A pink text with rays of light

Description automatically generated**Stoptober 24:** Living Well localised social media planner for Bradford district

Please tag @MyLivingWell1 in all posts

|  |  |
| --- | --- |
| **STATIC GRAPHICS** | |
| **Twitter** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_6** |
| 📢 Stoptober starts today!  Join thousands of others & start your quit journey  🚭 Stop smoking for 28 days & you’re 5x more likely to quit for good  You CAN quit! We CAN help!  Contact FREE Living Well Stop Smoking Service 01274 437700  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding her hand up  Description automatically generated |
| **Facebook** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_6** |
| 📢 Stoptober starts today!  Join thousands of others and start your quit journey!  🚭 If you stop smoking for 28 days, you’re 5 times more likely to quit successfully for good!  You CAN quit! We CAN help!  Get FREE support from the Living Well Stop Smoking Service. Call 01274 437700 or visit:  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding her hand up  Description automatically generated |
| **Alt Text:**  An image of a woman holding her hand up alongside text reading: Stoptober starts today. Your time to quit smoking. You CAN quit! We CAN help! Positioned on a green background with a Stoptober logo, NHS logo and Living Well logo | |
| **Instagram** | **Image: 220824\_OHID\_Stoptober\_Social\_1x1\_6** |
| 📢 #Stoptober starts today!  Join thousands of others and start your quit journey!  🚭 If you stop smoking for 28 days, you’re 5 times more likely to quit successfully for good!  You CAN quit! We CAN help!  Get FREE support from the Living Well Stop Smoking Service. Call 01274 437700 or visit:  mylivingwell.co.uk/smoking | A person holding her hand up  Description automatically generated |
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| **Twitter** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_5** |
| 📢 Need help to stop smoking?  🚭 Quitting is the best thing you can do to improve your health.  Quit for 28 days & you’re 5x more likely to quit for good!  You CAN quit! We CAN help!  FREE Living Well Stop Smoking Service 01274 437700  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding up his hand  Description automatically generated |
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| 📢 Would you like help to stop smoking?  🚭 Quitting is the single best thing you can do to improve your health.  Quit for #Stoptober and you’re 5x more likely to quit for good!  You CAN quit! We CAN help!  Get FREE support from the Living Well Stop Smoking Service.  Call 01274 437700 or visit:  mylivingwell.co.uk/smoking | A person holding up his hand  Description automatically generated |
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| **Twitter** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_3** |
| 🚭 Quit smoking for 28 days & you’re 5x more likely to quit for good!  ✅ Move better🚶  ✅ Breathe more easily👃  ✅ Save money💷  You CAN quit! We CAN help!  FREE Living Well Stop Smoking Services can help!  Call 01274 437700 or visit  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding up his hand  Description automatically generated |
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| **Twitter** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_4** |
| The average smoker saves about £59 a week when they quit. That’s £3,000 a year! 💷  Quit to make huge improvements to your health AND finances! 🙂  You CAN quit! We CAN help!  FREE Living Well Stop Smoking Services.  Call 01274 437700  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person with her hand up  Description automatically generated |
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| **Twitter** | **Image: 220824\_OHID\_Stoptober\_Social\_16x9\_1** |
| Thinking of using a vape to quit smoking? Nicotine vaping is substantially less harmful than smoking & is one of the most effective tools for quitting  #Bradford district smokers: get a FREE 12 week vape kit! Call 01274 437700  Visit <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding up his hand  Description automatically generated |
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| **ANIMATED GRAPHICS** | |
| **Twitter** | **Animation: Stoptober\_animated\_social\_1x1\_Tips** |
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| If you quit smoking your longer-term risks of cancer/lung disease/heart disease/stroke will significantly reduce. More oxygen will get to your skin making it brighter & your teeth won't be stained with tar.  Get FREE support:  <https://mylivingwell.co.uk/smoking/support-to-quit/>  #Stoptober #QuitForGood | A person holding his hand up  Description automatically generated |
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| **Twitter** | **Animation: Stoptober\_animated\_social\_1x1\_Support** |
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