

STOPTOBER 2021 – Our Call for Giving Up Smoking



Help to Stop Smoking – Did you know that if you can stop smoking for 28 days you are five times more likely to stay smoke-free. Stoptober leads smokers through a detailed step-by-step programme to help them achieve this goal. For help, information and support, or to make an appointment with an adviser, call 0800 046 99 46.

Sigarayı bırakmak güzeldir! Size yardımcı olabiliriz. (Sometimes it's ok to be a quitter! We can help.)

Sigarayı bırakmanız için tam zamanı. Size yardımcı olabiliriz. (This is the time to quit smoking. We can help.)

Kingsmead Healthcare