



Hi, my name is Sam and I am the Implementation Support Lead for Be Smoke Free Manchester. I'm delighted to tell you that our service is expanding! Alongside our existing offer of 12 weeks behavioural support and direct supply of NRT to those looking to quit smoking, we now also offer a swap-to-stop scheme. This is a simpler, lighter touch service for smokers who simply wish to swap from tobacco to vaping.

What we offer:

Swap to Stop

A 12-week harm reduction plan to tackle tobacco addiction in Manchester. We provide behavioural support alongside a free supply of NRT (nicotine replacement therapy). Last year, over 50% of service users reported not smoking at their 4-week check-in

Clients will receive:

- An initial telephone/face-to-face assessment with a nurse/advisor. This session lasts 30 mins and allows us to understand the client's relationship with tobacco, and treatment preferences.
- 20-minute follow up appointments every 2 weeks for the remainder of the 12-week program (total contact will be 1 initial assessment and 6 follow ups).
- After each appointment, the client will be added to the delivery list, and we will post out their supply of NRT (if face-to-face, they will take away with them).
- Throughout, we will look to reduce the strength of the nicotine in the NRT aiming for them being able to manage their cravings without NRT at the end of the program.
- Quit statuses are recorded at 4 weeks and 12 weeks with a CO test. These appointments need to be carried out face-to-face whenever possible.

Be Smoke Free

A narrower offer specifically for those who want to stop smoking by using a vape without a structured treatment plan. Unlike Be Smoke Free, this is a onetime per smoker offer.

The results of our initial pilot scheme are in, with 48% of swappers remaining smoke free! (only 3% reported as still smoking).

Rather than being given an initial assessment, clients are asked to fill out a questionnaire to assess their suitability for the scheme. Should they be accepted, they will receive:

- A 'starter pack' via delivery/face to face drop-in clinic. This contains 4 weeks supply of liquids and a vape.
- Another questionnaire at 4 weeks to determine their quit status and a follow-on pack containing the liquids for the remainder of their 12-week program.
- A final questionnaire at 12 weeks to determine quit status prior to discharge.

Vaping

Please note we are a commissioned tobacco addiction service. We do not support people who are looking to stop vaping with a structured treatment plan. We can, however, offer a consultation with one of our advisors to discuss the best way to reduce and eventually stop vape use, but we are unable to provide structured treatment or free NRT.

New Community Offer

Be Smoke Free will have four dedicated community teams in Manchester: North, South, Central and East.

Each team will comprised of:

- A specialist nurse
- A specialist stop smoking advisor
- Community engagement officer

We are looking to build up a network of venues where we can attend to provide clinics in the community (for example, week one we do a drop-in clinic at a GP practice, week two at a job centre or library etc etc). We're excited for the opportunity to link in with you all to improve health outcomes in the community.

If you are interested in working with us, maybe one day a week, fortnightly or monthly, please email sam.lindsay@cgl.org.uk

Similarly, we want to increase awareness of the harms of smoking and empower community groups with the confidence to have those conversations with smokers about becoming smoke free. We offer Very Brief Advice training for this purpose, and our community engagement team can be contacted on community.bsfmanchester@cgl.org.uk if you are interested.

Keep in contact

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 Be Smoke Free Manchester

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