



Press Release

2 June 2009

MPHDS 24

Manchester smokers to get advice to stop smoking and start living

Manchester smokers who want to be smokefree will get a kickstart to quit smoking throughout June as the NHS Smokefree Roadshow comes to the Manchester for 5 days from Thursday 4 June 2009 (timetable below).

Research shows smokers are up to four times more likely to stop smoking successfully if they get support from their local NHS Stop Smoking Service, compared with relying on will power alone. As such, the busy shopping centres will host a stop smoking stand providing information about the range of support available from local NHS stop smoking services.

From 1 June 2008 – 1 June 2009 6,789 smokers were seen by Manchester Stop Smoking with 3,118 smokers quitting.

Smokers who visit the stand will be able to sign up to Manchester's NHS Stop Smoking Service as well as join the popular Together Programme - a free support scheme where smokers get support at home, via text, e-mail post.

Abbie Paton, Manager for Manchester Stop Smoking Service said:

“Research shows us that 70 per cent of smokers want to quit. But many smokers have tried to unsuccessfully quit on their own and have been put off trying again. These events really help showcase the range of free NHS support available and allow smokers to find the right combination of support that will work for them.”

Stephanie Barnes, aged 24, from Wythenshawe is receiving support from a community advisor. Stephanie said: “I'd been a twenty a day smoker for the last ten years. I was motivated to give up smoking when I became pregnant with Molly, and later with my son Thomas who is now one. I don't know why but I fell back into it afterwards, but never smoked in front of them.

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“I signed up to stop smoking when I heard about the service at our local Sure Start playgroup. I’m now getting support from a community advisor.

“It’s so helpful to have the encouragement along the way. I’m now down from 20 cigarettes to 5 a day – and I’m on course to quit completely by the end of June.”

The NHS Smokefree Roadshow will be at the following venues:

Date	Venue	Time
Thursday 4 June	Asda Harpurhey District Centre Blackley Manchester M9 4DJ	10.00am – 6.00pm
Friday 5 June	Asda Stanley Grove Longsight Manchester M12 4NH	10.00am – 6.00pm
Saturday 6 June	Asda Stanley Grove Longsight Manchester M12 4NH	10.00am – 6.00pm
Thursday 11 June	Sainsbury’s 170 Heaton Park Road West Higher Blackley Manchester M9 0QS	10.00am – 6.00pm
Saturday 13 June	Tesco Burnage Lane Burnage Manchester M19 1TF.	10.00am – 6.00pm

For more information and support to stop smoking, contact Manchester Stop Smoking Service on 0161 205 5998.

Ends -

For media enquiries contact
Jenny Cowell, Communications Officer, 0161 861 2916

Notes to Editors:

- Manchester Stop Smoking Service provides support for anyone living or working in Manchester who wants to stop smoking. Visit www.stopsmokingmanchester.co.uk
- There are drop-ins across the city in health centres, hospitals, clinics, pharmacies, community centres and markets.
- Manchester Stop Smoking Service is part of Manchester Community Health which is the provider arm of NHS Manchester.

NHS Smokefree factsheet: facts on quitting

- Three-quarters of smokers (74%) say they would like to quit if they could. Key statistics include:

- 58% of smokers say that they intend to quit in the next 12 months.
- 86% of smokers cite at least one health reason for why they want to quit.
- 60% of current smokers have made a series attempt to quit in the past five years
- 53% of smokers have sought some kind of help or advice for quitting smoking.
- 87% of people who have attempted to stop smoking in the last year would like to stop smoking
- Heavy smokers are more likely to have tried to stop smoking (87%)
- 55 percent of smokers said that someone had asked them to stop smoking this tended to be a partner (22%), son or daughter (17%) or a parent (16%)
- Women were more likely than men to say that their children were asking them to quit (22% and 13% respectively)
- Only 7% of smokers who had previously managed to stop smoking, had quit for two years or more, while 72% had only managed to quit for six months or less.

Smokefree NHS website provides information about free NHS support services and videos from real quitters talking about what worked for them. Visit [www. http://smokefree.nhs.uk/](http://smokefree.nhs.uk/)