

# Stop smoking with Quit Well Newham

**Free** support to help you quit smoking and Newham Council staff



Did you know that you're four times more likely to quit with support from Quit Well Newham. We provide 12 weeks of expert advice and support together with nicotine replacement therapy like patches and gums for pregnant women and partners who smoke.

**Quit Well Newham is a free service available to all residents aged 12+ and people who work in Newham Council.**



## **The health risks of smoking for pregnant women and baby**

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. It can be difficult to stop smoking, but it's never too late to quit.

Every cigarette you smoke contains over 4,000 chemicals, many of which are dangerous, so smoking when you are pregnant harms your unborn baby. Cigarettes can restrict the essential oxygen supply to your baby. As a result, their heart must beat harder every time you smoke.'

## **How can we help you to quit?**

Good things happen when you stop smoking.

We offer culturally sensitive advice and support to help people quit smoking and shisha. We support smokeless tobacco users who wish to quit chewing betel nut and tobacco like sada or zarda. Stopping chewing tobacco and betel nut improves your oral and overall health. We provide confidential support and advice to women who smoke or chew tobacco and they can request to be seen by female advisors.

We offer weekly telephone and face-to-face support. Our advisors are here to help you on your quit journey.

Quit Well Newham also offers support for people looking to quit nicotine vaping. This is available for anyone aged 12 and above.

## **The benefits of quitting**

- After 20 minutes: your pulse rate returns to normal.
- After 24 hours: carbon monoxide will be cleared from your body. Lungs start to clear mucus and other smoking debris.
- 2-12 weeks: your breathing will improve; you'll be less out of breath.
- 1 year: your risk of heart attack is cut by half.
- 10 years: your risk of heart attack falls to the same as someone who has never smoked.

## **Contact us**

Get in touch with Quit Well Newham  
**Monday to Friday 8:30am - 5:30pm.**

Call: **0207 882 8230**

Text and WhatsApp: **0747 408 2330**

For more information on your nearest drop-in session, visit:

**[newham.org.uk/advice/stop-smoking](http://newham.org.uk/advice/stop-smoking)**.

## **Community pharmacies across Newham:**

You can access up to 12 weeks of quit smoking support from your local community pharmacy. Treatments are free if you are entitled to free prescriptions, otherwise you will need to pay a prescription charge. To find your nearest pharmacy, visit **[wellnewham.org.uk/advice/stop-smoking](http://wellnewham.org.uk/advice/stop-smoking)**