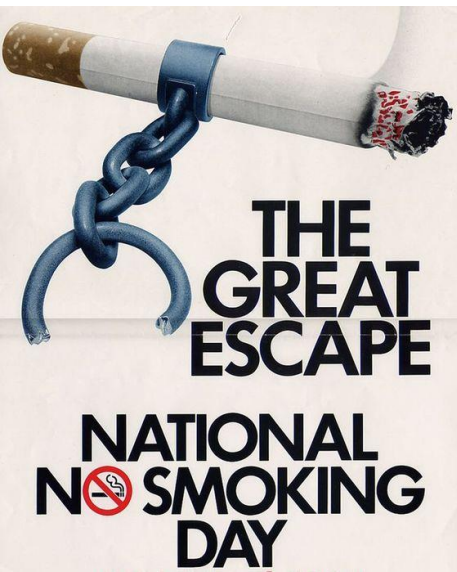




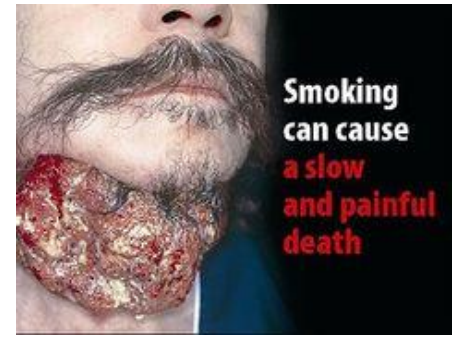
# NO SMOKING DAY

Culcheth High School



**BE PROUD TO  
BE A QUITTER**  
NO SMOKING DAY

# Lung Cancer isn't the only thing you'll have to worry about while you smoke:



Cancer in the:

Other health risks:

**Oesophagus**

**Ovaries**

**Coronary heart disease**

**Bowel Cervix**

**Breast**

**Stillbirth**

**Premature birth**

**Stomach**

**Bladder**

**Lungs**

**Stroke**

**COPD**

**Mouth**

**Kidney**

**Blood**

**Heart attack**

**Meningitis**

**Pancreas**

**Liver**

**Lips**

**Pneumonia**

**Miscarriage**

**Throat**

**Voice box**

**Respiratory tract infections**



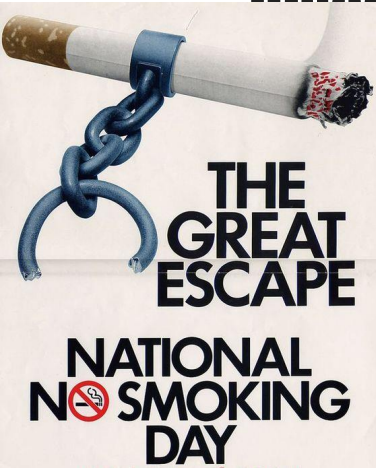
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# Health Stats:



**More than 80% of adult smokers began smoking before they're 18.**

**Every hour, more than 50 people die from smoking related diseases in the UK. That's about 440,000 people a year.**



**On average, smokers die 13 to 14 years earlier than nonsmokers.**

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**Smoking can be expensive:**



**A pack of 20 cigarettes costs around £9.**

**If you had 1 pack a day, this would be almost £3,500 and 7,300 cigarettes per year...**

**£3,500 is a lot of money that can be spent elsewhere.**



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**In context:**



**The average family spends £90 a week on food and drink.**

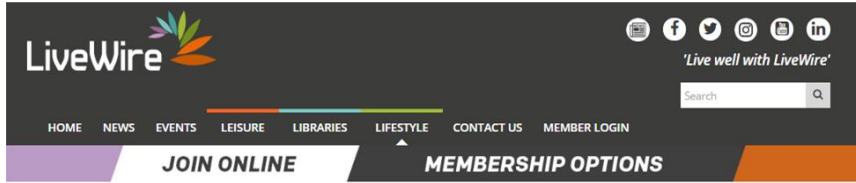
**If you spend £9 a day on cigarettes, that means you have spent total of £63.**

**That is 70% of a family's average food and drink allowance.**

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# LiveWire - Stop smoking services



[Lose Weight](#) [Stop Smoking](#) [Get Back Into Exercise](#) [Health Walks](#) [FAQ](#) [Contact](#)

## Lifestyle // Stop Smoking



**LiveWire's Stop-tober Cig**

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# Facilities LiveWire for you:

**Provides free confidential support**

**The service can provide vouchers towards smoking alternatives; no need for your Doctor**

**LiveWire will explain about how and why the 'Quit packs' work - gum, patches, lozenges etc**

**'Drop in' sessions or '1-1 appointments' around Warrington**



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# Stop Smoking 'Drop Ins' in Warrington:



<b>Orford Jubilee Park</b> (Macmillan Information point) Jubilee Way, Orford, WA2 8HE	<b>Monday 1.00pm - 3.00pm</b>
<b>Great Sankey Health Centre</b> Hood Manor Centre, WA5 1UH	<b>Tuesday 8.45am - 10.15am</b>
<b>Gateway</b> Sankey Street, WA1 1SR	<b>Tuesday 10.30am - 12.00 noon</b>
<b>Orford Jubilee Park</b> (Macmillan Information point) Jubilee Way, Orford, WA2 8HE	<b>Tuesday 4.00pm - 7.00pm</b>
<b>Birchwood Medical Centre</b> 15 Benson Road, Birchwood, WA3 7PJ	<b>Wednesday 9.00am - 11.30am</b>
<b>Great Sankey Leisure Centre</b> Barrow Hall Lane, Great Sankey, WA5 3AA	<b>Wednesday 5.30pm – 7.00pm</b>
<b>Padgate Library</b> Insall Road, Padgate, WA2 0HD	<b>Thursday 12.30pm - 2.30pm</b>
<b>121 Midwives</b> 30 Sankey Street, next to Specsavers, WA1 1TD (THIS CLINIC IS FOR PATIENTS WHO ARE CURRENTLY PREGNANT OR ARE PLANNING A PREGNANCY)	<b>Thursday 3.30pm - 5.00pm</b>
<b>Burtonwood Library</b> Chapel Lane, Burtonwood, WA5 4PS	<b>Friday 10.30am – 12.00 noon</b>

Can't make it? Call us on 0300 003 0818 or visit our website  
[www.livewirewarrington.co.uk/stopsmokingtimetable](http://www.livewirewarrington.co.uk/stopsmokingtimetable)



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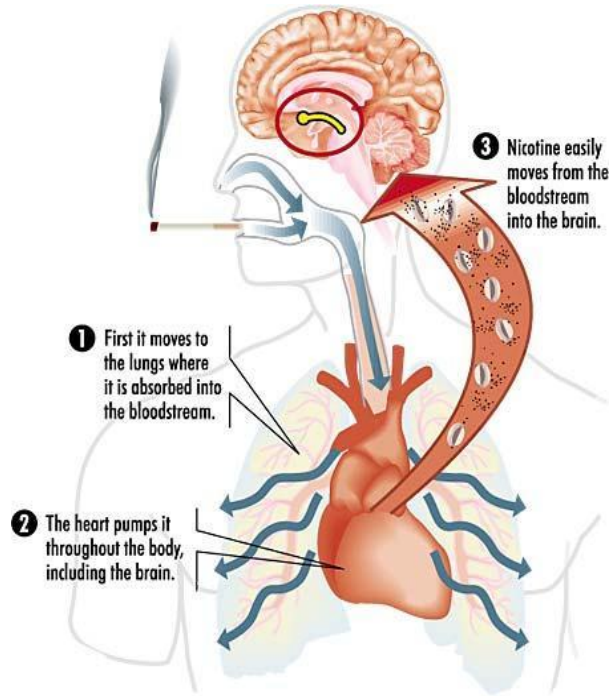
# Smoking in young people:

**A young smoker has a high risk of wheezy spells and a long term shortness of breath. This will not only affect you for your time in education but for the rest of your life.**



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# Why it is difficult to stop:



**Cigarette smoke contains a high level of the chemical Nicotine. This has the effect on the human body of releasing the hormone Dopamine. Your body finds this HIGHLY addictive.**



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