

SMOKEFREE BWD NEWSLETTER



smokefree
Blackburn with Darwen

WE HOPE THIS MESSAGE FINDS YOU WELL .

NEW CLINICS, GREATER IMPACT: SUPPORTING OUR COMMUNITIES TO QUIT SMOKING AND VAPING

As part of our continued work in Blackburn with Darwen, we have opened a number of new clinic locations. We can now be found at William Hopwood Surgery, Lambeth Surgery, and The Montague Practice towards the end of the week. This expansion allows us to be closer than ever to key healthcare hubs, enabling us to bring our expert advice and support to where it is needed most.

It also enables GPs to refer patients who need our help directly to us, including those who may not have previously been aware of our service. We offer free one-to-one sessions to help individuals create personalised quit plans, seek advice, and speak with someone who has their best interests at heart when it comes to quitting nicotine. Over the past few months, we have also been actively raising awareness of our service through promotional tables and events across Blackburn with Darwen, including visits to ASDA, Darwen Health Centre, Blackburn Youth Zone, and more

CASE STUDY

A 42-year-old man accessed support through Smoke Free Blackburn with Darwen to help him quit his long-standing habit of shisha smoking. He was particularly motivated to stop due to ongoing health concerns, including Asthma, which smoking was aggravating.

With guidance from the service, he followed a personalised quit plan that included nicotine patches alongside additional Nicotine Replacement Therapy (NRT) to help manage cravings. Regular behavioural support sessions helped him stay focused and motivated throughout his quit journey.

Through commitment and consistent support, he successfully completed the 12-week programme and achieved a smoke-free outcome. He reported improvements in his breathing and overall wellbeing, highlighting the positive impact of quitting on his health.

This case demonstrates how tailored support and effective use of NRT can help individuals overcome smoking and achieve lasting health benefits.

ABOUT OUR SERVICE

SmokeFree BwD is commissioned by the Blackburn with Darwen Borough Council and is accessible to all residents and those registered with a local GP within the borough.

- **Free 12-week support program to quit smoking and vaping**, including behavioural support and Nicotine Replacement Therapy (NRT).
- **Quit with Bella**, an expert-designed AI coach tailored to smoking cessation (Available via Weblink - quitwithbella.com).
- **Support through various channels**, including telephone, virtual, and face-to-face consultations.
- **Community place-based clinics** located across Blackburn with Darwen.

EXPLOITATION SCHOOL EVENT

In March, we were invited to schools to promote our services, as well as increasing awareness of the harmful effects of smoking to young people.

Our table drummed up quite a bit of interest from those who were curious to see what our table had to show, like the Tar Jar, our CO monitor, and our "What's in Tobacco Smoke?" box.

We also had some with relatives who smoke, and ones who wanted to learn the differences between smoking and vaping. We were happy to inform those who asked, as vaping is very popular among young people, but misinformation surrounding vapes is common and the health impacts of vaping are not well known.

HOW CAN YOU HELP

1. **Share our posters, leaflets, and digital materials** across your networks (Please email us directly for copies of our posters/leaflets).
2. **Referrals:** Use our simple referral process by directing individuals to www.SmokeFreeBwD.co.uk, by calling us at **0800 772 0882**, or by emailing our secure NHS e-mail: Soltd.SmokeFree4BWD@nhs.net
3. **Collaborate at Events:** Let us know if you have upcoming community events where we can present the service - we can even bring our mobile clinic!

If you have any ideas for joint initiatives or would like to learn more about how we can support your organisation, don't hesitate to reach out. Together, we can make a lasting impact.



Day	AM	PM	Location
Monday	9 to 12:30	1 to 5	Bangor St Community Centre, BB1 6NZ
Monday	9 to 3		Hospital foyer, Royal Blackburn Hospital, BB2 3HH
Monday	10 to 1	1 to 5	HQ, Kings Court,33 King St, BB2 2DH
Tuesday	9 to 12:30	1 to 5	Darwen Health Centre, BB3 1PY
Tuesday	9 to 3		Roman road health centre, BB2 3UY
Wednesday	9 to 12:30	1 to 5	Ewood Park, BB2 4JF
Wednesday		1 to 5	Little Harwood health centre , BB1 6PH
Wednesday	9 to 3		Spark recovery,Ainsworth Street, BB1 6AR
Wednesday	9 to 1		Audley and Queens Park Children's Centre, BB1 1SF
Thursday	9 to 1		Stepping Stone Practice, BB1 1XA
Thursday		1 to 4	Little Harwood Family hub, BB1 5PE
Thursday	9 to 1		HQ, Kings Court,33 King St, BB2 2DH
Thursday	9 to 1	1 to 5	William Hopwood Surgery, BB1 1LX
Friday	9 to 1		Shadsworth Children centre, BB1 2HR
Friday	9 to 12:30	1 to 5	Barbara Castle Way Health Centre, BB2 1AX
Friday	9 to 1	1 to 5	Montague Practice, BB2 1AX
Friday	9 to 1		Lambeth surgery, BB1 1LZ
Friday		1 to 4	Thomas organisation, BB2 1LX

www.SmokeFreeBwD.co.uk Text QUIT to 66777

Call 0800 772 0882