



Quit 4 Good

Warwickshire Stop Smoking Service
Countywide



What does the service offer?

We provide 2 types of service:

1. Face-to-face with a Stop Smoking Advisor. This is a 12 week programme of regular appointments and stop smoking medication, which are available for the cost of a prescription (free if you don't pay for a prescription). Smokers are four times more likely to quit with the support of a Stop Smoking Adviser. Stop Smoking Advisers are based in GP practices, pharmacists, hospitals and other community settings.
2. On-line stop smoking service. This is a 12 week free programme of regular emails, access to a forum of quitters and expert Stop Smoking Advisors. Support is free and stop smoking medication is provided for the cost of a prescription (free if you don't pay prescriptions) from a local pharmacy.

To access these services visit quit4good.co.uk. The website has information for the public and health professionals providing support and advice around smoking and quitting. The Smoking in Pregnancy Service offers support for pregnant women who want to stop smoking or who are referred by their midwife. A dedicated team of Stop Smoking in Pregnancy Advisers can offer support either on the phone, in the clients home or in a community setting.

Recent Updates and good news:

- In 2014/15 5,094 smokers set quit dates and 2,162 quit at 4 weeks
- The Smoking in Pregnancy rate has decreased from 19% to 11.5% over the last two years

Key fact:

15.3% of adults aged 18 years old and over smoke in Warwickshire (2014) although rates across the District & Boroughs vary with the highest rate in Nuneaton & Bedworth and the lowest in the Stratford-on-Avon (*Integrated Household Survey*).

Service contact details:

-  www.quit4good.co.uk/
-  0800 0852917
-  www.quit4good.co.uk/contact/

Commissioner contact details:

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