

Stoptober Is Here!



October
2024

Stay smoke-free for 28 days, and you're
5 times more likely to quit for good.

STOPTOBER



Stop smoking for
Stoptober and you're
5 times more likely
to quit for good.



Commit To Quit:
 **0808 1962 638**

Quit Smoking This Stoptober

This October, become one of the 2.5 million people inspired to quit smoking by Stoptober. Whether it's your first attempt or you've tried quitting before, Stoptober offers you the ideal chance to stop smoking.

Ways to Quit

Quitting smoking doesn't have to be lonely - there are many ways to quit that don't involve going it alone. The good news is, quitting with our support means you're three times more likely to quit for good!

[Commit to Quit today with Smokefree Lancashire!](#)

Want To Know More About Stoptober?

NHS Better Health has lots of great resources to support you in your Stoptober efforts: quit tips, online support communities, daily email support and a free personal quit plan.



LEARN MORE



The My Quit Route app supports your quit journey every step of the way. It gives you expert help and guidance that you can access 24/7, whenever you need it.

IOS












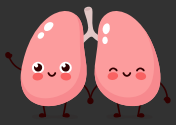






Android



What Happens When You Quit

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

 <p>20 Minutes</p>	After 20 Minutes Your Pulse Rate is already starting to return to normal	
 <p>8 Hours</p>	After 8 Hours Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half	
 <p>48 Hours</p>	After 48 hours All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.	
 <p>72 Hours</p>	After 72 hours If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.	
 <p>2-12W</p>	After 2 to 12 weeks Blood will be pumping through to your heart and muscles much better because your circulation will have improved.	
 <p>3-9M</p>	After 3 to 9 months Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.	
 <p>1 Year</p>	After 1 year Great news! Your risk of heart attack will have halved compared with a smoker's.	
 <p>10 Years</p>	After 10 years More great news! Your risk of death from lung cancer will have halved compared with a smoker's.	

[Find out more about the benefits of quitting smoking](#)

Our Stoptober Plans



We're On The Road

We're off on the road again throughout Stoptober. We'll be across the county at various locations helping the people of Lancashire to quit smoking for good! Follow us on our socials for more information.



10th October | 10am - 2pm
Preston Flag Market



22nd October | 10am - 2pm
Burnley Market



29th October | 10am - 2pm
Fleetwood Affinity Centre



Breaking The Cycle

Our first training session was a sell-out, but a few places have become available on our next session. Don't miss this exclusive opportunity - book now before it's too late! This exciting Stoptober initiative will equip participants with the knowledge and tools to support clients in breaking the harmful habits of smoking and alcohol use.

Smokefree Places

As part of our upcoming Smokefree Places scheme, we're inviting workplaces to become Smokefree ambassadors for Lancashire! If you're interested in creating a healthier, smokefree environment for your staff, join us for a short online event where we'll share all the details about the Smokefree Workplaces initiative. You'll learn how to get involved, receive free resources, and hear success stories from other workplaces. Stay tuned for the event date—don't miss this opportunity to champion a healthier future for your workplace!



Refer Yourself or Someone You Support:

