**Get ready to quit smoking with Stoptober!**

**A group of people laughing

AI-generated content may be incorrect.**

**Did you know that if you quit smoking for the 28 days of Stoptober, you're five times more likely to quit for good?**

Quitting smoking is one of the best things you can do for your health. And the benefits start almost immediately:

* **After 8 hours**: Harmful carbon monoxide levels in your blood are reduced by half.
* **After 48 hours**: Your senses of taste and smell begin to improve.
* **After 2 to 12 weeks**: Your circulation gets better.
* **After 3 to 9 months**: Lung function can increase by up to 10%.

This Stoptober let’s quit together. You don’t have to go it alone - getting the right support makes all the difference.

**Support That Works**

The FREE [**Living Well Stop Smoking Service**](https://mylivingwell.co.uk/smoking/)is here to help smokers across the Bradford district. It offers **personalised support** from expert advisors who will work with you to find the best ways to manage cravings and quit for good.

Support options include:

* **Free 12-week complete vaping kits** – available for anyone who wants to swap to stop.
* **Prescribed Nicotine Replacement Therapy (NRT)** – prescription charges may apply if you usually pay.
* **1:1 support** – with our expert quit smoking advisors

You can also access free tools and resources from [**NHS Better Health**](https://www.nhs.uk/better-health/quit-smoking/), including:

* The **NHS Quit Smoking app** [(Google Play)](https://play.google.com/store/apps/details?id=com.doh.smokefree&pcampaignid=web_share) or [(App Store)](https://apps.apple.com/gb/app/nhs-quit-smoking/id687298065)
* A personal quit plan
* Advice on quitting techniques

**It’s Never Too Late to Quit**

Even if you’ve tried before, give it another go. Join thousands of others this Stoptober and take the first step towards a smoke-free future.

**Let’s quit together. Let’s make this Stoptober count.**

**Call the Living Well Stop Smoking Service** on 01274 437700 or email [stopsmokingservice@bradford.gov.uk](mailto:stopsmokingservice@bradford.gov.uk) or visit [www.mylivingwell.co.uk/smoking](http://www.mylivingwell.co.uk/smoking)