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Today is World No Smoking Day – Surrey steps up

31 May 2025



Surrey unveils inspiring stop smoking stories: boosts free support and offers exclusive app access

This Saturday 31st May is World No Smoking Day and Surrey County Council is stepping up its mission to help residents quit smoking with the launch of a compelling new series of video case studies, a significant funding boost, and free access to the popular Smoke Free App.

The video case studies, produced in partnership with One You Surrey, feature Tara and Tobias who have successfully quit smoking. These powerful testimonials aim to inspire others to take the first step toward a healthier, smoke-free life. Watch the videos below:

This initiative is backed by new government funding, part of a national drive to create a Smokefree Generation. The additional resources will allow residents to have even more choice when finding the right free, personalised support to quit smoking.

One You Surrey is the healthy lifestyle service for Surrey residents including a comprehensive stop smoking programme, which includes FREE:

One-to-one support with trained mentors
Nicotine replacement therapies and e-cigarettes delivered to your door
The choice of telephone or face-to-face weekly appointments. See where your nearest location is via: How can I quit smoking? | Healthy Surrey
New Digital Support: Free Access to the Smoke Free App

Surrey residents can now access six months of free premium features on the highly rated Smoke Free App, offering residents 24/7 support to help you when your cravings hit. Plus, you will receive up to 12 weeks supply of free first choice stop smoking aids, including patches, chewing gum, e-cigarettes and more. The app offers:

Daily missions and motivational messages
Progress tracking (money saved, health improvements)
Craving management tools
Access to expert advice and community support
To activate your free subscription, visit: smoke free app

Whether it’s your first time trying to quit, or you’ve tried before, it’s never too late to ditch the cigarettes.

Mark Nuti, Surrey County Council Cabinet Member for Health & Wellbeing and Public Health said: “As an ex-smoker, I know it’s not easy to quit on your own, so I am proud that Surrey County Council is offering even more tools to help people quit smoking. With inspiring local stories, expert support, and now a free app, there’s never been a better time to go smoke-free.”

To start your journey, visit oneyousurrey.org.uk.

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