



## Press Release

4 March 2009

MPHDS 22

### **Take the first Step on No Smoking Day – 11 March 2009**

Manchester Stop Smoking Service invites people across the city to 'take the first step' to quit smoking, at an event to be held on No Smoking Day, 11 March 2009. The event will be held in the concourse of Wythenshawe Forum Centre, Forum Square, Wythenshawe, Manchester M22 5RX, from 8.30am – 3.30pm.

Along with trained stop smoking advisors who will be on hand to offer support to anyone ready to quit, people will have the opportunity to register on the Manchester Smokefree Homes Scheme. The aim of Smokefree Homes is to protect children and young people from the harmful effects of breathing in other people's cigarette smoke. Children from smokefree homes are likely to be healthier, with less risk of Sudden Infant Death Syndrome, asthma, chest infections and middle ear infection.

Throughout the day there will be a host of activities including health MOTs; Manchester Credit Union will offer advice to quit and save; young people will perform a smokefree rap; children's art exhibition; competitions and refreshments – all free of charge. Local community radio Wythenshawe FM will provide an outside broadcast; anyone wishing to share their quit story can come along and be interviewed on the day.

Abbie Paton, Manager of Manchester Stop Smoking Service said, "37% of adults across the city smoke and research has shown that over two thirds of them would like to stop. No Smoking Day provides an excellent opportunity for them to do that. By using the support available on No Smoking Day and throughout the year you can significantly increase your chance of success."

Smokers in Manchester already have access to world class help and support from the Manchester Stop Smoking Service. There are drop-ins in health and community centres, hospitals and markets across the city.

The free help provided by the service can improve the chance of stopping successfully by up to four times.

For more information about the help on offer call Manchester Stop Smoking Service on 0161 205 5998, or text “smoke” with your name to 81025.

**Ends**

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

Notes to editors

- Manchester Stop Smoking Service is part of Manchester Community Health which is the provider arm of NHS Manchester.
- No Smoking Day is in its 26<sup>th</sup> year and is a registered charity supported by an alliance of the UK's health promotion agencies and major health charities.
- For more information on how to quit go to [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)