



Press release

8 March 2010

MPHDS 31

Break free – Sing Out & Tweet on No Smoking Day!

People across Manchester are invited to break free and ‘sing out’ at events being held in Wythenshawe Forum and Harpurhey Market on No Smoking Day, Wednesday 10 March 2010. Both events, organised by Manchester Stop Smoking Service, will run from 10.00am – 2.00pm. A choir director, from RNCM Outreach, will be encouraging people to use their lungs to sing from 12 noon – 1.00pm at Wythenshawe Forum. On Harpurhey Market, Gorton Voices, community choir, will encourage the public to join in and sing out from 12.15pm!

Along with specialist stop smoking advisors to support people who are ready to go smokefree, there will be a variety of health and wellbeing and community groups present, including Community Health Trainers, Northwards Housing, Fire & Rescue Service and more. There will be an opportunity for people to register their home smokefree and enter a free prize draw to win £250 of vouchers.

From 3.30pm the public have the opportunity to post their stop smoking questions on Twitter, which will then be answered by a specialist stop smoking advisor. Visit www.twitter.com/NHSManchester.

Abbie Paton, Acting Manager, Manchester Stop Smoking Service said: “No Smoking Day is a time for all those people thinking about stopping smoking to find out more, get support and give it a go. Make 2010 your year to feel better and have more money from stopping smoking”.

So why not *break free* this No Smoking Day? You can break free with the help and support that is available across Manchester in GP practices, health centres, hospitals, midwives, health visitors, pharmacies, workplaces and markets.

Things to think about

- What would be good for you about stopping smoking?
- What would you do with more money?

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- What would you do with more energy?

Those who do stop smoking on March 10 will gain health and financial benefits in next to no time, including:

- Feeling fitter and having loads of energy to start that healthy lifestyle – not feeling out of breath when the dog takes you for a brisk walk!
- Saving loads of money – quitting a 20-a-day habit is like a £42 a week pay rise! Stop on No Smoking Day and by June you can save over £500!

For support to go smokefree call Manchester Stop Smoking Service on 0161 205 5998 or text QUIT with your name and postcode to 81066. Visit www.stopsmokingmanchester.co.uk.

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**For media enquiries, please contact
Jenny Cowell, NHS Manchester, tel: 0161 861 2588 or 07077 909748.**

Notes to editors:

1. Manchester Stop Smoking Service is provided by Manchester Public Health Development Service which sits in Manchester Community Health the provider arm of NHS Manchester.
2. Manchester Stop Smoking Service has trained NHS specialist advisors who offer support to anyone ready to quit smoking. The service is open to people who live or work in Manchester.
3. The service also offers a text messaging service, for people in all communities across the city; if their first language is not English. People can text LANG plus the language in which they would like to be called back in to 81025. An interpreter will then be arranged for their appointment. Text is charged at the standard network rate.
4. Since Manchester Stop Smoking Service started in 1989 over 83,000 people have received support of whom 30,377 have stopped smoking, 37% quit rate.
5. No Smoking Day is in its 27th year and is a registered charity supported by an alliance of the UK's health promotion agencies and major health charities.
6. Address of events: Wythenshawe Forum, Forum Square, Wythenshawe, Manchester M22 5RX & Harpurhey Market, Church Lane, off Rochdale Road, Harpurhey, Manchester M9 4DH.