

Smokefree Wiltshire Information leaflet

Planning to quit?
Find the right
support for
you

Tel: 0300 0034566

Email: wiltstopping@nhs.net



Support for smokers

Smokefree Wiltshire offers tailored stop smoking support for any smoker living in Wiltshire wanting to quit. 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 support as many times as they need to achieve their smokefree goal. You are four times more likely to quit successfully by using a combination of medication and behavioural support, as compared to doing it alone.

We offer:

- Free, friendly, non-judgmental support and advice at over 100 locations across Wiltshire
- 12 weeks of stop smoking medication on prescription*
- Help and advice to choose a suitable medication
- Free carbon monoxide testing
- Help in 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

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

Benefits of quitting:

20 minutes	pulse rate returns to normal
8 hours	nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal
24 hours	carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris
48 hours	nicotine is cleared from the body. The ability to taste and smell improves
72 hours	breathing becomes easier and energy levels increase
2-12 weeks	circulation improves. Skin loses its grey pallor and becomes less wrinkled
3-9 months	coughs, wheezing and breathing problems improve as lung function increases by up to 10%
1 year	risk of heart disease is about half as compared to that of a smoker
10 years	risk of lung cancer falls to half as compared to that of a smoker
15 years	risk of heart attack falls to the same as someone who has never smoked



Where to get support

Health Trainer Service

The health trainers 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 the health trainer team below.

Email: health.trainers@wiltshire.gov.uk

Tel: 0300 0034566

Website: www.wiltshire.gov.uk/public-health-trainers

GP surgeries

Most GP practices in Wiltshire offer individual appointments for stop smoking support. Please make enquiries directly with your surgery or visit www.wiltshire.gov.uk/smokefree for more details.

Pharmacies

Many pharmacies offer a walk-in service. At some pharmacies booking may be required depending on availability. Nicotine replacement products can be dispensed directly at the cost of a prescription charge*.

Visit: www.wiltshire.gov.uk/smokefree for details of participating pharmacies



Stop smoking medication

The use of stop smoking medications can double your chances of quitting successfully. Below is a short guide to some of the medications that may be used to support you during your attempt to stop smoking.

Nicotine Replacement Therapy (NRT)

- Start using on the day you stop smoking
- Reduces 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 are suitable for pregnant women and breastfeeding mothers
- Mouth spray
- Microtabs
- Products can also be purchased directly from a local pharmacy or reputable retailer
- Please inform your stop smoking advisor or pharmacist if you are taking any medications (especially those containing theophylline)

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

Products available on prescription* include:

- Patches
- Gum
- Lozenges/mini lozenges
- Inhalator
- Nasal spray



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 (eight weeks for Zyban)
- Only available on prescription
- Not available if you are pregnant, breast feeding or under 18 (other restrictions may apply)
- Some smokers may be advised to make an appointment with their GP before treatment is considered

Electronic Cigarettes (E-Cigarettes, E-Shisha Pens, Vaping Sticks)

Electronic cigarettes are battery-powered devices which are not burnt and do not contain tobacco. Nicotine is delivered by heating and vaporising a solution that typically contains nicotine, propylene glycol and flavours.

- **Are e-cigarettes safe?**
As e-cigarettes are relatively new the impact of long term use on health is still unknown, but evidence suggests they are likely to be much safer than smoking.
- **What support is available for people using e-cigarettes?**
Stop smoking advisors based at various locations across the county can offer tailored support to increase your chances of quitting successfully.
- **Can the service supply e-cigarettes?**
E-cigarettes are not currently available through the smoking cessation service or via NHS prescriptions. Service users that wish to quit smoking using e-cigarettes will have to buy them at their own cost. E-cigarettes can be used in combination with other licensed nicotine replacement products available on prescription such as patches.



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. Identifiable information is not shared outside of your service provider and Wiltshire Public Health.

For more information contact:

Tel: **0300 0034566**

Email: wiltstopping@nhs.net

For out of hours support:

Tel: **0300 123 1044** NHS Smokefree

Weekdays 9am – 8pm and weekends 11am – 4pm.

Tel: **0800 00 22 00** Quitline

Weekdays 9am – 8pm except Tuesdays 9am – 5.30pm.

Stop Smoking training

The Wiltshire Public Health team deliver training courses for those who wish to support smokers through their work. For more information, please contact the team:

Tel: **0300 0034566**

Email: wiltstopping@nhs.net

or search on www.eventbrite.co.uk



For further stop smoking information visit:

www.smokefree.nhs.uk

www.nhs.uk/oneyou

www.stop-illegal-tobacco.co.uk

www.ash.org.uk

www.cancerresearch.org.uk



Information about Wiltshire Council services can be made available on request in other languages including BSL and formats such as large print and audio.

Please contact the council by telephone **0300 456 0100**
or email customerservices@wiltshire.gov.uk



helping you
to help yourself 

Wiltshire Council
Where everybody matters