

SMOKING CESSATION

Smokefree Oxfordshire

Smokefreelife Oxfordshire is your local stop smoking service, contracted by Oxfordshire County Council, providing support to those interested in quitting smoking in Oxfordshire. To be eligible, you either need to live or work in Oxfordshire. Smokefreelife Oxfordshire provides a 12-week treatment plan, combining behavioural support with nicotine replacement therapy, free of charge. They have clinics across the county, and a dedicated telephone and video chat service, for those who are not able to access a clinic.

For more information or simply an informal chat about stopping smoking, please call their team of advisors on:

General numbers: 01869 814 216 or 0800 246 1072

Telephone: This is their QUITLINE number 01865 238036

Text: Text 'QUIT' to 66777

Website: <https://www.smokefreelifeoxfordshire.co.uk/>

Email via their website.

App: Quit With Bella. Visit: <https://www.quitwithbella.com/>

Due to COVID-19, all their face to face clinics have now switched to telephone support including the Quitline support. All patients, whether new or existing will be offered this support.

ASH – Action on Smoking and Health

Action on Smoking and Health (ASH) was established in 1971 (20 January) by the Royal College of Physicians. It is a campaigning public health charity that works to eliminate the harm caused by tobacco. Their website has useful information and resources for anyone in the UK.

Visit: <https://www.todayistheday.co.uk/>

Website: <http://www.ash.org.uk/>

Support available link: <https://www.todayistheday.co.uk/support/>

Email: Enquiries@ash.org.uk

Telephone: 0207 404 0242

One You – Public Health England

'One You' is here to help you get back to a healthier you, supporting you to make simple changes towards a longer and happier life. 'One You' provides tools, support, and encouragement every step of the way, to help improve your health right away. You are not alone: One You can help you make small changes yourself, or with friends and family.

Take the free One You health quiz to see how you score and start the fight back to a healthier you: <https://www.nhs.uk/oneyou/how-are-you-quiz/>

Support tools: <https://www.nhs.uk/oneyou/for-your-body/quit-smoking/support-tools-for- quitting-smoking/>

Smoking: <https://www.nhs.uk/oneyou/for-your-body/quit-smoking/>

Turning point provide some more information: <http://wellbeing.turning-point.co.uk/oxfordshire/self-help/do-you-want-to-quit-smoking/>