

## Contact Details:

### Community Stop Smoking Advisors

Stopping smoking is the single most important thing you can do to improve your health. If you would like help and support to become Smokefree we can help!

- **Sharrow** (Shipshape)  
Tel: 0114 250 0222
- **Darnall, Tinsley and Acres Hill** (Darnall Wellbeing)  
Tel: 0114 249 6315
- **Gleadless Valley, Arbourthorne and Norfolk Park** (Gleadless Valley Community Forum)  
Tel: 0114 239 4422
- **Burngreave** (The Furnival Community Projects)  
Tel: 0114 272 7497
- **Southey and Owlerton** (Southey and Owlerton Area Regeneration)  
Tel: 0114 232 7420
- **Manor, Woodthorpe Park and Wybourn** (Manor and Castle Development Trust)  
Tel: 0114 278 9999



'Stopping smoking and the friendly, good advice has made a big change to my life; I am happier and healthier, I have a better social life and future, and I am looking forward to running in the park with my son.'

**Mr Fi, Sharrow**

## Other Stop Smoking Support

A range of stop smoking support is available across the city including support for **pregnant women, young people** and in **workplaces**. Sessions are also delivered in **GP practices** and **pharmacies**.

Please contact the **Sheffield NHS Stop Smoking Service** for more information on **0800 068 4490** or drop into the **QuitStop**, the city centre drop-in service. The shop is located at 39 Charles Street, opposite Howden House.

# Healthy Communities

## Sheffield Community Stop Smoking Service



**The Sheffield Community Stop Smoking service is a free, friendly and flexible service offering stop smoking support across six Sheffield Healthy Community Programme areas.**

### *The Community Stop Smoking Service provides:*

- One-to-one support in local settings such as community venues, schools, children's centres, cafes and your own home.
- Alongside providing one-to-one support we can also work with small groups, such as family, friends and in workplaces.
- Advice and information on the range of stop smoking medicines available that can support you in your quit attempt. These include Nicotine Replacement Therapy (e.g. patches and gum), Champix and Zyban.
- Up to 12 sessions of support.
- Support to stop using Shisha (waterpipes) and smokeless tobacco products such as chewing pann.
- Referral to other services and activities such as debt advice, healthy eating, fitness sessions and various training courses.

### *Community Stop Smoking Advisors:*

- are fully qualified and trained to help you to stop smoking
- are locally based and aware of local issues
- will help you to address barriers to stopping smoking. This could include advice on stress management, healthy eating and physical activity
- will tailor support to suit your individual lifestyle needs
- will help you to increase your motivation to quit.

### *Cutting Down to Quit*

If you're not ready to quit smoking straight away you could attend one of our pre-quit sessions. Advisors will support you with a 'Cut Down to Quit' programme, where you gradually reduce the number of cigarettes you smoke each week until you stop smoking altogether.

### *Smokefree Homes and Cars*

We can also help you make your home and car smokefree. Having a smokefree home and car is the best thing you can do to protect you and your family's health. Make your smokefree home and car pledge today. Pledge online at: [www.sheffieldstopsmoking.org.uk](http://www.sheffieldstopsmoking.org.uk)

*'Not smoking has improved my life. Financially, I can now treat myself which I never used to be able to do which makes me feel better.'*  
**Alison, Darnall**



*'Without the flexibility of the community stop smoking service, I may never have quit smoking. Having advice and support at home removed a huge barrier for me, I felt comfortable and at ease with my advisor.'*  
**Malcolm, Southey and Owlerton**



*'Thanks to all the help and support I had from my stop smoking advisor my life really has changed. I feel fantastic and healthier. Since doing my confidence building course (STEPS) I now have a more positive view on the future and now know I can do anything I put my mind to.'*  
**Sue, Manor**