

Press Release



22 September 2014

Quit4Good with help from NHS Borders

NHS Borders and Scottish Borders Council (SBC) Joint Health Improvement Team are looking to encourage smokers to stop smoking for good by using NHS Borders Quit4Good service.

Quit4Good recognises the difficulties people face when they try to stop smoking and focuses on helping people to choose to give up smoking, and then commit to stopping.

The NHS Borders Stop Smoking service is free and available to anyone living in the Borders area. The service is provided through specialist service in local communities, pharmacy services and some GP Practices along with Nicotine Replacement Therapy (NRT) and other medicines. All this is coupled with health and lifestyle advice and support from trained advisors.

Dr Eric Baijal, NHS Borders and Scottish Borders Council Joint Director of Public Health said: "The name Quit4Good reinforces the message that the support being offered will be consistent and ongoing. We know how difficult it can be for people trying to quit. Everyone needs different kinds of support, whether it is using Nicotine Replacement Therapy or other products, having someone to encourage them to keep going, or listening to advice about lifestyle changes.

He added: "Last month Borders General Hospital grounds became smoke free so it even more important to remind the public of where you can receive support. The Quit4Good service can offer a range of options to suit the individual. What is important is that it will offer choices to smokers throughout the various stages of the stop smoking process."

Alison Wilson, Director of Pharmacy said: "Your local pharmacy is one of the places people can access advice and support. They will be happy to discuss the range of products available and help you choose the one that's right for you and can also provide one to one support to help you become a non-smoker."

If you'd like further support to stop smoking or would like more information on the NHS Borders Quit4Good Service please contact us on 01835 825971 (office hours Monday to Friday, 24 hour answer machine) or email smoking.cessation@borders.scot.nhs.uk.

Alternatively, for free advice you can call Smokeline on 0800 848484 or log on to www.canstopsmoking.com

Ends

Please contact the Communications Team on 01896 828287 / 8261 for further information.