

Newham No Smoking Day



East London
NHS Foundation Trust

Don't Give Up on Giving Up!

Patients Feedback

"I feel like I can do anything now that I have given up smoking"

"I am saving money and it is stopping arguments with my daughter"

"I can breathe again and it's great"

"My mum hates me smoking in the house and really supportive of my quitting"

For specialist support on smoking cessation please contact the ELFT smoking cessation team on:
elft.stopsmoking@nhs.net

