

Had Enough of Smoking?




SMOKEFREE

0800 043 5134

We Can Help

When you decide to stop smoking you don't have to go it alone. You are up to four times more likely to give up smoking if you use your local NHS Stop Smoking Service.

If you live in Western Cheshire, which includes Chester, Ellesmere Port, Neston and the surrounding areas, your local Stop Smoking Service can offer you free, friendly advice and support in a variety of settings.

What to Expect

1 At the first session a trained advisor will tell you about the nicotine replacement products available and other prescription only treatments such as Bupropion (Zyban) and Varenicline (Champix).

Your advisor will also explain the service you should expect, take some details and record your carbon monoxide reading. They will also give you advice on how to cope and make the most of a tobacco free future.

When you are ready to quit and depending on your treatment programme, you will either be given a voucher to take to your local pharmacy or a letter to take to your GP.

2 You will be expected to attend regular follow up sessions throughout your quit attempt. This will enable your advisor to address any issues or questions that you might have to ensure you are getting the best from your stop smoking programme.

3 Support from your Stop Smoking Advisor usually lasts for a minimum of 4 weeks but may be longer depending on which treatment you decide to use and how much support you need.

Support Available

One-to-One or Group

Individual one-to-one appointments or group sessions are available in many locations. You can also visit your local pharmacy or GP practice in some areas.

Telephone Support

Are you too busy to attend a session? We offer the same help and support over the telephone.

Pregnancy Support

Are you thinking of getting pregnant? Are you pregnant now or the partner, friend or relative of someone who is? Did you know that stopping smoking is the single most important thing that you can do to improve your own health and the health of your baby.

Whilst most mums know that smoking during pregnancy isn't good for them or their baby, it doesn't make it any easier to kick the habit. If you feel ready to try and quit our Stop Smoking Midwife can offer a range of support services and treatments to help you.

Hospital Support

Are you an inpatient or outpatient at either the Countess of Chester or Ellesmere Port Hospital? Are you waiting to have surgery? If so, our Specialist Stop Smoking Nurse can offer you help and support to stop smoking before, during and after your hospital stay.

If you work at the Countess of Chester or Ellesmere Port Hospital you can also have help and support. There are several sessions available within both hospitals.

For further information on all these types of support

please call: 0800 043 5134

This document can be made available in a range of alternative formats including various languages, large print, Braille and audio cassette. To discuss your requirements please ring 01244 650368

Nëse keni pyetje ose komente në lidhje me këtë informacion ose dëshironi t'a keni atë të përkthyer në gjuhën tuaj, ju lutemi telefononi në 01244 650368. Ju lutemi thoni emrin e gjuhës tuaj tre herë, së bashku me numrin tuaj telefonik. Ne do të marrim masa që një përkthyes përmes telefonit t'ju telefonojë juve.

Albanian

إن كان يوجد لديك أي أسئلة أو ملاحظات حول هذه المعلومات أو إذا أردت ترجمة لها في لغتك الخاصة، يرجى الاتصال بالرقم 01244 650368. نرجو أن تعطي أسم لغتك ثلاثة مرات سوياً مع رقم هاتفك. سوف نقوم بعد ذلك بالطلب من مترجم ليعيد الاتصال بك.

Arabic

আপনার যদি এই তথ্য সম্পর্কে কোন প্রশ্ন অথবা অভিযুক্ত থাকে অথবা সেটা যদি আপনার মাতৃভাষায় অনুবাদ করানো চান তাহলে অনুগ্রহ করে 01244 650368 নম্বরে টেলিফোন করুন। আপনার টেলিফোন নম্বর বলায় ও আপনার ভাষার নাম তিনবার অনুগ্রহ করে বলুন। আপনাকে পুনরায় ফোন বা কল ব্যাক করার জন্য আমরা একজন দোভাষীর ব্যবস্থা করবো।

Bengali

如果你對本資訊有任何疑問或意見，或者你希望將它翻譯成你的母語版本，請致電 01244 650368。請在電話中說明你所需的語言，以及你的電話號碼（請重複表述三次）。我們會在回復你的電話時安排電話口譯服務。

Cantonese

જો તમને આ માહિતી વિષે કોઈ પ્રશ્નો અથવા ટીકા-ટિપ્પણો હોય અથવા તમારી પોતાની ભાષામાં તેનો તરજૂમો કરવામાં આવે તેવી ઇચ્છા હોય તો, કૃપા કરી 01244 650368 ઉપર ટેલિફોન કરો. કૃપા કરી તમારી ભાષાનું નામ ત્રણ વખત જણાવી, તેની સાથે તમારો ટેલિફોન નંબર આપશો. અમે ટેલિફોન ઇન્ટરપ્રિટર સાથે તમને વળતો જવાબ આપવાની ગોઠવણ કરીશું.

Gujarati

就这一信息如果你有任何疑问或者看法，或者你希望将它翻译成你的母语版本，请致电 01244 650368。请在电话中说明你需要的语言，以及你的电话号码（请重复表述三次）。我们会在回复你的电话时安排电话口译服务。

Mandarin

Jeżeli masz jakies pytania lub komentarze dotyczące tych informacji lub potrzebujesz otrzymać je przetłumaczone na własny język, prosimy o zatelefonowanie pod numer: 01244 650368. Prosimy o trzykrotne wypowiedzenie nazwy swojego języka oraz podanie numeru telefonu. Zamówimy tłumacza, który do Ciebie oddzwoni.

Polish

ਜੇਕਰ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਬਾਰੇ ਤੁਹਾਡੇ ਕੋਈ ਸੁਆਲ ਹਨ ਜਾਂ ਕੋਈ ਟਿੱਪਣੀ ਹੈ ਜਾਂ ਤੁਸੀਂ ਇਸ ਦੇ ਤਰਜਮਾ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 01244 650368 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਭਾਸ਼ਾ ਦਾ ਨਾਂ ਆਪਣੇ ਟੈਲੀਫੋਨ ਨੰਬਰ ਦੇ ਨਾਲ ਤਿੰਨ ਵਾਰ ਲਵੋ। ਅਸੀਂ ਟੈਲੀਫੋਨ ਦੁਬਾਸ਼ੀਏ ਵੱਲੋਂ ਤੁਹਾਨੂੰ ਫੋਨ ਕਰਵਾਉਣ ਦੀ ਵਿਵਸਥਾ ਕਰਾਂਗੇ।

Punjabi

اگر اس معلومات سے متعلق آپ کے سوالات ہیں یا آپ کی کوئی رائے ہے یا آپ اس کا اپنی زبان میں ترجمہ کروانا چاہتے ہیں تو براہ کرم ہمیں 01244 650368 پر ٹیلی فون کریں۔ اپنی زبان کا نام اپنے نیلی فون نمبر کے ساتھ تین بار کہیں۔ ہم نیلی فون مترجم کے ذریعہ آپ کو ٹیلی فون کروانے کا انتظام کریں گے۔

Urdu

