



1st October marked the start of Stoptober.

The council is supporting this national campaign to encourage smokers to stop smoking for 28 days, based on the theory that those managing to do so are 5 times more likely to quit for good.

The scheme includes six different ways to quit:



GET THE APP

Stuart wanted to quit smoking for his children. He used the free Stoptober app to keep him motivated throughout the day, which helped him become smokefree.



GET DAILY EMAIL SUPPORT

The Stoptober email helped Hayley start each day motivated and determined. Now she's an ex-smoker, healthier, happier and able to spend more time doing the things she loves, such as fun activities with her daughter.



CHAT TO OUR BOT

Message our new Facebook Messenger bot when cravings strike and get instant practical support. Stay motivated with daily messages full of tips and advice to help keep you on track.



E-CIGARETTES

Mark used e-cigarettes, which are a far safer way of getting nicotine than cigarettes, to help manage his cravings and break the smoking habit. Now that he's quit for good he feels healthier and is financially much better off.



STOP SMOKING MEDICINES

Georgia was determined to quit smoking before her 50th birthday. By using stop smoking medicines, she was able to relieve her cravings and quit for good. From nicotine patches to inhalators – there is a range of stop smoking medicines to choose from, so you can choose the one that works for you.



STOP SMOKING SERVICES

Sayed visited his local stop smoking service and got the free support and advice he needed face to face, to quit smoking for good.

For more information please see: <https://www.nhs.uk/oneyou/stoptober> and <https://new.enfield.gov.uk/services/health/public-health/healthy-lifestyle/smoking/>

GOOD LUCK FROM **STOP TOBER**

Stop for 28 days and you're five times more likely to quit for good