



How do I access the service?

There is no need for a doctor's referral – you can make an appointment directly with the centre. We will usually be able to see you within a week. Evening appointments are available.

 **01270 764003** Our telephones are normally answered by counsellors, or if one is not available please leave your number and we will call you back as soon as possible.

 To contact us by email send your message to:
counselling@hopestreetcentre.co.uk

You can also access our web site at:
www.hopestreetcentre.co.uk

How much does the programme cost?

The cost is £195, which includes an initial consultation of one hour, followed by a further seven sessions of 30-45 minutes spread over twelve weeks.

Our stop smoking advisors are qualified counsellors or psychotherapists who have been trained in smoking cessation by the NHS Central Cheshire Primary Care Trust.

By arrangement with the Trust we are able to give vouchers for Nicotine Replacement Therapy (NRT) products (prescription charges apply, women in pregnancy and under-18s may need to consult their GP).

Data for monitoring the scheme are collected by the Central Cheshire Primary Care Trust.

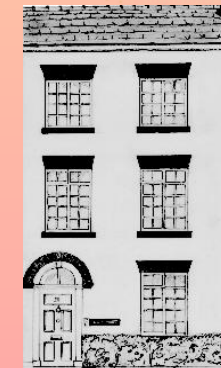
Other therapies offered at the Hope Street Centre include:

- ◆ Counselling ◆ Psychotherapy ◆
- ◆ Addiction and Alcohol Counselling ◆
- ◆ Relationship Counselling ◆
- ◆ Hypnotherapy ◆ Bowen Technique ◆
- ◆ Body Massage ◆ Yoga ◆
- ◆ Reflexology ◆ Ear Coning ◆ Nutrition ◆
- ◆ TripleP Positive Parenting Programme ◆

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Stop Smoking Programme



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The benefits of stopping smoking

Stopping smoking is the biggest single thing you can do to improve your health. Once you stop taking in nicotine, carbon monoxide, tar and other toxins, your body will begin to heal itself.

Stopping smoking will

- reduce your blood pressure and pulse rate
- increase the availability of oxygen in your blood
- help you to breathe more easily and cough less
- stop any decline in lung efficiency
- enable you to cope better with sudden exertion
- improve your sense of taste and smell
- improve circulation
- reduce your chances of developing cancer
- reduce your risk of suffering a heart attack

70% of smokers say they would like to give up if they could.

People who successfully stop smoking

- really want to stop
- understand why they smoked in the past
- put time and effort into planning the attempt
- know what to expect when they stop smoking
- have support and encouragement
- take one day at a time
- plan ahead to avoid temptation
- see themselves as non-smokers

Contacts

NHS Smoking Helpline

0800 169 0 169

Tobacco Information Campaign

www.givingupsmoking.co.uk

Action on Smoking and Health

020 7739 5902

www.ash.org.uk

Quit

020 7251 1551

www.quit.org.uk

The Hope Street Centre

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Research shows that having a support programme and using NRT doubles your chances of success.

Stop Smoking Programme

Having support in your attempt to stop smoking increases the likelihood of success.

The programme offered at The Hope Street Centre provides support over a 12-week period, during which time your body will have become nicotine-free, the main withdrawal symptoms will have abated, and you will be feeling the health benefits of quitting.

The programme includes:

- counselling to explore your reasons for smoking, and the benefits of stopping.
- developing an action plan for quitting, including identifying "at risk" situations and putting in place strategies for dealing with these.
- Nicotine Replacement Therapy (NRT) to help you to manage the cravings.
- relaxation techniques.
- regular sessions over 12 weeks (4 sessions at weekly intervals, followed by 4 fortnightly)