

Kingsmead Healthcare
October 2023



STOPTOBER is designed to encourage and support smokers to quit for good.

Quit smoking this Stoptober

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you are 5 times more likely to give up for good.

It is much easier to stop smoking when you get the right support and there are many options from which to choose.

Check out our free tools, tips and support to help you stay on track. **Let's do this!**

[Check me out to help stop smoking](#)

If you decide to stop, simply visit the website [Smokefree City and Hackney](#) and you can get started as soon as you are mentally ready. The service is open 9 AM to 5 Pm Monday to Friday and you can contact them on 0800 046 99 46.

If you do not live/work/study/ have a GP in City or Hackney, the [The Stop Smoking London portal](#) will point you to your local stop smoking service!

Tel 0300 123 1044 7 days per week: Mon-Fri, 9am-8pm and Sat-Sun 11am-4pm

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Dear Patient,

We are delighted to share that Stoptober is back this October with a new national campaign designed to encourage and support smokers to quit for good. While smoking rates have declined in recent years, over 5 million people in England still smoke and it remains the single biggest cause of preventable illness and death. Since its inception in 2012, Stoptober has successfully helped 2.5 million smokers to make a quit attempt and has become a well-recognised annual event in the public health calendar.

The theme for this year's campaign is 'When you stop smoking, good things start to happen'; reminding smokers of the many benefits of quitting and providing useful tips to help them on their quitting journey. The campaign will encourage smokers to search 'Stoptober', directing them to a range of information and free support tools on the [Better Health - Quit Smoking](#) website.

Now is the time to start thinking about how Stoptober could work for you locally. We also know that face-to-face interaction with smokers is highly effective in generating quit attempts and explaining the range of support on offer. There is a specialist Quit Smoking Service locally and

Vaping resources for secondary schools

With a rise in the number of children vaping, Better Health have created teaching resources aimed at helping key stage 3 children understand the impact that vaping has on their physical and mental wellbeing. Written by teachers and featuring films co-created with young people, they encourage discussion about nicotine, what vaping is and the impact it has on both young people and the environment. The flexible resources can be used individually during form time or together as a full lesson plan.

They are available to download free on the [School Zone](#) website and there is a [teacher email](#) and [social media toolkit](#) to promote the teaching resources through your networks.

Best wishes,

Kingsmead Healthcare

GPs and Staff Team

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STOP TOBER

**STOP SMOKING AND
GOOD THINGS HAPPEN**

Join the thousands of smokers
committing to quitting this October



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**STOP SMOKING AND
GOOD THINGS HAPPEN**



Food starts
tasting better

**Better
Health** Let's
do this

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STOP TOBER

**STOP SMOKING AND
GOOD THINGS HAPPEN**



You don't
need 12 air
fresheners



STOP TOBER

**STOP SMOKING AND
GOOD THINGS HAPPEN**



You get closer
to that trip away

**Better
Health** Let's
do this

Search 'STOPTOBER'