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Surrey smokers quitting for free

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Ex-smoker Councillor Mark Nuti, Cabinet Member for Health and Wellbeing, and Public Health, visited the One You Surrey stop smoking service to find out how we're supporting smokers to quit.

Around 12% of adults in Surrey smoke, and from personal experience Mark knows that it can be tough to give up smoking. When he visited Stop Smoking Advisors Lottie and Tutua from the One You Surrey Stop Smoking Service, he found that there is lots of support available to help people in Surrey make this life-changing choice.

One You Surrey offer a free quitting service, to help residents make the first step towards a healthier and smoke-free life. With access to free quitting aids, including e-cigarettes, nicotine replacement patches and gum, as well as encouragement and support to guide smokers through their quitting journey, One You Surrey are there every step of the way. One You Surrey offer a personalised service, including 1:1 sessions and online support. Whether this is someone's first shot at quitting smoking, or whether they feel like they've tried it all, the advisors at One You Surrey are here to find what works. Smokers who quit with the help of a stop smoking service are 4 times more likely to quit for good, as Mark found.

Mark told us: "*The benefits of quitting smoking make this challenging journey well worth it!" After just 72 hours, you will already be able to breathe better and will have more energy. Your sense of taste and smell will improve, and quitting can boost your mood and help you to feel less stressed. And you could save close to £2000 a year, enough for a holiday or towards a new car.*"

Smoking Cessation Lead Tutua shared: "*Last year we were able to support over 1500 people in Surrey to successfully quit smoking. I love seeing the benefits our clients gain through their time with us, from the positive financial impact of quitting right through to people being able to run around with their children or grandchildren without getting out of breath as easily.*"

To find out how One You Surrey can support you, or someone you know, in your smoke-free journey, visit **https://oneyousurrey.org.uk/programmes/stop-smoking/**. It's well worth it!

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