

Southampton Smokefree Solutions Toolkit Briefing Note



Southampton
Smokefree
Solutions

We're proud to announce a new chapter for Southampton Smokefree Solutions!

1st October 2026 marks the beginning of a new multi-year partnership between Southampton City Council and ICE Creates to deliver Southampton Smokefree Solutions.

With a new website, new social media channels and some new faces joining the team, we'll continue to provide free, expert support to people across Southampton on their journey to quit smoking for good.

As we begin this exciting new chapter, we're reaching out to the partners and stakeholders of Southampton Smokefree Solutions to help us launch the service, spread the word and ensure people across the city know where to turn when they're ready to quit.

Who is eligible?

People can access Southampton Smokefree Solutions if they:

- Live within the Southampton City Council area.
- Currently smoke tobacco products.

How can we help?

We offer a FREE 12-week programme designed to give people the best possible support to quit smoking. Our programme combines one-to-one support from professional stop smoking coaches, behaviour science-led support and access to Nicotine Replacement Therapy (NRT) to help people manage cravings and work towards becoming smokefree.

Quitting smoking can bring a whole host of benefits — from improving your health and having more energy to saving money. Whatever someone's reason for quitting, we're here to support them every step of the way.

How can you help?

Our partners play an important role in helping us reach more people across Southampton. You can support Southampton Smokefree Solutions by:

- Encouraging colleagues, patients, friends and family who smoke to access the service.
- Sharing our resources, including posters, social media graphics and email content.
- Displaying and sharing our campaign materials within your organisation and across your networks.
- Signposting and referring people to Southampton Smokefree Solutions for free, local support.

Contact us

📞 0800 1223 927

🌐 southamptonSmokefreeServices.co.uk

✉️ info@southamptonSmokefreeServices.com

Together, we can reach more people, support more quit attempts and help Southampton become a healthier, smokefree city.