Please find below an overview of Public Health commissioned Stop Smoking and Weight Management Services for Stoke-on-Trent

**Stop Smoking Services (Stoke-on-Trent)**

The Stoke-on-Trent Stop Smoking Service offers free friendly face-to-face support together with stop smoking medicines such as chewing gum and patches (on prescription) to support smokers to quit. Trained advisors are available in a variety of settings across the City, providing weekly support to people who want to quit smoking.

The service also has a specialist smoking in pregnancy service available to support pregnant women to help quit smoking.

The service is available to anyone who lives, works or who is registered with a GP in Stoke-on-Trent.

**Please call 0800 085 0928 or text “stokequit” to 60777 for free help and support.**

The Smokefree Families Service offers up to 12 weeks of telephone behavioural support and self-help materials to support individuals and families in Stoke-on-Trent who want to make their homes Smokefree.

The service is available to any resident of Stoke-on-Trent (aged over 16) who allows smoking in their home. To access the Smokefree Homes Service contact **0800 085 0928 or text ”sfhome” to 66777.**

**Healthy Weight Services**

**Adult Weight Management (Y Weight Programme) -** *See attached flyer*

A six week structured education programme available to adults looking for support to lose weight. The progamme offers patients the opportunity to attend weekly group session (2.5 hours) led by trained staff.

The programmes covers topics such as:

* food and its effect on blood glucose, blood pressure and blood lipids
* energy balance
* different dietary approaches
* understanding food packaging labels and much more

Each session includes facilitated discussions enabling participants to share their experiences, highlight any challenges and identify any solutions for their weight management using goal setting activities. Physical activity will be encouraged throughout the programme via the promotion of local activities. ***( \*Referral criteria applies)*** *referral via GP practice staff.*

***For Stoke and NS GP Practice staff -*** The \*referral form is available on the Map of Medicine to access click onto the Directory button on the Map sidebar tool and then from the directory search for either ‘adult’ ‘weight’ ‘management’ and the referral form will be displayed.

* The criterion **excludes** diabetics. Anyone with type 2 diabetes should access the DESMOND programme, another structured education programme available in the city.
* This service **does not** include vouchers for slimming world or weight watchers

**Cook & Eat Programme (Flyer attached)**

A free six week practical based programme covering key healthy eating messages, budgeting and menu planning. Each weekly session is 2 hrs duration. The programme is delivered in community venues across the city. Participants need to be registered with a Stoke on Trent GP and aged 18+ Years. For further information visit <https://cookandeatwell.co.uk/>

**Active Families ( Flyer attached)**

For families with children aged 4 - 11 years who are above their ideal weight\*. ( Referral criteria applies) 10 week courses delivered in local community venues covering healthy eating, physical activity, goal setting ,label reading in a fun environment . For further information visit: <https://www.groundwork.org.uk/Sites/westmidlands/news/active-families-across-stoke-on-trent>

**GOGA (Go Out Get Active**) - Free/Low cost opportunities for people across the city to access a range of activities ranging from walks, Tai Chi, arm chair based activities, family activities. Activities link can be found [Here](https://www.stoke.gov.uk/info/20004/libraries_sports_and_leisure) just click on the date

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Local Leisure centre information can be found [here](https://www.stoke.gov.uk/info/20035/sports)