

Wellbeing Wednesday

ISSUE 1: Smoking

Stoptober begins on 1 October and there's never been a better time to quit! Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit.

You'll start seeing the benefits immediately, not just for your health but also your finances.



Additional Resource



Download the free NHS
Quit Smoking app

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

