

NEW HOPE SERVICES

SUPPORTING THE CAMPAIGN TO HELP SMOKERS QUIT

"It's just a bad habit that I'll finish with someday"

"I've been smoking for 30 years but I feel fine"

"Life's a bit stressful now, I'll try to quit when things have calmed down a bit"

"I only smoke a couple of fags a day, there's no harm in that"

"it helps calm my nerves"

"I only smoke when I'm out with my mates"

"I just haven't got any willpower"

"I've been smoking most of my life, I'm too old to stop now"

DON'T
BLOW
YOUR
LIFE
AWAY

What's your excuse?

Yes, we've heard it all before. Just light up and forget the consequences for now, that's what most smokers do.

As nurses and healthcare workers, sadly we see firsthand the horrendous consequences of smoking. We see up close those smoking related illnesses that blight lives and the tragedy of lives cut far too short. It is truly heartbreaking to see the effects on a person's health that smoking can have and the devastation it causes to their families.

Even if you've been smoking for many years, it's never too late to increase your life span and to improve the quality of your life in later years. It really is worth the effort, take it from us.

There has never been more support available to help you quit, so don't delay, stop smoking today. If you think you can't quit then think again. Get the support you need right now. Don't forget, you can always make an appointment with your GP and just ask for help!

New Hope Services website contains useful links to help you stop smoking:

www.new-hope-services.co.uk/quit-smoking-help

New Hope Services Ltd, *New Hope for Healthcare Recruitment*

www.new-hope-services.co.uk; Tel: 0113 228 2800