



Be Smoke Free Manchester

Service Update – June 2022



**Change
Grow
Live**

Believe in people

Our vision

To develop, deliver and share a whole person approach that changes society.

Our mission

To help people change the direction of their lives, grow as individuals, and live life to its full potential.

Our values

Be open.
Be compassionate.
Be bold.



Be Smoke Free Manchester refresher

Be smoke free Manchester continues to be a nurse lead service, offering 12 weeks of tobacco addiction support, which includes medication, NRT, vapes and behavioral support.

- Due to the service starting at the height of the pandemic, it started on a solely digital platform. As we enter post Covid era we are pleased to be offering a hybrid model that reaches all different aspects of the community. This is face to face appointments and digital options.
- We now offer Zyban as an alternative to Champix. This is only prescribed following a face-to-face assessment. Champix remains unavailable.
- BSF receive quarterly client feedback. 98% of clients would recommend our service to family and friends.



Some data...

- From April 2021 to March 2022 BSF has received over 3000 referrals.
- Since April 2022 the service has seen a 30% increase in referrals compared to last year .
- Over 50% of service users have 'quit' after four weeks, and over 25% of service users have 'quit' after 12 weeks.
- BSF has over 250 individual organisations set up as referrers to our online system.

Community Events and Future Developments

Be Smoke Free's community engagement team have been in place since January 2022, and have provided support, events and training to a number of professionals and organisations across Manchester. This has included:

- VBA with GP surgeries
- Stall at Harpurhey Market
- South-East Asian Carers week celebrations at Longsight Library
- Merseybank Festival
- World No Tobacco Day at the MRI
- Roma Community Health Project
- Our social media profile has continued to grow in recent months, especially twitter-allowing us to connect with professionals and organisations!



Community Events...



Future Development...

1. Be Smoke Free have a number of events planned for over the summer. This includes Levenshulme Pride, attendance at a local ASDA, Wythenshawe Forum, Moss Side Leisure Centre, Wythenshawe Foodbank, VBA with No 93 volunteers and the launching of community clinics.
2. Be Smoke Free will be placing a heavy focus around shisha work within Manchester. We will be working alongside Manchester City Council, and also establishing links into Manchester communities where shisha is prevalent.
3. We will offer brief introductions to shisha education sessions for the community and professionals.
4. We will continue to raise our profile across Manchester, and plan to recruit more volunteers.





Follow us to keep up to date!

Facebook

www.facebook.com/besmokefreemanchester

Twitter

[@BeSmokeFreeMCR](https://twitter.com/BeSmokeFreeMCR)

Instagram

[@besmokefreemanchester](https://www.instagram.com/besmokefreemanchester)

Website

www.changegrowlive.org/be-smoke-free/home