

# Me? WE

Nobody's going to lecture you or tell you over-the-top scare stories. You'll just get practical help to stop smoking from people who understand what you're going through.

One in two people who use a local NHS Stop Smoking Service are not smoking four weeks later.

## Tried before? Too old? Too young?

As long as you are aged 12 or older you are welcome to attend sessions, and we have supported people to quit into their 80s!

**IT IS NEVER TOO EARLY OR TOO LATE TO GO SMOKEFREE**

No matter how many times you may have tried before it is worth another go, this time could be 'the one'.

(If you are under 12 please ring for advice)

If you would like this information translating or in another format please contact

Prosimy o kontakt, jeżeli pragniecie Państwo otrzymać niniejszą ulotkę w innym języku lub formacie

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# Struggle? COPE!

Evidence shows that you're more likely to stop smoking for good if you get the right support. The support you need is free of charge available through the NHS and right on your doorstep.

**COMMUNITY SESSIONS/INDIVIDUAL APPOINTMENTS  
 YOUR MADE TO MEASURE STOP SMOKING SERVICE**

**PROVEN TO MAKE YOUR  
 WILLPOWER UP TO 4X MORE  
 POWERFUL**

**CALL YOUR LOCAL NHS STOP SMOKING SERVICES**

**01254 380424**

for information and advice about appointments or community sessions



National Services  
 For online help and support and the chance to 'Ask an Expert'  
 GOSMOKEFREE.CO.UK  
 NHS Smoking Helpline  
 7am-11pm every day

0800 169 0 169



# STOP SMOKING START LIVING

Everything you need to break free from Smoking call **01254 380424** for more information



## NHS Stop Smoking Service Weekly Community Sessions

### MONDAY

Blackburn	Accrington Road Community Centre	10:00am – 11:00am
Blackburn	Highercroft Children's Centre, Roman Road	11:00am – 12:00noon
Longridge	Longridge Library (appointment only ring 01772 777044 Joanne)	
Clitheroe	Clitheroe Health Centre, Railway Road	12:30pm – 1.30pm
Oswaldtwistle	Oswaldtwistle Clinic, Union Road	2:00pm – 3:00pm
Darwen	Sudellside Community Centre	2:00pm – 4:00pm
Rawtenstall	Rawtenstall Health Centre, Bacup Rd	5:00pm – 7:00pm
Nelson	Yarnspinners PHCC, Carr Rd	6:00pm – 7:30pm
Padiham	Whitegate Childrens' Nursery, Victoria Rd	5:30pm – 7:30pm
Darwen	Darwen Health Centre	5:00pm – 7:00pm
Accrington	Acorn PHCC, Blackburn Road	5:00pm – 7:00pm

### TUESDAY

Great Harwood	Lowerfold Youth & Community Centre	11:00am – 12:00noon
Accrington	Accrington Town Hall	11:30am – 12:30pm
Barnoldswick	Barnoldswick Childrens Centre, Gisburn Rd	5:45pm – 7:30pm
Blackburn	Shadsworth Children's Centre,	5:00pm – 7:00pm

### WEDNESDAY

Blackburn	Neighbourhood Learning Centre Pringle St	11:00am – 12:00pm
Blackburn	Hancock Children's Centre, Hancock Street	2:00pm – 3:00pm
Rawtenstall	Rawtenstall Bacup HC, Bacup Road	12:00noon – 1pm
Haslingden	Haslingden Health Centre, Manchester Rd	2:00pm – 4:00pm

### WEDNESDAY

Colne	Colne Surestart, Church Street	5:30pm – 7:30pm
Haslingden	Haslingden Health Centre, Manchester Rd	6:00pm – 7:30pm
Burnley	St Peters PHCC, Church Street	6:00pm – 7:30pm
Accrington	Accrington Victoria Hospital Dining Room	6:00pm – 7:00pm
Blackburn	Greenfield Community Centre, Green Lane	5:00pm – 7:00pm

### THURSDAY

Blackburn	Little Harwood Comm Centre, Whalley Old Rd	11:00am – 12:00noon
Longridge	Longridge Hospital (appointment only ring 01772 777044 Joanne)	
Blackburn	Larkhill Health Centre	6:00pm – 7:00pm
Darwen	Darwen Health Centre	5:00pm – 7:00pm
Clitheroe	Clitheroe Health Centre, Railway Rd	5:00pm – 7:00pm
Briercliffe	Briercliffe PHCC, Briercliffe Rd entrance	5:30pm – 7:30pm
Bacup	Maden Centre, Rochdale Rd	6:00pm – 8:00pm

### FRIDAY

Blackburn	Blackburn Central Library, Floor 1 Room 2	12:00noon – 1:00pm
Nelson	Yarnspinners PHCC, Carr Rd	1:00pm – 3:00pm
Burnley	Kiddrow Lane Health Centre, Kiddrow Lane	1:00pm – 4:00pm

### SATURDAY

Burnley	St Peters PHCC, Church Street	10:00am – 12:00noon
Accrington	Accrington Victoria Hospital Dining Room	10:00am – 12:00

**No need to book; just turn up at the beginning of the session.**

**PLEASE NOTE THERE ARE NO SESSIONS ON BANK HOLIDAYS AND DURING THE CHRISTMAS PERIOD.**

#### COMMUNITY SESSIONS

'You'll receive the expert guidance of a stop smoking specialist tailored to suit your needs.

Nurse advice is available at most sessions.

On your first visit you and any other new clients will spend about 40 minutes with an adviser discussing the various treatments available to quit smoking, how to make positive changes to make quitting easier and what support is available.

After that an adviser will spend 10 minutes with you on your own developing your personal quit plan, tailored to suit your needs.

You will then return weekly or fortnightly and see an adviser to access treatment and further support. The usual length of treatment is up to 16 weeks.

Sessions run throughout the community with no need for an appointment, you can attend any session via our 'Client Hand Held Record Card System'.

#### THE ONE-TO-ONE OPTION

Some people need or prefer one-to-one support by appointment.

We have specialist nurse advisers and also advisers who can speak Urdu, Gujarati and Punjabi enabling us to give you help tailored to your needs.

#### NICOTINE REPLACEMENT

(Patches/Gum/Nasal Spray/Lozenge/Inhalator/Microtab)

#### VARENICLINE

(Champix)

#### BUPROPION

(Zyban)

You are up to 4 times more likely to become smokefree using the right treatment and support

You can obtain these products via East Lancashire and Blackburn with Darwen NHS Stop Smoking Service on an NHS nurse prescription, voucher or GP request letter. (Prescription charge applies unless exempt).

**Call: 01254 380424 for information**