



Smokers urged to be quitters on No Smoking Day

Smokers across Dorset are being urged to take the first step in giving up cigarettes for good on No Smoking Day, which takes place on Wednesday 9 March.

While studies show that two-thirds of smokers want to quit, nearly one in five UK adults continue to smoke, including 17.9% in Bournemouth, 15.8% in Dorset and 15.5% in Poole.

This year's No Smoking Day theme is 'Proud to be a Quitter'. In life we're told never to give up - but when it comes to smoking, being a 'quitter' is a good thing. We're using inspirational stories of ex-smokers to highlight the life-changing benefits of quitting.

Public Health Dorset's lifestyle service, [LiveWell Dorset](#), will be supporting [Dorset Healthcare](#) and The Glendinning Unit on No Smoking Day, who will be holding an event on the unit to celebrate Dorset HealthCare's first steps in becoming a completely smoke free trust. The day will be used to inform service users and staff alike about the transition Dorset HealthCare will undergo and what support and services that will be available to help smokers take steps to quit.

Sarah Clarke, from Dorset Healthcare, said: "I feel that the No Smoking Day will offer an opportunity for people to find out what support is available to take those first steps in giving up smoking. Peer support is a powerful tool and knowing others that are on their journey to give up smoking can really support people to make those changes.

A recent quitter, Craig, who lives Weymouth, Dorset, talks about his experiences of quitting: "I had always thought that I would give up smoking by the time I turned 30 but five years later nothing had changed and I started to worry that my health was getting worse, in particular my breathing.

"Having attempted to quit several times previously without success I felt as though I was running out of options.

"I was quickly put through to someone who understood my situation and the options available to me. LiveWell Dorset's coach Charlie discussed with me the options available and LiveWell Dorset were happy to support me in trying to quit with weekly consultations by phone. Without this support I don't believe that I would have been able to give up.

"My advice would be not to delay and to go out and get the advice and support you need as quickly as possible."

Sarah Wilkinson, service manager at LiveWell Dorset, said: "We understand that the majority of smokers want to stop smoking, but many find the task too daunting. No Smoking Day is



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the perfect opportunity to inspire smokers in Bournemouth, Poole and Dorset to quit for good.

“With support, smokers are more likely to succeed in their quit attempt. That is why LiveWell Dorset are pleased to be supporting No Smoking Day, educating smokers on the local services and resources available to them.”

LiveWell Dorset is a free, local health and wellbeing service that will give you practical support to improve your chance of success, supporting the No Smoking Day campaign. The annual campaign is run by the British Heart Foundation (BHF) and encourages hundreds of thousands of smokers to make a quit attempt on No Smoking Day.

Dr Mike Knapton, associate medical director at the BHF, said: “Giving up smoking is the single best thing you can do for your health, and that’s why the British Heart Foundation runs No Smoking Day. We’re encouraging smokers to mark Wednesday 9 March in their calendars, and take the first step towards a smokefree life.”