

Your recipe for quitting smoking this Stoptober

Did you know by quitting smoking for 28 days you are five times more likely to quit for good. Stoptober could be the start of your journey.



STOP TOBER

It is never too late to give up smoking. As soon as you quit, you will notice immediate benefits to your health.

Here is Newham resident Barry Graham's recipe to quitting smoking:

1. "Stop smoking throughout October"
2. "Quit altogether with help and support"
3. "Drink plenty of water"
4. "Eat and drink healthily"
5. "Do some sort of exercise each day"

Find your recipe for quitting smoking this Stoptober!

For a **free** vape starter kit and more information on Quit Well Newham visit wellnewham.org.uk/ **Stoptober**

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newham.gov.uk

Earn rewards and quit smoking with BetterPoints

BetterPoints Newham is encouraging smokers to quit and get fit to improve their health.

Residents can earn up to £50 in BetterPoints by joining Quit Well Newham, and extra points whilst getting active too. BetterPoints can be spent on shopping vouchers or donated to charities.

Download the BetterPoints app from the Apple or Play Store.

Scan the QR code using your smartphone to sign up and begin collecting rewards.



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