

Familiar faces in local places

A group of workers from a local retail store decided to tackle the ultimate challenge to quit cigarettes with the help of the local NHS stop smoking services.

Staff from the Boundary Mill store based in Shiremoor, North Tyneside, received in-house support from the NHS Stop Smoking Service. Back in October 2009 a group of employees were determined to quit their habit and after the fifth week all those who continued with the programme had stopped smoking – an excellent achievement.

Janet Smith started smoking at the age of 12 as she wanted to be cool just like her mates. Now 28 years later Janet says she feels free from the cigarettes and doesn't feel tied to them anymore.

Anne Baitey's health, as well as her finances, were suffering as a result of smoking and she says everything now tastes and smells better.

Michelle Barron had previously given up smoking about three years ago for five months but this time found it much easier to stop smoking through the support of the group helping each other out.

Louise Henderson has a young child and didn't want him to grow up and copy her smoking habit.

Melanie Marvell wanted to give up smoking for health reasons and is now able to walk better and breathe much easier within a matter of months of giving up.

Belinda Miller is another to feel the huge financial savings in such a short space of time since she gave up smoking.

Clare Neary had smoked for half of her life and now at the age of 30 has given up to improve health and her bank balance.

The group said: "Just knowing others were feeling the same helped us to achieve our target a lot quicker than we expected. We couldn't have done it without the excellent support from Nathan and Emma at the NHS Stop Smoking Service." Support is also available from your GP practice, pharmacy, dentist and NHS health centres.

To find your nearest stop smoking session contact the NHS Newcastle and North Tyneside Stop Smoking Service on 0300 123 9290.



Did you know?

- With the help of NHS stop smoking services you are more than **FOUR** times more likely to quit for good than if you go it alone.
- There are lots of different ways you can access **FREE** NHS stop smoking support. Drop-in sessions are running at community venues across Newcastle, North Tyneside and Northumberland every week, with workplace groups and appointment based sessions also available.
- There are more stop smoking sessions available across North Tyneside than ever before and a huge range of products that can be tailored to your specific needs to help you achieve your goal of becoming smoke free.

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SMOKEFREE