

Quitting Smoking means you save money and years of life! See what you could save...

5 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	0.25 days	£11
2 weeks	0.5 days	£21
3 weeks	1 day	£32
4 weeks	1 day	£42
6 months	8 days	£272
1 year	16 days	£548

10 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	0.5 days	£18
2 weeks	1 day	£35
3 weeks	1.5 days	£53
4 weeks	2 days	£70
6 months	13 days	£452
1 year	27 days	£912

20 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	1 day	£36
2 weeks	2 days	£71
3 weeks	3 days	£106
4 weeks	4 days	£141
6 months	28 days	£906
1 year	56 days	£1826

30 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	1 day	£54
2 weeks	3 days	£107
3 weeks	4 days	£159
4 weeks	6 days	£212
6 months	41 days	£1359
1 year	83 days	£2739

40 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	2 days	£72
2 weeks	4 days	£142
3 weeks	6 days	£212
4 weeks	8 days	£282
6 months	55 days	£1812
1 year	111 days	£3652

60 Cigarettes a Day

Quit for...	Added Life	Money Saved
1 week	3 days	£105
2 weeks	6 days	£210
3 weeks	9 days	£315
4 weeks	12 days	£420
6 months	82 days	£2715
1 year	167 days	£5475

Contact us for help with quitting...

Take the First Step!

The money you spend on smoking goes to the tax man and rich tobacco companies!

What do you get out of the deal? A bad cough? Bad breath? Smelly clothes and hair? Bad skin? A serious illness?

Look inside this leaflet for some tips on how to finally to take back control and stop smoking for good!



YOU CAN QUIT SMOKING!

STEP BY STEP...

Step 1:

Tick the things that you hate about smoking...

- The money it costs me?
- The smell on my breath and clothes?
- The way it makes me cough or wheeze?
- It causes cancer, heart disease etc?
- It causes wrinkles and bad skin
- Anything else...? _____

Step 2:

Write down the date when you want to have quit smoking by

Step 3:

Contact us and ask about quitting smoking!
Our details are on the back of this leaflet!

HELP TO QUIT...

We can offer you.....

Nicotine Replacement Therapy products
(like gum or patches) to help with cravings.



Support from an advisor or a quit-group.



No fuss, no hassle, just
friendly help and support while
you kick the habit for good!