

## **Welcome to SmokeFreeLife Berkshire**

We are delighted to introduce SmokeFreeLife Berkshire, the new stop smoking service commissioned by The Royal Borough of Windsor & Maidenhead and provided by Solutions 4 Health.

The innovative service provided by Smokefreelife Berkshire offers a range of support tailored to smokers needs including:

- One-to-one telephone, digital or face-to-face support from a specialist stop smoking practitioner. Evening and weekend appointments available.
- Free nicotine replacement therapy such as patches and gum, and, if suitable, stop smoking medication such as Zyban.
- Online resources, digital support and apps available 24-hours-a-day as well.
- The service is e-cigarette friendly and if you can't quit just yet, can support you to smoke less.
- Support is available in a wide range of languages.

### **Eligibility criteria**

- Must be resident of The Royal Borough of Windsor and Maidenhead and aged 12 years or older

### **Referral Process**

Please make referrals directly to the service in the following way:

- Online secure referral forms available at [www.smokefreelifeberkshire.com/referral-form](http://www.smokefreelifeberkshire.com/referral-form)
- Email: [smokefreelife.berkshire@nhs.net](mailto:smokefreelife.berkshire@nhs.net) (*using the referral form attached*)
- Calling the helpline on 0800 622 6360 or 0118 449 2026
- Texting **QUIT** with your postcode to **66777**

It is never too late to quit smoking and by seeking support today, smokers can reduce risk of illnesses such as heart disease, cancer and breathing problems, protect their friends and family from second-hand smoke, and save money too. The launch of the new service coincides with the launch of the 2022 Stoptober campaign – the annual stop smoking campaign from Public Health England. This year's Stoptober campaign is encouraging smokers to join the thousands of others who are giving quitting a go for the month of October – making it to 28 days smoke free means you're five times more likely to quit for good.