

WHEN **YOU'RE** READY, GIVE US A CALL.

Everyone has a different reason for wanting to quit smoking. Whatever your motivation, you don't have to go it alone.

In Kent, people just like you are becoming ex-smokers, with a little help from One You Kent.

Read on for the eX-files!

THE FINAL STRAW

34-year-old Orla McGaley from Gravesend decided that enough was enough when she lost not only both her parents to smoking-related diseases, but also a close friend the same age as her who died of a heart attack two years ago.

Orla joined a Quit Club at her workplace: "The group was great – we all supported each other and got through the difficult times together. Natalie was there to give us lots of tips and advice on beating the cravings. I've now been smoke free for a year and a half"

The eX-File
Natasha from Canterbury
Smoked for: 10 years
Smokefree for: 4 months



THE NEW MUM

New mum Natasha Page, 25, from Hales Place in Canterbury said: "I'd been thinking about quitting smoking, especially now I've got Oscar, who's six months old. So I thought, well, it's now or never! I saw an adviser once a week and I quit smoking in week three. I've got my certificate and I'm sticking to it this time."

The eX-File
Orla from Gravesend
Smoked for: 20 years
Smokefree for: 18 months



THE 90 A DAY MAN!

The only thing that Roy Bevan will be burning this year is rubber, after the 49-year-old from Margate quit the smoking habit and bought himself a motorbike! Roy met a stop smoking adviser by chance while waiting for an outpatients appointment at the Queen Elizabeth the Queen Mother hospital in Margate. A 90-a-day man, Roy was anxious about trying to quit, but with help and support from adviser Cathy he's now smokefree and feeling great. Roy says: "I can honestly say if I hadn't met Cathy that day I'd still be a smoker. I'd never have done it without her help."

The eX-File
Roy from Margate
Smoked: 90 a day
Smokefree for: 6 months



Did you know that around three quarters of smokers want to quit? If you're one of them, we can help. More than 60,000 people have been helped by us in the last five years.

Not in the mood for a lecture?

We know how you feel. Our advisers are here to help and support you, every step of the way. No lectures! Just straightforward, sensible help and support.

Don't want to quit straight away?

You don't have to – our team can give you all the support you need to make a personal quit plan that you can stick to.

Maybe you would prefer to cut down first and see how that goes?

No problem! We have services available across Kent that can help you to cut down first before you quit.

Using e-cigs or thinking about it?

If you're using e-cigs but you also smoke tobacco we can help you to break free of both the habit and the addiction. Talk to us.

Paying for patches and gum?

We can provide you with nicotine replacement therapy and other/prescription only medication for the cost of a prescription charge. If you don't pay prescription charges, it's completely free.

Need help with anything else?

Our team can also give you advice and support to lose weight, get more active, cut down on alcohol or just feel better about life!

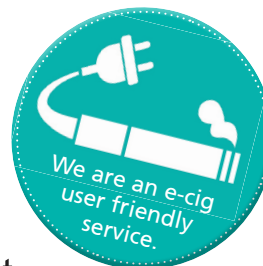
You're up to **FOUR TIMES** more likely to quit with support. We have friendly advisers across Kent who can help you to stop smoking, whatever your reason.

FREE Quit Clubs
FREE one-to-one support
FREE telephone advice
FREE online support
FREE patches and gum*

READY?

Call 0300 123 1220
Text QUIT to 87023
Twitter @KentQuit
oneyou.kent@nhs.net
www.oneyoukent.org.uk

*prescription charges may apply



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READY TO QUIT SMOKING?



ONEYOU KENT