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## 'Stoptober' Campaign 2019 - Helping Smokers Quit!

### To: All Branches

Dear Colleagues,

As October is approaching we are reminding Branches of the national 'Stoptober Campaign' promoted by Public Health England.

Giving up smoking is not easy, but the benefits are huge:

- Save Money - You'll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month!
- Boost your health - No matter how long you've smoked for, quitting can help improve your health straight away.
- Quit for your family - You're more likely to live longer and have more energy for quality time with your children, family and friends.

If you don't smoke, why not try and support and reassure someone who does, remind them of the benefits of giving up.

If you need support to stop smoking there is lots of guidance on the 'Stoptober' Website at: [www.nhs.uk/OneYou/Stoptober](http://www.nhs.uk/OneYou/Stoptober) and the RMG 'Feeling First Class' Website at: [www.feelingfirstclass.co.uk](http://www.feelingfirstclass.co.uk). The guidance includes advice on how to suppress the triggers that make you want to smoke and handle cravings.

For more information on wellbeing why not take a look at the 'Feeling First Class' Website at; [www.feelingfirstclass.co.uk](http://www.feelingfirstclass.co.uk) (Use the code FFC1 to sign up). The CWU Health Safety and Environment Department are encouraging RMG employee CWU members to 'Sign-Up' as a "FFC" Website member in order to utilise all the on-line Health Tools and utilise the full benefits available.

There are also lots of ideas for ways to support giving up smoking on the Stoptober web page. Visit the following Link: <https://campaignresources.phe.gov.uk/resources/campaigns/6-stoptober/resources>

Yours sincerely



**Dave Joyce**  
**National Health, Safety & Environment Officer**

**QUITTING SMOKING IS EASIER  
WITH THE RIGHT SUPPORT**

**Search Stoptober** for a free Personal Quit Plan.

**STOP TOBER**

BECAUSE THERE'S ONLY  
**ONE YOU**