

We are quitting with Quit Well Newham

Free support to help you quit smoking.



Did you know that you're 4 times more likely to quit with support from Quit Well Newham? We provide expert advice and support, together with nicotine replacement therapy (NRT) like patches and gums. We also provide regulated vapes to stop smoking.

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

In the UK, 100,000 people die from smoking each year, with many more developing smoking-related illnesses.

Smoking increases your risk of developing more than 50 health conditions. Some may be fatal and others can cause long-term damage to your health.

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 there to help you on your quit journey.

Quit Well Newham also offer 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 the 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: 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: **www.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 **www.wellnewham.org.uk/advice/stop-smoking**