


What happens when you go to a stop smoking session?

1. If you have ever considered stopping smoking you may also have wondered what happens when you attend a session to get NHS support.

Follow Barry as he attends a one on one stop smoking session in North Tyneside.



2. "Hi, nice to meet you, come and have a seat"

"Hi, my name's Barry"



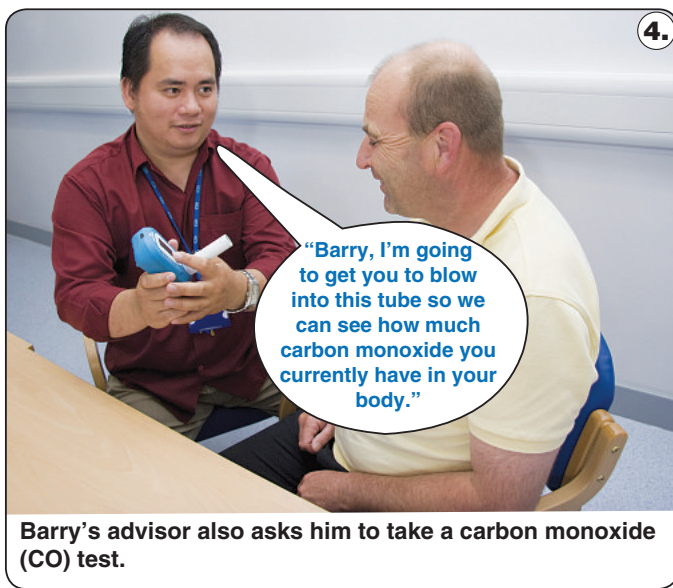
3. "I think I'll officially start next Monday as that's my birthday"

At his first session Barry is met by a stop smoking advisor who talks to him about why he wants to quit and takes some details about Barry's smoking and a brief medical history. Barry's advisor also asks him to pick a quit date so that they can both track his progress over the next twelve weeks.



4. "Barry, I'm going to get you to blow into this tube so we can see how much carbon monoxide you currently have in your body."

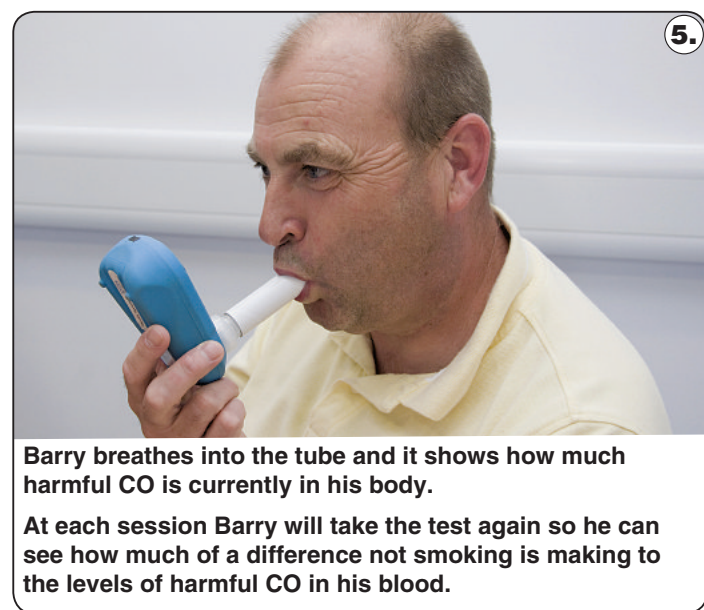
Barry's advisor also asks him to take a carbon monoxide (CO) test.



Barry has tried to stop smoking before but he didn't get any support or medication to help with his cravings and after a couple of months he started smoking again. He heard about the drop-in stop smoking sessions through a mate of his and decided to give it a go. The drop-in session is held at a venue close to Barry's house so he's able to go along to see an advisor at a time suitable for him.

5. Barry breathes into the tube and it shows how much harmful CO is currently in his body.

At each session Barry will take the test again so he can see how much of a difference not smoking is making to the levels of harmful CO in his blood.



6. "Barry these are some of the products that you could use to help you go smoke free - we'll have a look at all of them and then decide together which we think will be best for you"

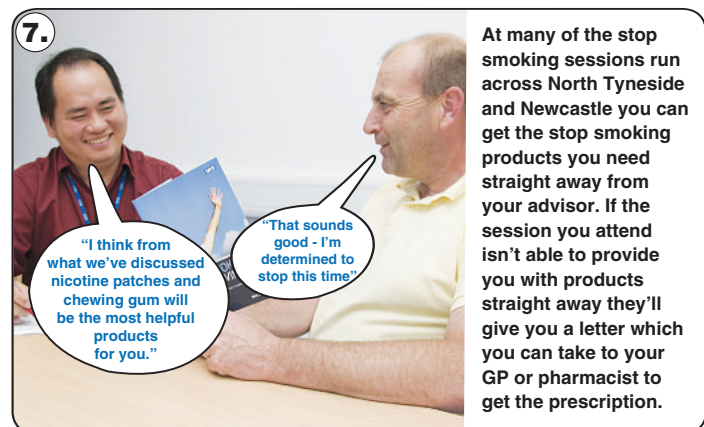



Barry's advisor tells him about all the different types of stop smoking products available and makes suggestions as to which ones, and in what strength, will be most useful to help him as he starts the journey to becoming smoke free. They're all effective so it's just a matter of finding out which one is right for you. By using NHS support and a stop smoking medicine to help manage his cravings Barry is up to four times more likely to be successful stopping smoking for good.

7. "I think from what we've discussed nicotine patches and chewing gum will be the most helpful products for you."

"That sounds good - I'm determined to stop this time"

At many of the stop smoking sessions run across North Tyneside and Newcastle you can get the stop smoking products you need straight away from your advisor. If the session you attend isn't able to provide you with products straight away they'll give you a letter which you can take to your GP or pharmacist to get the prescription.



8. Barry's first session lasts about 30 minutes but subsequent sessions will only take about ten or 15 minutes. Barry keeps coming back to the drop-in session once a week to get more supplies of the product he's using, talk through any concerns and get support from his advisor.



9. One week later...

"I had a bit of a slip up this week Alvic, it was a mate's birthday and I ended up having a couple of cigarettes."

"Don't worry, the important thing is you still want to quit - tell me all about it"

Barry has a slip up one week but his stop smoking advisor is on hand to talk to him about ways he can deal with situations that make him want to smoke.



10. Twelve weeks later...

After twelve weeks Barry's advisor congratulates him on his success. He's now been smoke free for twelve weeks and no longer needs to attend the drop-in sessions. Barry knows that if he ever has a slip-up, or if he's needs more support, he can drop in at any stop smoking session and see an advisor.

Are you ready to go smoke free?

"Congratulations Barry, you've done fantastically well"

"Enjoy your smoke free future!"

