

## Case Study Andy from Marchwood

Andy smoked for over 20 years before he quit in 2008 with the support of Quit4Life:

*"I feel a lot fitter, my breathing is better and my taste has come back. I now cycle 14 miles to and from work most days, and feel much better off physically and financially. I sleep more soundly and I'm happier in myself. Smoking used to make me feel lethargic but now I've got more zest for life."*

Andy found the help of his Quit4Life adviser invaluable. "There's no looking down on you or being pushy - it's all about supporting you and helping you through the difficult times."

To read more about the experiences of other quitters, visit: [www.quit4life.nhs.uk](http://www.quit4life.nhs.uk)

## Benefits of stopping

- ✓ **Feel richer:** quitting 20 cigarettes a day = £2,190 to spend every year
- ✓ **Look younger:** circulation to skin improves within a few hours of quitting
- ✓ **Feel fitter:** lungs begin to work better within 3 - 4 days
- ✓ **Feel calmer:** blood pressure returns to normal in just one hour
- ✓ **Be free:** from nicotine addiction



## Contact us

To find out more about our service and where you can find your nearest support:

Visit: [www.quit4life.nhs.uk](http://www.quit4life.nhs.uk)

Call us on: **0845 602 4663**

Text **QUIT** to **60123** and one of our advisers will call you back within 24 hours

Email: [quit4life@nhs.net](mailto:quit4life@nhs.net)



Hampshire stop smoking service

Southern Health   
NHS Foundation Trust



Hampshire stop smoking service

## How to get free help to stop smoking



 Follow us on Facebook

[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

 Quality care, when and where you need it

[www.quit4life.nhs.uk](http://www.quit4life.nhs.uk)

Tel: **0845 602 4663**  
Text: **QUIT** to **60123**

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**SMOKEFREE**

## Do you live or work in Hampshire and want to stop smoking?

Most smokers want to stop and if you are one of them **Quit4Life** can increase your chances of stopping. We provide expert support that really works.

### You're not alone

With **Quit4Life**, you can either have one-to-one support or join in with others. You choose the best way for you, and your **Quit4Life** adviser will offer regular weekly support.

### Tried before?

You **CAN** do it – and you are four times more likely to succeed with help from **Quit4Life** than if you try and quit on your own.

We urge you to come back and try again as soon as you feel ready. There is no minimum time you have to wait. You are more likely to succeed if you agree a quit date with your adviser and attend regular support sessions.

**“Excellent support - I'd been before and found it a lot easier this time”**  
Jane from Andover

### How

You decide how and when you would like to stop and your adviser helps you choose from products that will help with cravings – nicotine replacement therapy (NRT), Champix or Zyban. You can get NRT (such as patches and gum) free from your adviser if you don't pay for prescriptions and at a reduced cost if you do.

**“The support and care I received from my stop smoking adviser was excellent, thank you”**  
Roger from Basingstoke

### When

You have the best chance of succeeding if you attend short weekly or fortnightly sessions for five weeks or more. Your adviser will help you plan a quit date and follow your progress until you have been smokefree for at least four weeks. You can receive NRT for up to eight weeks provided you are not smoking. If you choose Champix or Zyban your adviser will request prescriptions from your GP.

### Make progress

When you stop smoking a harmful gas (carbon monoxide) leaves your body. You'll be able to see this for yourself from the “before and after” readings on a CO monitor. Having a low reading will help you stay positive.



### Where

You choose the venue and type of support that best suits you:

#### Weekly drop-in sessions

Local venues all over the county, including community centres, libraries, hospitals and even pubs. No need to book – you can just turn up.

#### One-to-one appointments

Contact us for details or ask at your GP surgery or any pharmacy displaying the **Quit4Life** sign.

#### Workplace support

**Quit4Life** will offer a programme on site if there are at least eight smokers interested in taking part. Ask your employer to contact us.

### Telephone support

If you are unable to attend weekly sessions you can enrol for this service and receive weekly telephone support from one of our specialist advisers.

**“The phone support service was perfect for me.”**  
Brenda from Basingstoke



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