



## National No Smoking Day 2024

**This year we are celebrating 40 years of No Smoking Day.**

### The history of No Smoking Day

National No Smoking Day originated in the Republic of Ireland in 1984 on Ash Wednesday when the ruling clergy suggested giving up cigarettes for Lent. Since then, this significant day has evolved, and in 2024, we're gearing up to celebrate on the 13th of March – a day dedicated to taking a positive step towards a healthier, smoke-free life!

[You can access No Smoking Day resources via this link directing to the Department of Health and Social Care's campaign resource centre.](#)

### Support for your patients

To support your patients in their journey to quit smoking, we're excited to share some valuable resources and assistance:

#### Go online:

**[www.SmokefreeHampshire.co.uk](http://www.SmokefreeHampshire.co.uk) and use the secure referral form**

#### Use the paper referral form:

**email to [Smokefree.Hampshire@nhs.net](mailto:Smokefree.Hampshire@nhs.net)**

**Call:**

**0800 772 3649 or 01264 563 039**

Our dedicated Local Stop-Smoking Service, Smokefree Hampshire, offers free behavioural support, along with a 12-week supply of NRT (Nicotine Replacement Therapy), Zyban, or a vaping voucher scheme.

[www.SmokeFreeHampshire.co.uk/find-local-support/](http://www.SmokeFreeHampshire.co.uk/find-local-support/)

## Programme access options:

**In-Person Assistance:** Schedule face-to-face consultations.

**Phone Support:** Reach out for guidance over the phone.

**Local SLA Pharmacies:** Convenient access through our local SLA pharmacies.

### Pharmacy options:

- **Chapel Pharmacy**, 102-104 Chapel Lane, GU14 9BL - 01276 33819
- **ASDA Eastleigh**, Bournemouth Road, Town Centre, Eastleigh SO53 3YJ - 023 8026 8341
- **Rowlands Pharmacy**, 2 Lavender Road, Waterlooville PO7 8NS - 023 9223 0033
- **Bridge Road Pharmacy**, 6 Bridge Road Cove, GU14 0HS - 01252 542807
- **Fastfare Pharmacy**, Unit 3, Abbey Parade Abbey Road, Popley, RG24 9ES - 01256 357637
- **Tesco Pharmacy**, Easton Lane, Winchester SO23 7RS - 01962 429073
- **Wainwrights Chemist**, 5 Riverside Bishopstoke, SO50 6LP - 023 8061 2845
- **Day Lewis Pharmacy Cove**, 40 Giffard Drive, Farnborough GU14 8PX - 01252 543326
- **Fareham Pharmacy**, Unit 1, 95 Highlands Road, PO15 6HZ - 01329 282879
- **AR Pharmacy**, 3 Hazel Farm Road West Totton, SO40 8WU - 023 8087 0582
- **Jaffers Pharmacy**, Unit 3 Alver Village Sq. Grange Road, PO13 8ZW - 023 9252 9766
- **Rooksdown Pharmacy**, Park Prewett Road, RG24 9RG - 01256 320303
- **SR Pharmacy**, 4 Kings Furlong Parade Winchester Road, RG21 8YT - 01256 460390
- **Purbrook Pharmacy**, 4 London Road Purbrook, PO7 5LJ - 023 9226 3284
- **Blackwater Pharmacy**, 40 London Road Blackwater, GU17 9AA - 01276 32227
- **Day Lewis Pharmacy New Milton**, 4 Old Milton Green Parade Christchurch Road, BH25 6QA - 01425 613222
- **Ashley Pharmacy New Milton**, 10 Ashley Parade Ashley Cross, BH25 5BS - 01425 612126
- **David Fogg Chemist (HJ Everett)**, 1A Lower Northam Road Hedge End, SO30 4FN - 01489 783064
- **Fair Oak Village Pharmacy**, 37 Summerlands Road Fair Oak, SO50 7AU - 023 8069 3322
- **Lalys Pharmacy Botley**, 7 High Street Botley, SO30 2EA - 01489 782065
- **Lalys Pharmacy Gosport**, Queens Parade 157 Privett Road, PO12 3SS - 023 9258 1763
- **Day Lewis Pharmacy Old Basing**, Manor Lane Old Basing, RG24 7AE - 01256 477267
- **ASDA Pharmacy Farnborough**, West Meade, Farnborough, GU14 7LT - 01252 557190
- **Everetts Park Gate Pharmacy**, 42 Bridge Road, Southampton, SO31 7GF - 01489 885305
- **Forest Pharmacy**, Southampton Road Bartley, SO40 2NA - 023 8081 2734

Quitting smoking is a commendable decision, and we are here to provide the necessary tools and support to help you succeed. Your health is our priority, and taking this step will not only improve your well-being but also contribute to creating a healthier community.

**Let's make National No Smoking Day 2024 the beginning of your patients' smoke-free journey!**

## Did you know?

**Anyone can become a stop-smoking practitioner who works in a health setting in Hampshire.**

## Training

Completion of the online NCSCCT practitioner course which can be accessed anytime at:

<https://elearning.ncsct.co.uk/england>

- All service interventions are recorded on data base templates and invoices are paid every month
- You will need a Carbon monoxide monitor provided by Smokefree Hampshire
- Please contact [S4H.EnhancedServices@nhs.net](mailto:S4H.EnhancedServices@nhs.net) and request a copy of the service specification if you would like to sign up or for more information

Our next Level 2 Practitioner Training will take place on  
17th May 9 am - 4.30 pm via MS Teams  
25th September 9 am - 4.30 pm via MS Teams

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## Contact

**Juliana Goate:** 07788636804

[Juliana.Goate@solutions4health.co.uk](mailto:Juliana.Goate@solutions4health.co.uk)

01264 563039 or 0800 772 3649

[www.SmokefreeHampshire.co.uk](http://www.SmokefreeHampshire.co.uk)

[Smokefree.Hampshire@nhs.net](mailto:Smokefree.Hampshire@nhs.net)



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**30 seconds  
to save a life**

**Ask**



**Do you smoke?**

**Advise**



**There is free help to quit and  
it's easier to quit with support**

**Act**



**Text I QUIT to 66777**