



Let's quit smoking together this Stoptober

Stoptober is back, and we're calling on the 4.4 million people in England who still smoke to join millions of others who have quit successfully with the campaign. Smoking remains the biggest cause of preventable illness and death, and quitting is one of the best things you can do for your health. The good news is that if you stop smoking for 28 days, you're five times more likely to quit for good.

Quitting smoking doesn't just improve your own health and wellbeing: when you quit, your family wins too. Whether it's being there for loved ones, protecting them from second-hand smoke or simply having more money to spend on the things that matter, stopping smoking can have a positive impact on those around you.

You don't have to do it alone. **Getting the right support can make quitting easier**, and the Kirklees Wellness Service is here to help you every step of the way.

Ready to give quitting a go this Stoptober? Visit [Wellbeing | Healthy Living | Kirklees Wellness Service](#) to find out more and make a referral today.

Your nearest local drop-in session is:

Shepley Library
Monday 3pm - 4.45pm
Elmwood Surgery
Tuesday 10am - 12pm
Slaithwaite Health Centre
Wednesday 3.30pm - 6pm