

January Campaign Briefing Note

#YourStopCouldBeNext



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Ready to quit smoking for good?

Stop For Life, Devon's free Stop Smoking Service is here to help you achieve your smokefree journey in 2025.

The friendly team of expert coaches guide you through a personalised 12-week programme of behaviour change coaching, practical tools and NRT support. They'll make quitting easier and more achievable than ever.

Don't wait—take the first step towards a healthier, smokefree future today.

Quitting smoking is one of the best decisions you can make for your health and well-being. Here are some of the top benefits:

- **Improved Health:** Your body starts to heal almost immediately. Within 20 minutes, your heart rate and blood pressure drop, and after just 72 hours, your breathing becomes easier. Long-term, you'll reduce the risk of heart disease, stroke, and lung cancer.
- **Better Breathing:** Your lung capacity improves, making it easier to stay active and enjoy daily activities.
- **More Energy:** With better circulation and oxygen levels, you'll feel more energetic and less fatigued.
- **Enhanced Senses:** Your sense of taste and smell return, letting you fully enjoy your favourite foods.
- **Healthier Skin:** Stopping smoking improves blood flow, giving your skin a more radiant, youthful appearance.
- **Financial Savings:** Cutting out cigarettes saves you hundreds or even thousands of pounds a year.
- **Protecting Loved Ones:** Quitting reduces second-hand smoke exposure, creating a healthier environment for family and friends.

Everyday smoke-free is a step towards a longer, healthier life!

Start your smokefree journey today:

- <https://stopforlifedevon.org/get-started/>
- 0800 122 3866
- For general queries: info@stopforlifedevon.org
- For referrals: stopforlife.devon@nhs.net