Replacement Therapy, Zyban or Champix can be used to help you stop, these will be discussed with you at the first session. If you decide to use one of the Nicotine Replacement Therapy products you will be given a voucher which can be exchanged for the product of your choice at any pharmacy in

the Rotherham area. If you decide to use Zyban or Champix you will be given a letter for your GP who may then be able to issue you with a prescription. Please note that not everyone can use these products due to certain medical conditions. Standard prescription charges apply to all products.

WHAT HAPPENS AT THE END OF THE PROGRAMME?

Congratulations!!! You have now successfully stopped smoking. In order to help you stay stopped we provide maintainers sessions, so that we can give you continued support and also pass on any of your positive comments or advice to other future quitters.

HOW DO I CONTACT THE SERVICE? 01709 302444

By ringing the above number between 9am and 5pm and speaking to one of our friendly staff, they will be happy to book an appointment for you or give details of the nearest drop-in sessions and answer any questions you may have.

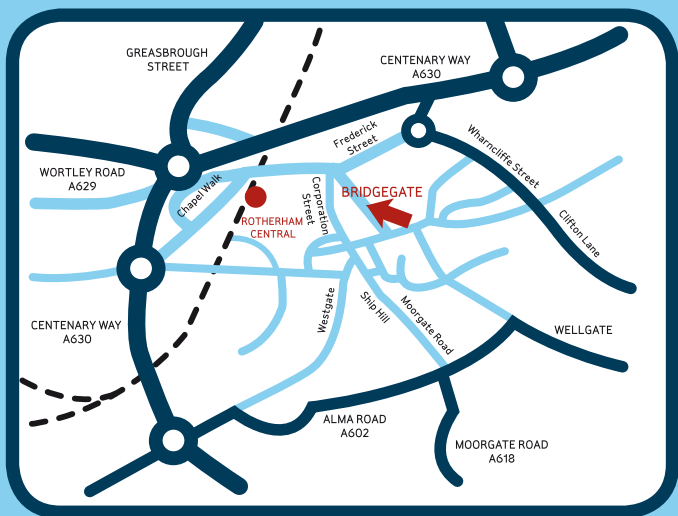
If you can't ring between these hours an answer service is available at all times. Alternatively, you may wish to discuss this with your GP or another health care worker.

THE HEALTH BENEFITS OF GOING SMOKE FREE

| TIME STOPPED | BENEFITS |
|---------------------|--|
| 20 minutes | Blood pressure and pulse return to normal. Circulation improves, especially to hands and feet. |
| 8 hours | Blood oxygen levels increase to normal, and your chances of having a heart attack start to fall. |
| 24 hours | Carbon monoxide leaves the body. The lungs start to clear out mucus and debris. |
| 48 hours | Your body is now nicotine-free. Your senses of taste and smell begin to improve. |
| 72 hours | Breathing is easier, and your energy levels increase. |
| 2 - 12 weeks | Circulation improves throughout the body. Walking and exercise get easier |
| 3 - 9 months | Breathing problems, coughing, shortness of breath and wheezing improve. Lung efficiency increased by up to 5-10%. |
| 5 years | Risk of having a heart attack falls to about half that of a smoker. |
| 10 years | Risk of lung cancer falls to around half that of a smoker. Risk of heart attack falls to about the same as someone who has never smoked. |

Stopping smoking at any age increases your life expectancy, provided you stop before you develop cancer or other serious disease. But even if damage has already been done, you can still benefit from stopping.

Visit our drop-in centre at 16
Bridgeway in the town centre
for free support and advice.



You're up to **4 times** more likely to stop with our help

Free, confidential and friendly support

Help with access to stop smoking medications

Daytime and evening sessions across Rotherham

Rotherham NHS Stop Smoking Service
01709 302444