

# BE SMOKE FREE

READY TO QUIT?  
NOW'S THE RIGHT TIME.

Each cigarette causes real harm to your health, your family and your pocket. But we can help – and with our support and stop smoking medicines, you're four times more likely to quit for good.

**ONE YOU**  
CHESHIRE EAST





## THERE ARE ALL SORTS OF REASONS TO STOP SMOKING.

We all know it's bad for us – for every two long-term smokers you know, the chances are one will die from a smoking-related disease – but it's not just your own health that suffers. Over 80% of cigarette smoke is invisible and odourless, so your children may well be breathing in more harmful chemicals than you think – and if you're pregnant, there are serious risks for your baby.

Quit smoking though, and you'll be amazed how quickly you see the benefits. You'll breathe more easily, feel fitter, your skin will look better and your sense of taste will come back. If you have kids, you'll be protecting them from the risk of developing conditions including meningitis, cancer and respiratory infections such as bronchitis and pneumonia.

## LET'S QUIT TOGETHER.

Stopping smoking is a really good idea. But we know it's not easy to do. So at One You Cheshire East, we've a wide range of support available to help you be smoke-free for good.

If you're not sure where to start, we can help you with a free Quit Kit, smartphone app and expert advice on the phone or online. We'll guide you through the ways to curb your nicotine cravings too, such as Nicotine Replacement Therapy, medicines and vaping – with some options available on prescription and one-to-one help at local pharmacies and other community settings.

And if you're pregnant, have mental health problems or spending time in hospital (or work in one) there's extra help available through the specialists at Kickstart.



# OUR STOP SMOKING SERVICES.

## In the community

Free and confidential advice on quitting for good is available through a number of pharmacy and community-based clinics and drop-ins.

## Kickstart Specialist Services

Kickstart is Cheshire East's Specialist Stop Smoking Service, and focuses on the following three groups:

- **Pregnant women and their partners**

The carbon monoxide and other chemicals you inhale with every cigarette enter your baby's bloodstream, which can lead to premature birth, miscarriage, still birth and cot death. So whether you're planning a pregnancy, already pregnant or have just had a baby, it's vital you try to quit.

- **Mental health service users**

Stopping smoking if you have mental health issues has all sorts of benefits – it reduces some symptoms of psychotic illness, lessens the side effects of antipsychotic medicines and helps lower your heart rate and blood pressure so you feel calmer. In fact, it's as effective as antidepressants in improving your mood.

- **Hospital patients and staff**

Whether you need to go into hospital or work in one, you'll be expected not to smoke – so we have trained nurses on-site in Macclesfield and Leighton to help while you're there. As a patient you'll find quitting makes you less prone to infection, helps you recover more quickly and your wounds heal better too.

## BETTER STILL, IT'S ALL FREE.

Kickstart Specialist and Community Stop Smoking Services, like the rest of our help, advice and support to quit, is free of charge. You just have to live in Cheshire East and be over 12 years old to qualify.

**For more information**

**Call 0800 085 8818**

**Visit [www.oneyoucheshireeast.org/be-smoke-free](http://www.oneyoucheshireeast.org/be-smoke-free)**

