

## Press Release

6 January 2009

MPHDS 19

**Photo call: Manchester Arndale Centre, 49 High Street, Manchester, M4 3AH,  
Wednesday 7 January 2009, 12 noon**

### **Pop down to the market for support to quit smoking in 2009!**

Residents who live or work in Manchester will have the opportunity to pop down to their local market for advice or support from community advisors to quit smoking in 2009. There will be a press launch in Manchester Arndale Market on Wednesday 7 January 2009 at 12 noon to promote this initiative.

The programme is a joint initiative between NHS Manchester's Stop Smoking Service and Manchester City Council. It is currently running on Gorton, Harpurhey, Longsight and Manchester Arndale markets and has proved successful. There have been 300 people who have signed up to quit since March 2008 and around 170 quitters.

Mark Cobley, who works in Manchester, went down to the Arndale Market to see a stop smoking advisor during his working day. He stopped just a few days ago (Tuesday 17<sup>th</sup> December) and commented: "As a smoker of 35 years, I was noticing the effects on my breathing so I decided to give it a go. It was so easy to pop down to the Arndale Market as I work nearby and see someone there. It's been hard at times but I am determined to be successful. I will be popping down again for more help and encouragement."

Mark will attend the launch to encourage others to get the support they need to quit on their local market.

Sara Cawley, got support from Gorton Market to quit around a month ago. She commented: "I have a 2 year old son and I want to make sure I am setting him a good

example and giving him the best start in life. It was so convenient for me to pop down to my local market as I live just nearby. The advisor there was so helpful providing tips and a voucher to exchange for nicotine replacement therapy.”

The press launch will be attended by Counsellor Paul Andrews, Executive Member for Neighbourhood Services which oversee Manchester’s markets along with Pat Karney, Director of Smokefree Greater Manchester.

**Ends**

**For more information, please contact  
Jenny Cowell, Communications Officer, 0161 861 2916**

#### **Notes to editors**

- **Available for photocall, 12 noon, Wednesday 7 January 2009, Manchester Arndale Market:** Councillor Paul Andrews – Executive member for Neighbourhood Services, Councillor Pat Karney Director of Smokefree Greater Manchester, Sally Bradley – Director of Public Health, NHS Manchester, Mark Cobby – client who stop smoking with support from advisor on the Manchester Arndale Market and Charli Henning, community stop smoking advisor, Manchester Arndale Centre.
- Manchester Stop Smoking Service is part of Manchester Community Health, the provider arm of NHS Manchester.
- Manchester Stop Smoking Service provides support in many places across the city including pharmacies, hospitals, clinics, community centres and markets. Offering a text 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.