



smokefree
Liverpool

NEWS

Autumn2026



chcp

 **Liverpool**
City Council

NHS



Let's quit
smoking together

STOP TOBER

STOPTOBER IS HERE

Stoptober returns on 1 October, encouraging smokers across the country to make a quit attempt and remain smokefree for 28 days. National campaign resources are available from the DHSC – [Stoptober 2026 | Campaigns | Campaign Resource Centre](#) with activity running from mid-September through to November. Research underpinning the campaign continues to highlight that people who remain smokefree for 28 days are significantly more likely to quit for good.



We would be grateful if partners could:

- Display Stoptober materials within community and healthcare settings
- Share campaign messages through newsletters and social media channels
- Continue to refer smokers directly into Smokefree Liverpool for specialist support
- Encourage staff and service users who smoke to consider making a quit attempt this October

PARTNER SPOTLIGHT



We encourage partners to:

- Support Stoptober 2026 by displaying campaign materials, sharing messages through your networks and encouraging smokers to make a quit attempt this October.
- Identify suitable community organisations and grassroots groups that may benefit from the additional Community Grant Scheme funding available through Smokefree Liverpool.
- Promote the new wellbeing opportunities linked to quitting smoking, including forthcoming gym pass incentives for eligible residents.
- Book onto our free online training to refresh knowledge on smoking, vaping, nicotine dependence and effective behaviour change conversations.
- Share Smokefree Liverpool resources through staff newsletters, waiting room screens, social media channels and community events during the autumn period.
- Contact us if you would like a Smokefree Liverpool representative to attend a workplace, community event or team meeting to promote stop smoking support and Stoptober activity.

**For referrals, training enquiries
or partnership opportunities:**
0151 374 2535

**CALL 0151 374 2535 OR EMAIL
CHCP.SMOKEFREE.LIVERPOOL1@NHS.NET**



ADDITIONAL COMMUNITY GRANT FUNDING AVAILABLE

Following the completion of our previous funding round, we are pleased to confirm that additional Community Grant Scheme funding is available for organisations working with Liverpool residents. Previous grant funding has supported community organisations to raise awareness of stop smoking support, deliver Very Brief Advice interventions and generate referrals into the service.

We are especially interested in projects supporting

- Routine and manual workers
- Unemployed residents
- People experiencing mental ill health
- Homelessness
- Substance misuse and other groups disproportionately affected by smoking-related harm

If your organisation is interested in future funding opportunities, please sign up here - <https://forms.cloud.microsoft/e/7T6tjvYPP9>

THE SMOKEFREE APP IS HERE: DOWNLOAD IT TODAY!

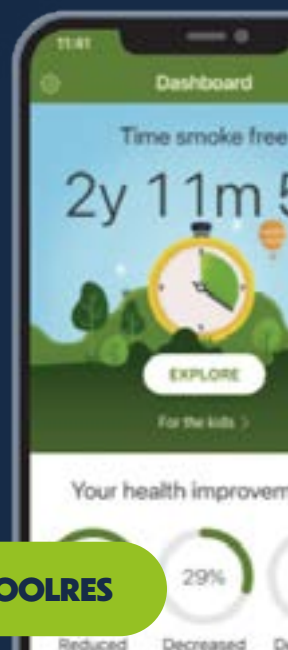
We're excited to announce that the Smokefree App is now live in Liverpool! It gives local people FREE instant, 24/7 support on their quit journey and connects directly into Smokefree Liverpool for ongoing help.

Through the app, residents can:

- Create a personalised quit plan and track their progress.
- Receive daily reminders and motivational tips.
- Access free stop smoking products such as nicotine replacement therapy (NRT) or e-cigarette starter kits through Smokefree Liverpool.
- Get direct referrals into our local stop smoking service for expert support.

This means anyone in Liverpool can now get the right help, at the right time – whether that's digital support, free products, or one-to-one advice from our trained team.

Follow the link below to download the app and start your quit journey today.



[LINK.SMOKEFREEAPP.COM/LIVERPOOLRES](https://link.smokefreeapp.com/liverpoolres)

UPCOMING TRAINING DATES

FREE online VBA (Very brief advice) Training Session on:

- Understanding the health implications of smoking.
- What's in a cigarette? A brief overview.
- The effects of second hand smoke.
- Vapes and Shisha: Facts and myths.
- How to repair patient service users into the Smurf Free Liverpool Stop Smoking service.
- Service and support offered by Smoke Free Liverpool.

October 8th: 5:30pm

November 12th: 5:30pm



To book a place, visit our Eventbrite page

FREE GYM PASS PILOT >>>

We are currently progressing an exciting partnership with Liverpool City Council's Lifestyles service. The proposal is to provide free gym passes to eligible smokers living within Liverpool's most deprived areas as part of their quit journey, helping people improve both their physical activity levels and overall wellbeing alongside becoming smokefree. Further details will be shared with partners once arrangements are finalised.

SISU HEALTH STATIONS

Our partnership work with SiSU Health Stations continues to develop. These digital health check stations provide an additional opportunity to identify smokers and connect residents with stop smoking support through community-based health interventions. Initial activity identified smokers through health checks delivered within Liverpool Lifestyles Centres, creating new routes into support for residents who may not traditionally engage with smoking cessation services.

If your organisation hosts health and wellbeing activity and would like to discuss opportunities around SiSU Health Stations or referral pathways, we would be pleased to hear from you.

BEDFONT CO MONITOR MAINTENANCE REMINDER >>>

We would like to remind partners using Bedfont carbon monoxide (CO) monitors to ensure their equipment is serviced, calibrated and maintained in line with manufacturer recommendations. Regular maintenance helps ensure accurate readings, supports quality assurance and enables reliable CO verification for clients accessing stop smoking support.



If you require advice regarding CO monitor servicing, calibration schedules or replacement equipment, please contact the Smokefree Liverpool team who will be happy to provide further guidance.

MAKE EVERY CONTACT COUNT

A reminder that a simple conversation can make a significant difference. We encourage all healthcare professionals to:

- Ask about smoking status
- Deliver Very Brief Advice (VBA)
- Refer directly to Smokefree Liverpool

Every referral provides an opportunity to improve health outcomes and reduce the burden of smoking-related disease across Liverpool.

TOBACCO AND VAPES ACT – AUTUMN UPDATE >>>

Implementation of the Tobacco and Vapes Act continues, with consultations currently underway on the packaging, appearance and display of tobacco and vaping products. Additional regulations have also been published in preparation for the smokefree generation policy coming into effect from January 2027. Smokefree Liverpool

will continue to support local partners in delivering prevention and cessation activity as the legislation is rolled out nationally

NATIONAL SPOTLIGHT: TACKLING SMOKING INEQUALITIES

Recent work from Action on Smoking and Health (ASH) highlights the importance of ensuring progress towards a smokefree future is shared across all communities, particularly those experiencing the greatest health and economic inequalities. Their latest report calls for a renewed focus on reducing smoking prevalence amongst disadvantaged populations and addressing the significant role smoking continues to play in poor health outcomes and poverty.

This reflects Smokefree Liverpool's continued commitment to reducing smoking-related inequalities across the city through targeted support, community outreach, partnership working and investment in areas with the highest smoking prevalence. Through initiatives such as our Community Grant Scheme, enhanced face-to-face support offer and targeted engagement activity, we are working alongside partners to ensure effective stop smoking support reaches those who need it most.



Encourage your clients to book directly through our **Choose & Book** system.

Help spread the word about the Smokefree Liverpool service by sharing our social media campaigns.

To refer clients or access support:

Please call 0151 374 2535 Text QUIT1 to 61825*

Visit www.smokefreeliverpool.co.uk



*Standard network rates apply

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