**Social Media Planner for Living Well Stop Smoking Campaign: 16 Feb – 16 March 2026**

**Below you will find:**

* A pink text with rays of light

  Description automatically generated[Messages to promote the campaign](#GeneralCampaignMessages), encouraging people to quit with the Living Well Stop Smoking Service
* [Messages to promote two local events](#LocalEvents) at shopping centres: 25 Feb (Keighley) and 27 Feb (Bradford)
* [Messages to promote quitting smoking during Ramadan](#RamadhanMessages) (17 Feb – 18 Mar)
* [Messages to National No Smoking Day](#NoSmokingDay) (11 Mar)

**Please tag @MyLivingWell1 on all platforms**

**All campaign images are available to download from:** [**https://mylivingwell.co.uk/resources/toolkits/**](https://mylivingwell.co.uk/resources/toolkits/)

If you have any issues or enquiries, or if you need the graphics to be sent via WeTransfer please email: [**communications@mylivingwell.co.uk**](mailto:communications@mylivingwell.co.uk)

**Messages to promote the campaign**

|  |  |  |
| --- | --- | --- |
| **Platform** | **Campaign Messages** | **Images** |
| **X (Twitter)** | 🚭 Quit smoking with @MyLivingWell1!  Even if you’ve tried to quit before, you’re 3x more likely to quit for good with this FREE service!  ✅ Move better🚶  ✅ Breathe more easily👃  ✅ Save money💷  Visit: <https://mylivingwell.co.uk/smoking/>  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a reflective vest  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Facebook** | 🚭 Quit smoking with @MyLivingWell1!  Even if you’ve tried to quit before, you’re 3 times more likely to quit for good with this FREE service!  ✅ Move better🚶  ✅ Breathe more easily👃  ✅ Save money💷  You CAN quit! We CAN help!  Visit: <https://mylivingwell.co.uk/smoking/>  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a vest holding a tablet  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Instagram** | 🚭 Quit smoking with @MyLivingWell1!  Even if you’ve tried to quit before, you’re 3 times more likely to quit for good with this FREE service!  ✅ Move better🚶  ✅ Breathe more easily👃  ✅ Save money💷  You CAN quit! We CAN help!  Visit: mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a vest holding a tablet  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a male delivery driver wearing a yellow hi-vis vest smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 Ready to quit smoking for good?  With @MyLivingWell1 you’re 3 times more likely to succeed, and it’s completely FREE!  ✨ Move better  ✨ Breathe easier  ✨ Save money  Start today 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | Image 2 (Static or animated) |
| **Facebook** | 🚭 Ready to quit smoking for good?  With @MyLivingWell1 you’re 3 times more likely to succeed, and it’s completely FREE!  ✨ Move better  ✨ Breathe easier  ✨ Save money  Start today 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person standing in front of a window  AI-generated content may be incorrect.  Image 2 (Static or animated) |
| **Instagram** | 🚭 Ready to quit smoking for good?  With @MyLivingWell1 you’re 3 times more likely to succeed, and it’s completely FREE!  ✨ Move better  ✨ Breathe easier  ✨ Save money  Start today 👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person standing in front of a window  AI-generated content may be incorrect.  Image 2 (Static or animated) |
| **Alt Text:** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman in front of a shop window smiling. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭Tried quitting before?  You’re not alone & this time you CAN do it!  With FREE 1‑to‑1 support from @MyLivingWell1 you’re 3 times more likely to quit for good  💚 Feel healthier  💚 Reduce stress  💚 Save money  Get started https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person wearing a safety vest and helmet  AI-generated content may be incorrect.  Image 3 (Static or animated) |
| **Facebook** | Tried quitting before?  You’re not alone and this time you CAN do it! With FREE 1‑to‑1 support from @MyLivingWell1 you’re three times more likely to quit for good.  💚 Feel healthier 💚 Reduce stress 💚 Keep more money in your pocket  Take the first step: https://mylivingwell.co.uk/smoking/ 📞 01274 437700 #YouCanQuitWeCanHelp | A person wearing a safety vest and a hard hat  AI-generated content may be incorrect.  Image 3 (Static or animated) |
| **Instagram** | Tried quitting before?  You’re not alone and this time you CAN do it! With FREE 1‑to‑1 support from @MyLivingWell1 you’re three times more likely to quit for good.  💚 Feel healthier 💚 Reduce stress 💚 Keep more money in your pocket  Take the first step: mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person wearing a safety vest and a hard hat  AI-generated content may be incorrect.  Image 3 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a male factory worker wearing a yellow hi-vis vest and a yellow hard hat smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | This is your sign to QUIT smoking! 🚭  @MyLivingWell1 offers FREE expert support, proven to make you 3x more likely to quit for good.  ✔ Move better  ✔ Breathe easier  ✔ Save money  Let’s do this 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling at camera  AI-generated content may be incorrect.  Image 4 (Static or animated) |
| **Facebook** | This is your sign to QUIT smoking! 🚭  @MyLivingWell1 offers FREE expert support, proven to make you 3 times more likely to quit for good.  ✔ Move better  ✔ Breathe easier  ✔ Save money  Let’s do this 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling at the camera  AI-generated content may be incorrect.  Image 4 (Static or animated) |
| **Instagram** | This is your sign to QUIT smoking! 🚭  @MyLivingWell1 offers FREE expert support, proven to make you 3 times more likely to quit for good.  ✔ Move better  ✔ Breathe easier  ✔ Save money  Let’s do this 👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling at the camera  AI-generated content may be incorrect.  Image 4 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman standing in the doorway of her house smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Thinking about quitting smoking?  Get free support from @MyLivingWell1 and you’re 3 times more likely to quit for good.  🌟 More energy  🌟 Better breathing  🌟 More £££ in your wallet  Get support today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a beard and mustache  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **Facebook** | Thinking about quitting smoking?  Get free support from @MyLivingWell1 and you’re 3 times more likely to quit for good.  🌟 More energy  🌟 Better breathing  🌟 More £££ in your wallet  Get support today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling with text overlay  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **Instagram** | Thinking about quitting smoking?  Get free support from @MyLivingWell1 and you’re 3 times more likely to quit for good.  🌟 More energy  🌟 Better breathing  🌟 More £££ in your wallet  Get support today: 👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling with text overlay  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man outdoors smiling. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Ready to be a quitter?  Quit smoking with FREE help from @MyLivingWell1!  You’re 3 times more likely to stop smoking for good 🚭  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | Image 6 (Static or animated) |
| **Facebook** | Ready to be a quitter?  Quit smoking with FREE help from @MyLivingWell1!  You’re 3 times more likely to quit for good 🚭  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a backpack  AI-generated content may be incorrect.  Image 6 (Static or animated) |
| **Instagram** | Ready to be a quitter?  Quit smoking with FREE help from @MyLivingWell1!  You’re 3 times more likely to quit for good 🚭  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person with a backpack  AI-generated content may be incorrect.  Image 6 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young woman outdoors carrying a rucksack looking over her shoulder, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Want to feel healthier, breathe easier and boost your energy?  Quit smoking with FREE support from @MyLivingWell1 and you are three times more likely to succeed 🚭  👉 Start now: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smoking a cigarette  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Facebook** | Want to feel healthier, breathe easier and boost your energy?  Quit smoking with FREE support from @MyLivingWell1 and you are three times more likely to succeed 🚭  👉 Start now: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person sitting on a couch  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Instagram** | Want to feel healthier, breathe easier and boost your energy?  Quit smoking with FREE support from @MyLivingWell1 and you are three times more likely to succeed 🚭  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person sitting on a couch  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows an older man indoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 Imagine what you could do with the money you spend on cigarettes each week…  💷 Watch your savings grow! 🌱  📈 And your health improve! 💚  Quit smoking with FREE support from @MyLivingWell1  Start today 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person holding a bag  AI-generated content may be incorrect.  Image 8 (Static or animated) |
| **Facebook** | 🚭 Imagine what you could do with the money you spend on cigarettes each week…  💷 Watch your savings grow! 🌱  📈 And your health improve! 💚  Quit smoking with FREE support from @MyLivingWell1  Start today 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person holding a bag  AI-generated content may be incorrect.  Image 8 (Static or animated) |
| **Instagram** | 🚭 Imagine what you could do with the money you spend on cigarettes each week…  💷 Watch your savings grow! 🌱  📈 And your health improve! 💚  Quit smoking with FREE support from @MyLivingWell1  👉 Start today mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person holding a bag  AI-generated content may be incorrect.  Image 8 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young woman carrying shopping bags walking through a town centre, looking over her shoulder, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 Quitting doesn’t have to be hard - not with FREE help from @MyLivingWell1!  You’re 3 times more likely to quit for good with expert support.  💨 Breathe easier  🏃 Move better  💷 Save £££  Start your journey today 👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person holding a computer and a book  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Facebook** | 🚭 Quitting doesn’t have to be hard - not with FREE help from @MyLivingWell1!  You’re 3 times more likely to quit for good with expert support.  💨 Breathe easier  🏃 Move better  💷 Save £££  Start your journey today 👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person holding a computer  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Instagram** | 🚭 Quitting doesn’t have to be hard - not with FREE help from @MyLivingWell1!  You’re 3 times more likely to quit for good with expert support.  💨 Breathe easier  🏃 Move better  💷 Save £££  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person holding a computer  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young man outdoors, carrying folders and a bag smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 😟 If quitting smoking feels overwhelming, we’re here to help.  @MyLivingWell1 offers free support proven to make you three times more likely to quit for good.  Small steps = BIG changes! 👣  👉Begin yours today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a black coat  AI-generated content may be incorrect.  Image 10 (Static or animated) |
| **Facebook** | 😟 If quitting smoking feels overwhelming, we’re here to help.  @MyLivingWell1 offers free support proven to make you three times more likely to quit for good.  Small steps = BIG changes! 👣  👉Begin yours today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a store  AI-generated content may be incorrect.  Image 10 (Static or animated) |
| **Instagram** | 😟 If quitting smoking feels overwhelming, we’re here to help.  @MyLivingWell1 offers free support proven to make you three times more likely to quit for good.  Small steps = BIG changes! 👣  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a store  AI-generated content may be incorrect.  Image 10 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman wearing glasses in a shop, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3 times more likely to quit smoking for good.  Let’s make today the day!  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a beard and mustache  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **Facebook** | 🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3 times more likely to quit smoking for good.  Let’s make today the day!  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a beard smiling  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **Instagram** | 🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3 times more likely to quit smoking for good.  Let’s make today the day!  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person with a beard smiling  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young man with a beard outdoors, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🤔Thinking about quitting smoking? You’re not alone.  Guess what - you don’t have to do it alone!  Get free friendly support from @MyLivingWell1 to help you quit for good.  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person and person with headsets  AI-generated content may be incorrect.  Image 12 (Static or animated) |
| **Facebook** | 🤔Thinking about quitting smoking? You’re not alone.  And guess what… You don’t have to do it alone either!  @MyLivingWell1 offers free, friendly support to help you quit for good.  ✨ Feel healthier  ✨ Breathe easier  ✨ Save money  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person wearing a headset and smiling  AI-generated content may be incorrect.  Image 12 (Static or animated) |
| **Instagram** | 🤔Thinking about quitting smoking? You’re not alone.  And guess what… You don’t have to do it alone either!  @MyLivingWell1 offers free, friendly support to help you quit for good.  ✨ Feel healthier  ✨ Breathe easier  ✨ Save money  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person wearing a headset and smiling  AI-generated content may be incorrect.  Image 12 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young woman wearing a headset in an office smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Smoking is expensive - quitting doesn’t have to be!  Get FREE support from @MyLivingWell1 and you’re 3 times more likely to quit for good!  💷 Save money  💚 Save your health  👉 Start here: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with curly hair and a blue shirt  AI-generated content may be incorrect.  Image 13 (Static or animated) |
| **Facebook** | Smoking is expensive - quitting doesn’t have to be!  Get FREE support from @MyLivingWell1 and you’re 3 times more likely to quit for good!  💷 Save money  💚 Save your health  👉 Start here: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling at the camera  AI-generated content may be incorrect.  Image 13 (Static or animated) |
| **Instagram** | Smoking is expensive - quitting doesn’t have to be!  Get FREE support from @MyLivingWell1 and you’re 3 times more likely to quit for good!  💷 Save money  💚 Save your health  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling at the camera  AI-generated content may be incorrect.  Image 13 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young man with a beard in a factory workplace, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 📢 Smokers in Bradford district!  Quit smoking with FREE local support from @MyLivingWell1 and boost your chances of success x3!  We’ve got your back 💚  👉 We’re here when you’re ready: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person wearing a scarf and a scarf  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **Facebook** | 📢 Smokers in Bradford district!  Quit smoking with FREE local support from @MyLivingWell1 and boost your chances of success x3!  We’ve got your back 💚  👉 We’re here when you’re ready: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person wearing a scarf and smiling  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **Instagram** | 📢 Smokers in Bradford district!  Quit smoking with FREE local support from @MyLivingWell1 and boost your chances of success x3!  We’ve got your back 💚  👉 We’re here when you’re ready: mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person wearing a scarf and smiling  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young woman wearing a headscarf outdoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Quitting smoking? You don’t have to do it alone!  @MyLivingWell1 offers free support, making you three times more likely to quit for good 🚭✨  Click here to get started 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a red shirt  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **Facebook** | Quitting smoking? You don’t have to do it alone!  @MyLivingWell1 offers free support, making you three times more likely to quit for good 🚭✨  Click here to get started 👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a red sweater  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **Instagram** | Quitting smoking? You don’t have to do it alone!  @MyLivingWell1 offers free support, making you three times more likely to quit for good 🚭✨  👉 Click here to get started: mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a red sweater  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man at home, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 😃 You will NEVER regret quitting smoking!  🚭 With FREE expert help from @MyLivingWell1 you’re 3 times more likely to quit for good!  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling and smoking  AI-generated content may be incorrect.  Image 16 (Static or animated) |
| **Facebook** | 😃 You will NEVER regret quitting smoking!  🚭 With FREE expert help from @MyLivingWell1 you’re 3 times more likely to quit for good!  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling at the camera  AI-generated content may be incorrect.  Image 16 (Static or animated) |
| **Instagram** | 😃 You will NEVER regret quitting smoking!  🚭 With FREE expert help from @MyLivingWell1 you’re 3 times more likely to quit for good!  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling at the camera  AI-generated content may be incorrect.  Image 16 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman outdoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Every quit attempt brings you closer to success and we’re ready to support you 💛  @MyLivingWell1 offers free, personalised help, proven to boost your chances of quitting for good 🚭  Start today👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with tattoos and arms crossed  AI-generated content may be incorrect.  Image 17 (Static or animated) |
| **Facebook** | Every quit attempt brings you closer to success and we’re ready to support you 💛  @MyLivingWell1 offers free, personalised help, proven to boost your chances of quitting for good 🚭  Start today👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with tattoos on his arms  AI-generated content may be incorrect.  Image 17 (Static or animated) |
| **Instagram** | Every quit attempt brings you closer to success and we’re ready to support you 💛  @MyLivingWell1 offers free, personalised help, proven to boost your chances of quitting for good 🚭  Start today 👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person with tattoos on his arms  AI-generated content may be incorrect.  Image 17 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man with lots of tattoos on his arms at work, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | You deserve to feel your best and quitting smoking can help you get there 💚 @MyLivingWell1 is available with free support, whenever you’re ready.  👉 Take that next step today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a cigarette in her hand  AI-generated content may be incorrect.  Image 18 (Static or animated) |
| **Facebook** | You deserve to feel your best and quitting smoking can help you get there 💚 @MyLivingWell1 is available with free support, whenever you’re ready.  👉 Take that next step today: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling for the camera  AI-generated content may be incorrect.  Image 18 (Static or animated) |
| **Instagram** | You deserve to feel your best and quitting smoking can help you get there 💚 @MyLivingWell1 is available with free support, whenever you’re ready.  👉 Take that next step today: mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling for the camera  AI-generated content may be incorrect.  Image 18 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman outdoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭Thinking about quitting smoking?  You could save hundreds, even thousands every year 💷  @MyLivingWell1 offers FREE support to help you quit for good!  👉 Start here: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person with a cigarette in his hand  AI-generated content may be incorrect.  Image 19 (Static or animated) |
| **Facebook** | 🚭Thinking about quitting smoking?  You could save hundreds, even thousands every year 💷  @MyLivingWell1 offers FREE support to help you quit for good!  👉 Start here: https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp | A person in a blue shirt  AI-generated content may be incorrect.  Image 19 (Static or animated) |
| **Instagram** | 🚭Thinking about quitting smoking?  You could save hundreds, even thousands every year 💷  @MyLivingWell1 offers FREE support to help you quit for good!  👉 Start here: mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a blue shirt  AI-generated content may be incorrect.  Image 19 (Static or animated) |
| **ALT Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man in a shop smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | You CAN quit smoking!  @MyLivingWell1 can help you every step of the way! With FREE tailored support you’re three times more likely to quit for good 🚭  👉 Ready when you are: https://mylivingwell.co.uk/smoking/ 📞 01274 437700  #YouCanQuitWeCanHelp | A person with a yellow cup  AI-generated content may be incorrect.  Image 20 (Static or animated) |
| **Facebook** | You CAN quit smoking!  @MyLivingWell1 can help you every step of the way! With FREE tailored support you’re three times more likely to quit for good 🚭  👉 Ready when you are: https://mylivingwell.co.uk/smoking/ 📞 01274 437700  #YouCanQuitWeCanHelp | A person smiling at the camera  AI-generated content may be incorrect.  Image 20 (Static or animated) |
| **Instagram** | You CAN quit smoking!  @MyLivingWell1 can help you every step of the way! With FREE tailored support you’re three times more likely to quit for good 🚭  👉 mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling at the camera  AI-generated content may be incorrect.  Image 20 (Static or animated) |
| **ALT Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman outdoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |

[Back to top](#Top)

**Messages to promote local events**

|  |  |  |
| --- | --- | --- |
| **Platform** | **Event Messages** | **Images** |
| **X (Twitter)** | 👋 Come and meet the @MyLivingWell1 Team!  🛍️ Airedale Shopping Centre #Keighley  🗓️ Weds 25 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @AiredaleSC  #YouCanQuitWeCanHelp | A yellow post it note pinned to a pink and blue background  AI-generated content may be incorrect.  Airedale Kly Event 25 Feb (Static) |
| **Facebook** | 👋 Come and meet the friendly @MyLivingWell1 Team!  🛍️ Airedale Shopping Centre #Keighley  🗓️ Weds 25 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @AiredaleShoppingCentre  #YouCanQuitWeCanHelp | A post it note with a red pin  AI-generated content may be incorrect.  Image Airedale Kly Event 25 Feb (Static) |
| **Instagram** | 👋 Come and meet the friendly @MyLivingWell1 Team!  🛍️ Airedale Shopping Centre #Keighley  🗓️ Weds 25 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @AiredaleShoppingCentre  #YouCanQuitWeCanHelp #Wellness, #Fitness, #Wellbeing, #HealthyLiving, #SelfCare #MyLivingWell2026 #HealthyLifestyle #GetHealthy #LiveWell #QuitSmoking #EatWell #LoseWeight #MoveMore #GetActive #Nutrition | A post it note with a red pin  AI-generated content may be incorrect.  Image Airedale Kly Event 25 Feb (Static) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side, and a picture underneath shows a post it note pinned to a pink background. The text on the post it note reads, ‘Wednesday 25 Feb 2026 11.30am-4pm. There are white blocks to the right of the image with black text on top, ‘Come and see us! Airedale Shopping Centre Keighley’ Below on a teal background in large yellow text ‘You CAN quit! We CAN help!’ There is a black band across the bottom that shows the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 👋 Come and meet the @MyLivingWell1 Team!  🛍️ Broadway Shopping Centre #Bradford  🗓️ Fri 27 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @TheBroadwayBradford  #YouCanQuitWeCanHelp | A yellow post it note pinned to a pink background  AI-generated content may be incorrect.  Image Broadway Bfd Event 27 Feb (Static) |
| **Facebook** | 👋 Come and meet the friendly @MyLivingWell1 Team!  🛍️ Broadway Shopping Centre #Bradford  🗓️ Fri 27 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @TheBroadwayBradford  #YouCanQuitWeCanHelp | A post it note with a red push pin  AI-generated content may be incorrect.  Image Broadway Bfd Event 27 Feb (Static) |
| **Instagram** | 👋 Come and meet the friendly @MyLivingWell1 Team!  🛍️ Broadway Shopping Centre #Bradford  🗓️ Fri 27 Feb  ⏲️ 11.30-4pm  Find out about all the FREE services that can help you improve your health.  Look out for the pink & blue gazebo!  @TheBroadwayBradford  #YouCanQuitWeCanHelp #Wellness, #Fitness, #Wellbeing, #HealthyLiving, #SelfCare #MyLivingWell2026 #HealthyLifestyle #GetHealthy #LiveWell #QuitSmoking #EatWell #LoseWeight #MoveMore #GetActive #Nutrition | A post it note with a red push pin  AI-generated content may be incorrect.  Image Broadway Bfd Event 27 Feb (Static) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side, and a picture underneath shows a post it note pinned to a teal background. The text on the post it note reads, ‘Friday 27 Feb 2026 11.30am-4pm. There are white blocks to the right of the image with black text on top, ‘Come and see us! Broadway Shopping Centre Bradford’ Below on a pink background in large yellow text ‘You CAN quit! We CAN help!’ There is a black band across the bottom that shows the web address mylivingwell.co.uk/smoking | |

[Back to top](#Top)

**Messages to promote during Ramadan**

|  |  |  |
| --- | --- | --- |
| **Platform** | **Event Messages** | **Images** |
| **X (Twitter)** | If you're a smoker, fasting for Ramadan🌙gives your body long breaks from nicotine that can be a helpful 1st step toward better health!  ✨ Feel healthier  ✨ Breathe easier  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan  @MyLivingWell1 | A person in a reflective vest  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Facebook** | Thinking about quitting smoking this Ramadan? 🌙  Fasting hours give your body long breaks from nicotine. Those breaks can be a helpful first step toward healthier breathing & more energy!  Quit for good with free support from @MyLivingWell1  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person in a vest holding a tablet  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Instagram** | Thinking about quitting smoking this Ramadan? 🌙  Fasting hours give your body long breaks from nicotine. Those breaks can be a helpful first step toward healthier breathing & more energy!  Quit for good with free support from @MyLivingWell1  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a vest holding a tablet  AI-generated content may be incorrect.  Image 1 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a male delivery driver wearing a yellow hi-vis vest smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Ramadan reshapes the day for many people. If you’re a smoker these changes can make it easier to quit! Get support from @MyLivingWell1 Stop Smoking Service  Set yourself a #RamadanChallenge  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person with a beard and mustache  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **Facebook** | Ramadan reshapes the day for many people. If you’re a smoker, these changes can make it easier to quit smoking! Why not set yourself a #RamadanChallenge 💛 🚭 Get free expert support from @MyLivingWell1 Stop Smoking Service.  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadanIf you’re a smoker… set yourself a #RamadanChallenge 💛 | A person smiling with text overlay  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **Instagram** | Ramadan reshapes the day for many people. If you’re a smoker, these changes can make it easier to quit smoking! Why not set yourself a #RamadanChallenge 💛 🚭 Get free expert support from @MyLivingWell1 Stop Smoking Service.  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling with text overlay  AI-generated content may be incorrect.  Image 5 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man outdoors smiling. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🌙 Ramadan is a great opportunity for self-reflection.  If you smoke, quitting is the BEST thing you can do for your health!  Quit with @MyLivingWell1  You’re 3x more likely to quit for good 🚭  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person wearing a scarf and a scarf  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **Facebook** | 🌙 Ramadan is a great opportunity for self‑reflection. If you smoke, quitting is the BEST thing you can do to improve your health!  Quit for FREE with @MyLivingWell1  You’re 3× more likely to quit for good with support 🚭  👉 https://mylivingwell.co.uk/smoking/ 📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person wearing a scarf and smiling  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **Instagram** | 🌙 Ramadan is a great opportunity for self‑reflection. If you smoke, quitting is the BEST thing you can do to improve your health!  Quit for FREE with @MyLivingWell1  You’re 3× more likely to quit for good with support 🚭  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person wearing a scarf and smiling  AI-generated content may be incorrect.  Image 14 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young woman wearing a headscarf outdoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Thinking about quitting smoking this Ramadan? 🌙  You don’t have to quit alone!  Quit for good with free support from @MyLivingWell1  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person smoking a cigarette  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Facebook** | If you’re thinking about quitting smoking this Ramadan 🌙 you’re not alone. And you don’t have to quit alone!  Get free support from @MyLivingWell1 and quit for good.  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person sitting on a couch  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Instagram** | If you’re thinking about quitting smoking this Ramadan 🌙 you’re not alone. And you don’t have to quit alone!  Get free support from @MyLivingWell1 and quit for good.  ✨ Feel healthier  ✨ Breathe easier  ✨ Save £££  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person sitting on a couch  AI-generated content may be incorrect.  Image 7 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows an older man indoors smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🌙 Ramadan is a great opportunity to reset your habits  🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3x more likely to quit for good.  Make today the day!  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person holding a computer and a book  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Facebook** | 🌙 Ramadan is a great opportunity to reset your habits.  🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3 times more likely to quit for good.  Make today the day!  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person holding a computer  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Instagram** | 🌙 Ramadan is a great opportunity to reset your habits  🚭 STOP SCROLLING. START QUITTING.  With FREE support from @MyLivingWell1, you’re 3 times more likely to quit for good.  Make today the day!  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person holding a computer  AI-generated content may be incorrect.  Image 9 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young man outdoors, carrying folders and a bag smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 Quit smoking this🌙 Ramadan  Get FREE support from @MyLivingWell1  What could you do with the money you save throughout the year?  💷Watch your savings grow 🌱  📈And your health improve 💚  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person with a beard and mustache  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **Facebook** | 🚭 Quit smoking this🌙 Ramadan  Get FREE support from @MyLivingWell1  Think what you could do with the money you save throughout the whole year!  💷Watch your savings grow! 🌱  📈And your health improve! 💚  👉https://mylivingwell.co.uk/smoking/  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person with a beard smiling  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **Instagram** | 🚭 Quit smoking this🌙 Ramadan  Get FREE support from @MyLivingWell1  Think what you could do with the money you save throughout the whole year!  💷 Watch your savings grow! 🌱  📈 And your health improve! 💚  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person with a beard smiling  AI-generated content may be incorrect.  Image 11 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a young man with a beard outdoors, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | Quitting smoking isn’t about willpower alone. It’s about timing, support & the right tools.🌙 Ramadan offers all 3!  With FREE support from @MyLivingWell1 you're 3x more likely to succeed 🚭  👉https://mylivingwell.co.uk/smoking/  📞01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person in a red shirt  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **Facebook** | Quitting smoking isn’t about willpower alone. It’s about:  ✅Timing  ✅Support  ✅The right tools  🌙 Ramadan offers all 3!  With FREE support from @MyLivingWell1 you're 3 times more likely to succeed 🚭  👉https://mylivingwell.co.uk/smoking/  📞01274 437700  #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | A person in a red sweater  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **Instagram** | Quitting smoking isn’t about willpower alone. It’s about:  ✅Timing  ✅Support  ✅The right tools  🌙 Ramadan offers all 3!  With FREE support from @MyLivingWell1 you're 3 times more likely to succeed 🚭  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a red sweater  AI-generated content may be incorrect.  Image 15 (Static or animated) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a man at home, smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a teal background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 STOP SCROLLING START QUITTING!  🌙 Ramadan is a perfect time to think about your health. If you smoke, quitting is the BEST way to improve your health  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  @MyLivingWell1  #YouCanQuitWeCanHelp #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | Image 21 (Static or animated) |
| **Facebook** | 🚭 STOP SCROLLING START QUITTING!  🌙 Ramadan is the perfect time to think about your health. If you're a smoker, quitting is the BEST way to improve your health & wellbeing.  Get FREE support from @MyLivingWell1  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  @MyLivingWell1  #YouCanQuitWeCanHelp #YouCanQuitWeCanHelp #Ramadan #SmokeFreeRamadan | Image 21 (Static or animated) |
| **Instagram** | 🚭 STOP SCROLLING START QUITTING!  🌙 Ramadan is the perfect time to think about your health. If you're a smoker, quitting is the BEST way to improve your health & wellbeing.  Get FREE support from @MyLivingWell1  👉 mylivingwell.co.uk/smoking  📞 01274 437700  #YouCanQuitWeCanHelp #Ramadan2026 #RamadanMubarak #RamadanKareem #RamadanChallenge  #SmokeFreeRamadan #BradfordHealth #YouCanQuitWeCanHelp #QuitSmoking #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | Image 21 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side and a picture underneath shows a woman wearing a hijab facing away from the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a pink background in large yellow text, ‘You CAN quit! We CAN help!’ There is a black band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |

[Back to top](#Top)

**Messages to promote National No Smoking Day**

|  |  |  |
| --- | --- | --- |
| **Platform** | **Event Messages** | **Images** |
| **X (Twitter)** | 🚭Thinking about quitting?  🗓️National No Smoking Day 11 March is the perfect date to quit!  Get FREE support with @MyLivingWell1 and you’re 3 times more likely to quit for good!  👉 https://mylivingwell.co.uk/smoking/  📞 01274 437700  #NSD2026 #NoSmokingDay #TodayIsTheDay #YouCanQuitWeCanHelp | A person in a reflective vest  AI-generated content may be incorrect.  No Smoking Day\_1 (Static) |
| **Facebook** | 🚭 Thinking about quitting smoking? 🗓️ National No Smoking Day on 11 March is the perfect time to make the change!  Quit with FREE support from @MyLivingWell1 and you’re 3 times more likely to quit for good! 💪✨  Start your quit journey today: 👉 https://mylivingwell.co.uk/smoking/ 📞 01274 437700  Let’s make this the year you choose a healthier, smoke‑free future. You CAN quit - and we CAN help!  #NSD2026 #NoSmokingDay #TodayIsTheDay #YouCanQuitWeCanHelp | A person in a yellow vest standing in the back of a van  AI-generated content may be incorrect.  No Smoking Day\_1 (Static) |
| **Instagram** | 🚭 Thinking about quitting smoking? 🗓️ National No Smoking Day on 11 March is the perfect time to make the change!  Quit with FREE support from @MyLivingWell1 and you’re 3 times more likely to quit for good! 💪✨  Start your quit journey today: 👉 mylivingwell.co.uk/smoking 📞 01274 437700  You CAN quit — and we CAN help! #NSD2026 #NoSmokingDay #TodayIsTheDay #YouCanQuitWeCanHelp #QuitSmoking #LivingWellBradford #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person in a yellow vest standing in the back of a van  AI-generated content may be incorrect.  No Smoking Day\_1 (Static) |
| **Alt Text** | At the top there is white text on a pink background, ‘Ready to quit smoking?’ The Living Well logo is to the side, and a picture underneath shows a delivery man smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a black background in white text, ‘National No Smoking Day!’ Below that on a teal background in large white text, ’11 March 2026’. Underneath on a pink background, yellow text ‘You CAN quit! We CAN help!’ There is a teal band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |
| **X (Twitter)** | 🚭 Quit smoking for FREE with @MyLivingWell1 this National No Smoking Day: 11 March!  You’re 3 times more likely to quit for good with expert support 💪  👉https://mylivingwell.co.uk/smoking/ 📞 01274 437700  #NSD2026 #NoSmokingDay #TodayIsTheDay #YouCanQuitWeCanHelp | A person standing in front of a door  AI-generated content may be incorrect.  No Smoking Day\_2 (Static) |
| **Facebook** | 🚭 National No Smoking Day is coming up on 11 March, the perfect moment to quit for good!  Quit smoking for FREE with support from @MyLivingWell1. With expert advice, nicotine replacement options and ongoing encouragement, you’re three times more likely to quit successfully than going it alone 💪  Start your quit journey today: 👉 https://mylivingwell.co.uk/smoking/ 📞 01274 437700  You CAN quit - and we CAN help! #YouCanQuitWeCanHelp #NoSmokingDay #NSD2026 #StopSmoking #LivingWellBradford | A person smiling at camera  AI-generated content may be incorrect.  No Smoking Day\_2 (Static) |
| **Instagram** | 🚭 National No Smoking Day • 11 March Ready to breathe easier, feel better and quit for good?  Quit smoking FOR FREE with support from @MyLivingWell1 💙 With expert advice, nicotine replacement options and ongoing encouragement, you’re three times more likely to quit successfully than going it alone 💪  Start your journey: 👉 mylivingwell.co.uk/smoking 📞 01274 437700  You CAN quit — and we CAN help! #NSD2026 #NoSmokingDay #TodayIsTheDay #YouCanQuitWeCanHelp #QuitSmoking #LivingWellBradford #StopSmoking #NoSmoking #TobaccoFree #SmokeFree #BreatheBetter #HealthAwareness #VapeCommunity #HealthyLiving #LongTermGoals #BreakFree #TimetoQuit #YouCanDoIt #MyQuitJourney #smokeFreeLifestyle #SmokeFreeLife #SmokeFreeZone #GoSmokeFree #StaySmokeFree #YorkshireSmokeFree #BradfordSmokeFree #Vapestagram | A person smiling at camera  AI-generated content may be incorrect.  No Smoking Day\_2 (Static or animated) |
| **Alt Text** | At the top there is white text on a teal background, ‘Ready to quit smoking?’ The Living Well logo is to the side, and a picture underneath shows a woman standing in the doorway of her house smiling into the camera. There are yellow blocks to the right of the image with black text on top, ‘It’s the best thing I ever did!’ Underneath on a black background in white text, ‘National No Smoking Day!’ Below that on a pink background in large white text, ’11 March 2026’. Underneath on a teal background, yellow text ‘You CAN quit! We CAN help!’ There is a pink band across the bottom of the image that show the web address mylivingwell.co.uk/smoking | |

[Back to top](#Top)