

Smoking Cessation

An information guide



Smoking Cessation

A quick guide to services available locally for people who want to quit smoking or who have already decided to stop.

The following local councils offer smoking cessation services and support:

Bury - Lifestyle Service:

The team can provide a free, confidential service whether you are thinking about stopping or have already decided to stop:

- Flexible clinic options to suit different work/lifestyle patterns.
- Telephone support.
- Personalised support and advice.

The team can be contacted on:

0161 253 7554

or by email at : **LifestyleService@bury.gov.uk**

Information is available at: **<https://theburydirectory.co.uk/>**

Heywood, Middleton & Rochdale - Stop Smoking Support Clinics:

Free Clinics held every week across Heywood, Middleton & Rochdale

To book an appointment at any of the clinics, please call:

The Living Well office on: **01706 751190**

Oldham - Positive Steps Stop Smoking Service:

The team of professional advisors offer the following support which is **FREE** and tailored to your needs:

- One-to-one sessions.
- Telephone and text message support.
- Tips and advice about quitting smoking and Nicotine Replacement Therapy.

To start your stop smoking journey, contact the team on **0800 288 9008**

Stop smoking advice and information is also available from the following:

- Your GP
- Your local pharmacy
- NHS Stop Smoking Helpline on: **0300 123 1044**
- NHS Smokefree website: www.nhs.uk/smokefree

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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