

Newcastle Stop Smoking+ Service
 Room 35, Floor 2, Grainger Suite
 Dobson House, Regent Centre, Regent Farm Road,
 Newcastle upon Tyne, NE3 3PF

T: 0191 269 1103
E: newcastle.stopsmoking@cgl.org.uk
W: www.changegrowlive.org/newcastle



Newcastle Stop Smoking+ Service

(Working in partnership with the NHS)

The Newcastle Stop Smoking+ Service supports young people aged 11 years and over to stop smoking through our behavioural support and Nicotine Replacement Therapy, up to a 12-week treatment programme.



We would be grateful for your support in signposting our young people's service information. We have included a suggested social media guide below to help share our messages through your own platforms and networks.

To tag our social pages use:

- **Facebook page:** @newcastlestopsmoking
- **Twitter page:** @Quit_Newcastle
- **Website:** <https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people>

If you would like any further help in supporting our service, please email our Marketing Officer Ali.Truman@cgl.org.uk




Suggested Social Media Posts




<p>Newcastle Stop Smoking referral page</p>	<p>Image in attached folder</p>
<p>Are you worried about your smoking?</p> <p>The #Newcastle Stop Smoking+ Service provide free, confidential stop smoking support, advice, and treatment for young people aged 11+.</p> <p>To learn more visit: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	
<p>Your first appointment</p>	<p>Image in attached folder</p>
<p>Thinking about your first appointment doesn't have to be scary. The #Newcastle Stop Smoking+ Service will be with you every step of the way.</p> <p>All conversations are free & confidential. They won't judge you or tell you what to do. Find out more here: https://www.changegrowlive.org/stop-</p>	



We work in partnership with:



<p>smoking-plus-service-newcastle/young-people</p>	
<p>Health and wellbeing</p>	<p>Image in attached folder</p>
<p>Smoking can cause short & long-term effects. This means the more you smoke & the longer you smoke for, the more chance you'll see these effects.</p> <p>If you want to quit, #Newcastle Stop Smoking+ Service can help. Call 0191 269 1103 or visit https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people for free support.</p>	
<p>Saving money</p>	<p>Image in attached folder</p>
<p>Did you know by stopping smoking you could save £144 a month to spend on other things?</p> <p>1 week's savings - £36 2 weeks' savings - £72 3 weeks' savings - £109 4 weeks' savings - £144</p> <p>Contact #Newcastle Stop Smoking+ Service on 0191 269 1103 for free support to quit.</p>	
<p>Tips to help you quit</p>	<p>Image in attached folder</p>
<p>Stopping smoking is easier when you have the right people around you.</p> <p>The #Newcastle Stop Smoking+ Service can help you. Here's some tips to get you started: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	

<p>Things you should know about shisha</p> <p>Shisha often contains the same type of tobacco you get in cigarettes. This means shisha smokers are at risk of the same health problems as cigarette smokers.</p> <p>The #Newcastle Stop Smoking+ Service can help you find out more: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	<p>Image in attached folder</p> 
<p>Stay smokefree when you're feeling stressed</p> <p>When you're stressed you might get cravings for nicotine. Cravings can be annoying or even scary, but there are lots of ways to manage them and make yourself less stressed.</p> <p>Here are some you can try yourself: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	<p>Image in attached folder</p> 
<p>Smoking and weight</p> <p>You may be worried about your weight changing when you stop smoking. Changes to your weight are normal, it's your body adjusting to being smokefree, but there are steps you can take to keep weight gain to a minimum.</p> <p>The #Newcastle Stop Smoking+ Service can help you do this: https://www.changegrowlive.org/stop-</p>	<p>Image in attached folder</p> 

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smoking-plus-service-newcastle/young-people	
<p>Rumours and myths about smoking</p>	<p>Image in attached folder</p>
<p>There are lots of rumours and myths around stopping smoking. There's no truth behind them and they shouldn't put you off stopping.</p> <p>Find out the facts here: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	
<p>Service offer</p>	<p>YouTube channel</p>
<p>Want to say goodbye to smoking?</p> <p>You're three times more likely to quit with stop smoking aids and behavioural support from a stop smoking service than quitting on your own.</p> <p>Contact the #Newcastle Stop Smoking+ Service on 0191 269 1103, or visit: https://www.changegrowlive.org/stop-smoking-plus-service-newcastle/young-people</p>	<p>https://www.youtube.com/watch?v=KWBeOL0lsqA</p>



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