



**Are you thinking of quitting smoking? Research has shown that if you manage to quit for 28 days, you're 5 times more likely to quit for good.**

This year's Stoptober begins on 1 October 2018, and there's never been a better time to stop smoking:

- Success rates are the highest ever
- Cigarette packs are losing their appeal since the introduction of standardized packaging
- Vaporizers, which lots of people find helpful for quitting, are now more tightly regulated than ever before to assure their safety and quality

There's a lot of support available, so speak to us at **Kickstart**, your local Stop Smoking Service to find out where you can get local help and support.

- Free phone **0800 085 8818**
- Email us at [info@kickstartcheshire.co.uk](mailto:info@kickstartcheshire.co.uk)
- Visit our website at [www.kickstartcheshire.co.uk](http://www.kickstartcheshire.co.uk)
- You can also access the Stoptober app and support through Facebook messenger.
- Find out more about these on the [Stoptober website](#)

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit. You'll start seeing the benefits immediately, not just for your health but also your finances.

Everyone's quitting journey is different, but you won't be alone. Nearly a million people have taken part since Stoptober began five years ago.

To join thousands of others for the biggest stop smoking challenge of its kind, visit the [Stoptober website](#) and find the right support for you.

If you're interested in leading a healthier lifestyle, complete the "**How are You**" quiz today by visiting [www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org) and we'll contact you about a range of free, local programmes to help with losing weight, becoming more active, eating better and reducing your alcohol intake.

Good luck!!