



## 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 on SystemOne:** Use the Referral Form

**Go online:**

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

**Use the paper referral form:**

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

**Call:**

**01983 642369 or 0800 999 1396**

Our dedicated Local Stop-Smoking Service, Smokefree Island, offers free behavioural support, along with a 6-week supply of NRT (Nicotine Replacement Therapy), or a vaping voucher scheme.

[www.SmokefreeIsland.co.uk/find-local-clinics/](http://www.SmokefreeIsland.co.uk/find-local-clinics/)

## Programme access options:

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

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

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 on the Isle of Wight.

## Training

Completion of the online NCSCT 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 Island
- 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

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

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**Wishing you a healthy and smoke-free future!**



**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 QUIT to 66777**

**Free help to quit smoking**

 **01983 642369**

 **SmokefreeIsland.co.uk**

   **@SmokefreeIsland**

**Scan me!**

