**City of York Council Health Trainers – Stop Smoking Service**

The CYC Health Trainers – Stop Smoking Service is still operational, providing a 6-8 week package of telephone support for all and 12 weeks for pregnant women, with a specialist advisor.  This also includes up to four weeks of Nicotine Replacement Therapy (NRT) for all and 12 weeks for pregnant women that is either posted out or hand delivered direct to the clients home. To refer clients please call: 01904 553377 or email [cychealthtrainers@york.gov.uk](mailto:cychealthtrainers@york.gov.uk) or patients can self-refer to same number, email.

Champix (Varenicline) is currently on hold, through the CYC health Trainer / Pharmacy referral contract. This is due to the current government’s social distancing regulations meaning it impractical to carry out the required CO2 breath testing.  Client’s wishing to go onto Champix are being directed to the Health Trainer service for the option of NRT and further support.