

**Smokefree Somerset,
support for everyone**

Most smokers want to quit, and many have tried lots of times already. Getting help and behavioural support makes you **four times more likely to quit for good** than if you try to quit alone. Our services are delivered by highly skilled and friendly Smokefree Practitioners who will focus on what matters most to you, so they can find you the best kind of support. All our services are free, including the Nicotine Replacement Therapy (NRT), vapes and prescription medications.



What are the benefits of quitting smoking?

The sooner someone quits the better, but it's never too late to quit and experience better health.

Mental health

Improved mental wellbeing

Oral health

Improved circulation, keeps your gums healthy, makes your breath fresher, and improves your sense of taste.

Skin

Becomes clearer and is better protected against premature aging and wrinkles

Fertility

Levels improve, and the risk of erectile dysfunction is lowered.

GoSmokefree

This is a **12-week treatment program** for anyone over 12 years old who smokes and lives, works, or goes to school in Somerset. Behavioural support is provided to help you find ways to break the psychological addiction of smoking, alongside Nicotine Replacement Therapy (NRT), vapes or prescription medications to help deal with cravings.

We can support you through community-based group sessions, face-to-face appointments, drop ins, telephone and online support. Our quit rates are some of the best in the country with about 65% of people who set a quit date going on to quit successfully.

Light Touch

This is a programme of digital support for those people who cannot attend appointments. Although we recognise that behavioural support is hugely beneficial when quitting smoking, it's not everyone's preferred choice. Light Touch gives you the tools to quit smoking by yourself, with a weekly text from a Health Improvement Practitioner and a 12-week provision of a vape and e-liquids.



Smokefree Families

This specialist service can support you to quit smoking if you are planning a pregnancy, are already pregnant or have just had a baby, or have children under 5, as well as supporting significant others. Our team works closely with midwifery services to contact people in the early stage of their pregnancy.

Our bespoke service combines the ease of phone support and home visits. We offer behavioural support combined with Nicotine Replacement Therapy (NRT), vapes or prescription medications (if suitable) to help you to become smokefree.



A smokefree families' journey:

Hayley, 32

"I started smoking when I was a young teenager. In all honesty I enjoyed smoking - it was my 'go-to' in most

stressful situations, it's a very addictive habit and part of me couldn't see how the Smokefree Families service would help. When I was first recommended, I wasn't sure I was ready to give up, I'd recently found out I was expecting my first baby and the changes that come with that can be daunting.

I started off on nicotine replacement patches with the idea of lowering the dose over time. Tracey was my 'help to quit practitioner' and I couldn't believe how understanding she was at times when I felt I couldn't give up. Within a few weeks I completely stopped smoking. Smokefree families was an amazing help to me and my family."

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared to a smoker.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared to a smoker.

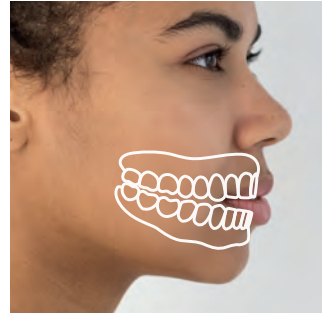
If you have been thinking about stopping smoking, but don't feel ready yet, don't let uncertainty stop you calling us. We're here to discuss how we can support you in preparing to quit when the time is right.

Contact our free stop smoking service to find the best solution for you to quit smoking for good.





Scan the QR code to book an appointment online or visit:

[service.somerset.gov.uk/
book-an-appointment-with-smoke-free-somerset](https://service.somerset.gov.uk/book-an-appointment-with-smoke-free-somerset)



 www.smokefreesomerset.org.uk

 smokefree@somerset.gov.uk

 01823 356222

If you spend time in hospital, a member of the hospital team will support you to quit whilst you're there.



Smokefree Somerset is a free, local stop smoking service provided by Somerset Council.