

SMOKEFREE BWD NEWSLETTER

smokefree
Blackburn with Darwen

WE HOPE THIS MESSAGE FINDS YOU WELL AS WE WELCOME NATIONAL NO SMOKING DAY ON, WEDNESDAY 12TH MARCH 2025.

As part of National No Smoking Day events, our service continues at locations across all existing venues including promotional stands at Bangor St Community Centre (9am to 4pm) on 11th March, and at the Rovers Football Stadium, during this Saturday's home game against Cardiff on 15th March, to engage with the home fans.

These are exciting times for Blackburn with Darwen residents with stop smoking support now available from multiple service providers including pharmacies, GP surgeries, and SmokeFree BwD. We hope to secure more clinic spaces closer to more residential and commercial areas. Our mobile clinic is also out and about. If space is an issue, we can provide onsite services to businesses, warehouses, factories or industrial areas to provide support.

Please note, **that even if you normally pay for your medication, stop smoking support including Nicotine Replacement Therapy (patches, gums, lozenges, inhalator, etc) is provided FREE of charge in all our clinics.**

WHY PARTNER WITH US?

Encourage colleagues and service users to access public health services funded by the local authority. Smoking cessation is critical to improving overall health and it is being provided FREE of CHARGE to help those who smoke or vape, to quit and avoid long-term health conditions like Stroke, Cancer, and Chronic Obstructive Pulmonary Disease (COPD) with the help of fully trained and qualified practitioners.

A study conducted by CEBR (Centre for Economics and Business Research) for the British Heart Foundation, found that smoking breaks (4-6 breaks per day lasting on average 8-10mins) cost employers £1,850 a year, for each full-time member of staff as a result of lost productivity.

ABOUT OUR SERVICE

SmokFree 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**, including behavioural support and Nicotine Replacement Therapy (NRT).
- **Quit with Bella App**, an expert-designed AI coach tailored to smoking cessation (Available FREE on the App Store).
- **Support through various channels**, including telephone, virtual, and face-to-face consultations.
- **Community place-based clinics** located across Blackburn with Darwen.

CASE STUDY

"I smoked 20 cigarettes a day for the past 15 years, and doctors got fed up of seeing me in and out of surgery and referred me to Smokefree service at Ewood Park. Great support, an easily accessible venue, and within 2 weeks of using patches and having motivational support from the adviser, I gave up smoking and was able to taste and smell. My CO readings and money saved, were the biggest motivators for me; not to mention that I do not smell like a chimney anymore."



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: SolLtd.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.

Meet the team this March!

Day	Location
Mondays - 9am to 5pm	Bangor St Community Centre, BB1 6NZ
Mondays - 9am to 1pm	Central Library
Tuesdays - 9am to 5pm	Darwen Health Centre, BB3 1PY
Wednesdays - 9am to 5pm	Ewood Park, BB2 4JF
Wednesdays - 9am to 1pm	Shadsworth Family Hub, BB1 2HR
Thursdays - 9am to 1pm	Blackburn Leisure Centre
Fridays - 9am to 5pm	Barbara Castle Way Health Centre, BB2 1AX
Fridays - 9am to 5pm - every other Friday	Blackburn and Darwen Market