



## Press Release

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MPHDS 27

### **Manchester Stop Smoking Service exceed targets**

NHS Manchester's Stop Smoking Service has exceeded its recent challenging national targets and helped 4,859 people to quit smoking in the last year.

Manchester Stop Smoking Service is one of only two in the country to see more than 10,000<sup>(1)</sup> smokers who set a quit date during April 2008 to March 2009. The target for the number of successful quitters in Manchester was set at 4,758 and the actual number achieved was 4,859 (2% above target). *This equates to more than one person per hour of every day of last year.*

NHS Manchester was ranked 7<sup>th</sup> in England in terms of the number of successful quitters per 100,000 population. They were one of only ten Primary Care Trusts (PCT) in the North West Region to achieve its targets and had the highest number of successful quitters in the region.

Manchester Stop Smoking Service offers one-to-one support for people who live or work across the city who are ready to quit smoking. There are trained specialist advisors based in many places including clinics, hospitals, pharmacies, community centres, markets and workplaces. Anyone going to a drop-in or appointment can get help to plan their quit attempt as well as receive free or reduced cost of nicotine replacement therapy.

As reported in Action on Smoking and Health (ASH), Manchester has a large percentage of residents who smoke, with as many as 52% of people smoking in some wards.<sup>(2)</sup> Manchester Stop Smoking Service is working in partnership with a range of organisations to support people in communities to help them improve their health by becoming smokefree.

Abbie Paton, Acting Manager of Manchester Stop Smoking Service said: "We are very pleased with these results. This shows that people in Manchester are making positive changes in their lives to improve their health by becoming smokefree. We have established stop smoking drop-ins in local communities to allow people to access advice and support quickly and easily. We hope to build on this success for next year and help even more people to stop smoking and stay stopped."

For support to go smokefree call Manchester Stop Smoking Service on 0161 205 5998 or text QUIT with your name and postcode to 81066.

**Ends**

For more information call  
Jenny Cowell, Communications Officer, on 0161 861 2916

**Notes to editors**

1. <sup>(1)</sup> The NHS Information Centre published the final results from the monitoring of NHS Stop Smoking Service in England for the period April 2008 to March 2009. Visit [www.ic.nhs.uk](http://www.ic.nhs.uk) – ‘Statistics on NHS Stop Smoking Services: England, April 2008 to March 2009’.
2. <sup>(2)</sup> ASH – Smoking and Deprivation <http://www.mapsinternational.co.uk/jc/ash/ash.html>.
2. Manchester Stop Smoking Service is provided by Manchester Public Health Development Service which sits in Manchester Community Health the provider arm of NHS Manchester.
3. Manchester Stop Smoking Service also offers a text messaging service facility, for people in all communities across the city; if their first language is not English they can text LANG plus the language in which they would like to be called back in to 81025. An interpreter is then arranged for their appointment. Text is charged at the standard network rate.