A pink text with rays of light

Description automatically generated**Stoptober 25:** Living Well social media planner for Bradford district

Please tag **@MyLivingWell1**

**Hashtags:** #Stoptober #QuitForGood #BreakTheHabit #QuitSmokingToday #BreatheEasy #QuitSmokingNow #QuitSmoking #StopSmoking #SmokeFreeLife #Vape #VapeLife #KickTheHabit #QuittingSmoking #HealthierChoices #BreakTheAddiction #StopSmokingNow #NicotineFree #HealthyLiving #NonSmoker

|  |  |
| --- | --- |
| **Pre-Stoptober Launch (from September 17)** | |
| **Twitter** | |
| 📢 Ready to quit this #Stoptober?  🚭 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/>  @MyLivingWell1 | |
| **Facebook** | |
| 📢 Are you ready to quit this #Stoptober?  🚭 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. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| 📢 Are you ready to quit this #Stoptober?  🚭 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. Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Animated Image:** Pre Stoptober 2025 1.mp4 **or Static Image:** Team Polaroids.jpg | |
| **Alt Text:**  A polaroid photo of a male Living Well stop smoking advisor in a clinic holding a CO2 monitor. Underneath the polaroid is text: Get free expert support from the Living Well Stop Smoking Service. The polaroid is stuck to a blue background with the Stoptober logo above left and the NHS logo above right. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Ready for #Stoptober?  🚭 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 Service. 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Ready for #Stoptober?  🚭 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 Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Ready for #Stoptober?  🚭 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 Service. Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Animated Image:** Pre Stoptober 2025 2.mp4 **or Static Image:** Ready when you are.jpg | |
| **Alt Text:**  A photograph of a mixed group of people smiling and chatting. The Stoptober logo is above left and the NHS logo above right. Across the image in white capital letters: READY WHEN YOU ARE! Underneath are yellow blocks with black text: Join millions of people who have quit with Stoptober. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| 🚭 Quitting is easier with support – We’ve got your back!  The Living Well Stop Smoking Service is FREE for people in #Bradford district.  You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Quitting smoking is easier with support – We’ve got your back!  Get help from your local Living Well Stop Smoking Service. It’s FREE for people in #Bradford district.  You CAN quit – We CAN help! FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Quitting smoking is easier with support – We’ve got your back!  Get help from your local Living Well Stop Smoking Service. It’s FREE for people in #Bradford district.  You CAN quit! We CAN help! FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** We’ve got your back.jpg | |
| **Alt Text:**  The Stoptober logo is above left and the NHS logo above right. On a blue background there are white capital letters: WE’VE GOT YOUR BACK! At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| #Stoptober is your time to shine!  🚭 Quit 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 Service. 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Ready to quit smoking? This #Stoptober is your time to shine!  🚭 Quit 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 Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | Static Image: Time to shine.jpg |
| **Instagram** | |
| Ready to quit smoking? This #Stoptober is your time to shine!  🚭 Quit 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! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Time to shine.jpg | |
| **Alt Text:**  The Stoptober logo is above left and the NHS logo above right. On a blue background there are white capital letters: TIME TO SHINE! Underneath in white text it says: Let’s quit smoking together. On the right is a photo of a woman looking happy. To the left of the photo are blue blocks with white text: Join millions of people who have quit smoking with Stoptober. Across the bottom of the image is a pink block with the Living Well logo and text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **N.B. Weekly milestones can be found at the end of this table** | |
|  | |
| **Stoptober – 1 October onwards** | |
| **Twitter** | |
| ⏱️ #Stoptober starts today! You’re doing the best thing for your health by quitting.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| ⏱️ #Stoptober starts today! You’re doing the best thing you can for your health by quitting.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  You don't need to do it alone. Contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| ⏱️ #Stoptober starts today! You’re doing the best thing you can for your health by quitting.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  You don't need to do it alone. Contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Animated Image:** Stoptober 2025 1.mp4 **or Static Image:** Stopping starts today.jpg | |
| **Alt Text:**  A photograph of a man in overalls smiling. The Stoptober logo is above left and the NHS logo above right. Across the image in white capital letters: STOPPING STARTS TODAY! Underneath are yellow blocks with black text: Make it to 28 days smoke free and you’re 5 times more likely to quit for good. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| ⏱️ Stopping starts today! Let’s quit smoking together.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| ⏱️ Stopping starts today! Let’s quit smoking together.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| ⏱️ Stopping starts today! Let’s quit smoking together.  🚭 Quit for 28 days & you’re 5x more likely to quit for good!  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Stopping starts today 2.jpg | |
| **Alt Text:**  A photograph of two men outdoors. The Stoptober logo is above left and the NHS logo above right. Across the image in white capital letters: LET’S QUIT SMOKING TOGETHER Underneath are pink blocks with white text: Make it to 28 days smoke free and you’re 5 times more likely to quit for good. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| 🚭 Quit smoking and you will have more energy to do the thigs you love! (And you will save money too!)  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| 🚭 Quit smoking and you will have more energy to do the thigs you love! (And you will save money too!)  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| 🚭 Quit smoking and you will have more energy to do the thigs you love! (And you will save money too!)  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Best thing ever did.jpg | |
| **Alt Text:**  A photograph of a woman smiling and looking out of her front door. The Stoptober logo is above left and the NHS logo above right. Across the image in white capital letters: IT’S THE BEST THING I EVER DID. Underneath are yellow blocks with black text: I’ve got so much more energy since I quit. Stick with it! Across the bottom of the image is a pink block with the Living Well logo and text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| You've done the hard bit now you get to see the benefits! After 72 hrs pulse, breathing, & energy levels should be returning to normal & sense of smell/taste improving.  You CAN quit! We CAN help! FREE Living Well Stop Smoking Service <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| You've done the hard bit, and now you get to see the benefits! After 72 hours your pulse, breathing, and energy levels should be returning to normal, with your senses of taste and smell also improving.  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| You've done the hard bit, and now you get to see the benefits! After 72 hours your pulse, breathing, and energy levels should be returning to normal, with your senses of taste and smell also improving.  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** 3 days - Milestone.jpg | |
| **Alt Text:**  A photograph of a man outside with his head slightly tilted back breathing in. The Stoptober logo is above left and the NHS logo above right. To the left of the image in white capital letters: 3 DAYS DONE? NICE ONE. Underneath are teal blocks with white text on top: After 72 hours you’ll have more energy and breathing will be easier. Across the bottom of the image is the Living Well logo and text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Tag some friends or family below to let them know you're quitting smoking for #Stoptober  You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service. Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Tag some friends or family below to let them know you're quitting smoking for #Stoptober  You CAN quit! We CAN help!  🚭 Get FREE support from Living Well Stop Smoking Services. Call: 01274 437700 Visit: <https://mylivingwell.co.uk/smoking/support-to-quit/>  @MyLivingWell1 | |
| **Instagram** | |
| Tag some friends or family below to let them know you're quitting smoking for #Stoptober  You CAN quit! We CAN help!  🚭 Get FREE support from Living Well Stop Smoking Services. Call: 01274 437700 or visit:  mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Make a promise.jpg | |
| **Alt Text:**  The Stoptober logo is above left and the NHS logo above right. On a blue background there are white capital letters: MAKE A PROMISE. Underneath is a teal background with yellow blocks with text: Tag friends or family here to let them know you’re quitting – then you’re committed! Across the bottom of the image is the Living Well logo and text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Get rid of any tobacco products you have lying around to avoid temptation. Keep going - you’re doing great!  We’re here for you every step of the way. You CAN quit! We CAN help! FREE Living Well Stop Smoking Service. 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| There are SO many great reasons to quit this Stoptober and the FREE Living Well Stop Smoking Service is here for you every step of the way. Get rid of any tobacco products you have lying around to avoid temptation. Keep going - you’re doing great! You CAN quit! We CAN help! Get in touch with the FREE Living Well Stop Smoking Service Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| There are SO many great reasons to quit this Stoptober and the FREE Living Well Stop Smoking Service is here for you every step of the way. Get rid of any tobacco products you have lying around to avoid temptation. Keep going - you’re doing great! You CAN quit! We CAN help! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Ditch the cigs.jpg | |
| **Alt Text:**  The Stoptober logo is above left and the NHS logo above right. On a blue background there are white capital letters: OUT OF SIGHT, OUT OF MIND. Underneath are yellow blocks with black text: Throw away any tobacco products you have lying around, to avoid temptation. Across the bottom of the image is the Living Well logo and text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Mohammed from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He now feels better physically and mentally and he’s also sleeping really well too! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Mohammed from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He says he now feels better physically and mentally and is also sleeping really well too! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Mohammed from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He says he now feels better physically and mentally and is also sleeping really well too! You CAN quit! We CAN help! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Testimonies 1.jpg | |
| **Alt Text:**  A polaroid photo of Mohammed sitting in a chair looking into the camera. Underneath the polaroid text: Mohammed, Bradford. The polaroid is stuck to a blue background with the Stoptober logo above left and the NHS logo above right. To the side of the polaroid is a ripped sheet of paper with text: Since quitting I feel better physically and mentally and I’m sleeping really well too” At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Experiencing withdrawal symptoms from quitting? There are free tools, medications & therapies that can help. Download the NHS Quit Smoking app or contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Experiencing withdrawal symptoms from quitting smoking? There are lots of free tools, medications and therapies that can help. Download the NHS Quit Smoking app or contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Experiencing withdrawal symptoms from quitting smoking? There are lots of free tools, medications and therapies that can help. Download the NHS Quit Smoking app or contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** With you at every step.jpg | |
| **Alt Text:**  On a blue background there are white capital letters: WITH YOU AT EVERY STEP with the Stoptober logo above left and the NHS logo above right. Below this on a lighter blue background are white blocks to the left with black text: Download the free NHS Quit Smoking app to track your progress and savings. To the right of this is an image of a mobile phone displaying one of the app screens. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Have you quit for Stoptober? It’s never too late to make a start! Quit today & start to feel the benefits in just 72hrs! You CAN quit! We CAN help! Contact the FREE Living Well Stop Smoking Service: 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Have you quit for Stoptober? It’s never too late to make a start! Join millions of other people who have quit smoking with #Stoptober. Quit today and start to feel the benefits in just 72hrs! Contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Have you quit for Stoptober? It’s never too late to make a start! Join millions of other people who have quit smoking with #Stoptober. Quit today and start to feel the benefits in just 72hrs! Contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Animated Image:** Stoptober 2025 2.mp4 **or Static Image:** Polaroid – We stopped - Teal.jpg | |
| **Alt Text:**  A polaroid photo of two young girls smiling into the camera. Underneath the polaroid text: We stopped smoking with Stoptober. The polaroid is stuck to a teal background with the Stoptober logo above left and the NHS logo above right. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Quitting is hard - we get it. It can really help to chat with others who are also quitting. Join the Facebook group: NHS Smokefree. Contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Quitting is hard - we get it. It can really help to chat with others who are also quitting. Join the Facebook group: NHS Smokefree. Contact the Living Well Stop Smoking Service for FREE support. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Quitting is hard - we get it. It can really help to chat with others who are also quitting. Join the Facebook group: NHS Smokefree. Contact the Living Well Stop Smoking Service for FREE support. You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Off your chest.jpg | |
| **Alt Text:**  On a light blue background there are white capital letters: GET IT OFF YOUR CHEST with the Stoptober logo above left and the NHS logo above right. Below on a darker blue background are white blocks with black text: It can really help to chat. Reach out to other quitters with the NHS Smokefree Facebook group. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Shafiq from Keighley quit smoking with the FREE Living Well Stop Smoking Service. He’s taking part in activities and not getting out of breath now and has more money in his pocket! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Shafiq from Keighley quit smoking with the FREE Living Well Stop Smoking Service. He’s taking part in activities and not getting out of breath now and has more money in his pocket! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Shafiq from Keighley quit smoking with the FREE Living Well Stop Smoking Service. He’s taking part in activities and not getting out of breath now and has more money in his pocket! You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Testimonies\_2.jpg | |
| **Alt Text:**  A polaroid photo of Shafiq sitting in a chair looking into the camera. Underneath the polaroid text: Shafiq, Keighley. The polaroid is stuck to a blue background with the Stoptober logo above left and the NHS logo above right. To the side of the polaroid is a ripped sheet of paper with text: “Since I quit I’m taking part in activities without getting out of breath and I’ve got more money in my pocket” At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Sean from Shipley quit smoking with the FREE Living Well Stop Smoking Service. He says he felt like his advisor Mehzar was with him every step of his quit journey! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Sean from Shipley quit smoking with the FREE Living Well Stop Smoking Service. He says he felt like his advisor Mehzar was with him every step of his quit journey! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Sean from Shipley quit smoking with the FREE Living Well Stop Smoking Service. He says he felt like his advisor Mehzar was with him every step of his quit journey! You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Testimonies\_3.jpg | |
| **Alt Text:**  A polaroid photo of Sean in his car. Underneath the polaroid text: Sean, Shipley. The polaroid is stuck to a teal background with the Stoptober logo above left and the NHS logo above right. To the side of the polaroid is a ripped sheet of paper with text: “Sean says he felt as though Mehzar (his stop smoking advisor) was with him every step of his quit journey!” At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Peter from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He says he’s breathing better & his partner is cuddling him more because he doesn’t smell of cigarettes! You CAN quit! We CAN help! Call 01274 437700 visit <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Peter from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He says he’s breathing better and his partner is cuddling him more because he doesn’t smell of cigarettes! You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Peter from Bradford quit smoking with the FREE Living Well Stop Smoking Service. He says he’s breathing better and his partner is cuddling him more because he doesn’t smell of cigarettes! You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Testimonies\_4.jpg | |
| **Alt Text:**  A light blue background with the Stoptober logo above left and the NHS logo above right. Underneath is a ripped sheet of paper with text: “I’m breathing better and everyday tasks are easier again too. I no longer smell of cigarettes which has meant my partner now cuddles me again like she used to before I started smoking!” Peter, Bradford. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Weekly Milestones** | |
| **Twitter** | |
| You've officially been a non-smoker for a week now, congratulations! We’re so proud of you 🙌 Remember, if you need our support, reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| You've officially been a non-smoker for a week now, congratulations! We’re so proud of you 🙌 Remember, if you need our support, reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| You've officially been a non-smoker for a week now, congratulations! We’re so proud of you 🙌 Remember, if you need our support, reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call: 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** Polaroid – I stopped - Blue.jpg |  |
| **Alt Text:**  A polaroid photo of a young man smiling and laughing into the camera. Underneath the polaroid text: I stopped smoking with Stoptober. The polaroid is stuck to a blue background with the Stoptober logo above left and the NHS logo above right. At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a pink background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| 95% of ex-smokers see positive changes just 2wks after quitting! Imagine how good it will be after 4! You’re incredible 🙌 If you need support, contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| 95% of ex-smokers see positive changes in their life as early as 2 weeks after quitting - so just imagine how good it would be after 4! Halfway there, you’re incredible 🙌 Remember, if you need our support, reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| 95% of ex-smokers see positive changes in their life as early as 2 weeks after quitting - so just imagine how good it would be after 4! Halfway there, you’re incredible 🙌 Remember, if you need our support, reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** 2 Weeks - Milestone.jpg | |
| **Alt Text:**  A photograph of a young woman sitting on the floor stretching reaching for her toes. The Stoptober logo above left and the NHS logo above right. To the left of the image in white capital letters the text: 2 WEEKS SMOKE FREE. Underneath to the right are yellow blocks with black text: Blood is pumping to your heart and muscles better now as your circulation has improved. Across the bottom of the image is a pink block with the Living Well logo and text: You CAN quit! We CAN help! Underneath on a teal background white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Don't quit quitting! Just one more week until you're five times more likely to quit for good 🎉 If you need some support reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help!  Call 01274 437700 or visit: <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
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| **Instagram** | |
| Don't quit quitting! Just one more week until you're five times more likely to quit for good 🎉 If you need some support reach out to the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help!  Call 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** 3 Weeks - Milestone.jpg | |
| **Alt Text:**  A photograph of two men outside laughing and shaking hands/pointing at each other. The Stoptober logo above left and the NHS logo above right. To the left of the image in white capital letters the text: 3 WEEKS IN. INCREDIBLE WORK. Underneath are yellow blocks with black text: Stick it out for another week to complete Stoptober. Across the bottom of the image is a pink block with the Living Well logo and text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |
| **Twitter** | |
| Congratulations! You’ve done the best thing you can for your health by quitting! After 28 days of being smoke free, you're 5 times more likely to now quit for good 🎉To stay on track: <https://www.nhs.uk/better-health/quit-smoking/staying-smoke-free/>  FREE Support: 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Facebook** | |
| Congratulations! You have done the best thing you can for your health by quitting smoking - and after 28 days of being smoke free, you're now 5 times more likely to quit for good 🎉 If you need support to stay on track visit: <https://www.nhs.uk/better-health/quit-smoking/staying-smoke-free/>  Or for more support contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! 01274 437700 <https://mylivingwell.co.uk/smoking/>  @MyLivingWell1 | |
| **Instagram** | |
| Congratulations! You have done the best thing you can for your health by quitting smoking - and after 28 days of being smoke free, you're now 5 times more likely to quit for good 🎉 If you need support to stay on track visit: <https://www.nhs.uk/better-health/quit-smoking/staying-smoke-free/>  Or for more support contact the FREE Living Well Stop Smoking Service. You CAN quit! We CAN help! 01274 437700 or visit: mylivingwell.co.uk/smoking  @MyLivingWell1 | |
| **Image name - Static Image:** 4 Weeks - Milestone.jpg | |
| **Alt Text:**  On a teal background there are white capital letters: YOU’VE ABSOLUTELY SMASHED IT with the Stoptober logo above left and the NHS logo above right. Below on a pink background are yellow blocks with black text: Congratulations on making it 28 days without smoking. Remember, we’re still here to help if you need us! At the bottom of the image is the Living Well logo with text: You CAN quit! We CAN help! Underneath on a teal background is white text: mylivingwell.co.uk/smoking | |