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More support is out there than ever for Cambridgeshire smokers who want to kick the habit for Stoptober.

Cambridgeshire County Council is supporting this year's Stoptober campaign from Public Health England which returns for an eighth year on October 1.

Stoptober is the biggest mass quit attempt in the country and is based on research that shows that if you can stop smoking for 28 days, you are five times more likely to quit for good.

The national campaign engages smokers to quit as part of a 28 day challenge and promotes the use of the county's local Stop Smoking Services CamQUIT alongside the use of nicotine replacement therapy/medicines available through an NHS prescription.

This year, smokers can get help to find the right stop smoking support for them with a free online '**Personal Quit Plan**'. The online plan asks a number of questions and provides smokers with a suggested support programme based on their level of tobacco dependency and what quitting support they have used previously. Support plans usually include regular one to one appointments with a trained specialist and medications, such as nicotine replacement therapy to meet the level of nicotine addiction.

Success rate of Cambridgeshire's stop smoking services have steadily increased in recent years with a 47 per cent success rate in 2013 rising to 55 per cent in 2017 and 59 per cent in 2018.

Val Thomas, Consultant in Public Health at Cambridgeshire County Council, said: "Smoking is the biggest cause of preventable deaths in England so by quitting, you will dramatically reduce your risk of [coronary heart disease](http://tracking.vuelio.co.uk/tracking/click?d=MDRd5SEOC8cjmPcEpvASEadHhLEOsSQVYpyCYcU7ukQynovDikgYwxlvu-tTiKvKUiUSFqGGBTV1thK2GFWePAiIVHhsKdnB0aoJEvEVrg4YHPInCDq9bIkHMXqfMUODt0WpqXBxE-geka8qGc8-e4kvWsHaMXBzn_pZuuTBwE3-5pLST-RlpVA4nY8BbEAYw2) (http://tracking.vuelio.co.uk/tracking/click?d=MDRd5SEOC8cjmPcEpvASEadHhLEOsSQVYpyCYcU7ukQynovDikgYwxlvu-tTiKvKUiUSFqGGBTV1thK2GFWePAiIVHhsKdnB0aoJEvEVrg4YHPInCDq9bIkHMXqfMUODt0WpqXBxE-geka8qGc8-e4kvWsHaMXBzn_pZuuTBwE3-5pLST-RlpVA4nY8BbEAYw2), [stroke](http://tracking.vuelio.co.uk/tracking/click?d=nv71E0UgIk4nhOd5NtsVwQgUR5Jb3m-HYJTSSRBa_0vtFARqeOMPpEWz4XNAzg_WCY4d39yf-wZEmzvHxQoaOaHllqpMVdsON4fj8j7lnHkl_nPrzBbELyo_SfhQrsg_aJ9z7AR6c3ChrkeDGOJrqpDrQ-n7p2hGTc_aixMOP0) (http://tracking.vuelio.co.uk/tracking/click?d=nv71E0UgIk4nhOd5NtsVwQgUR5Jb3m-HYJTSSRBa_0vtFARqeOMPpEWz4XNAzg_WCY4d39yf-wZEmzvHxQoaOaHllqpMVdsON4fj8j7lnHkl_nPrzBbELyo_SfhQrsg_aJ9z7AR6c3ChrkeDGOJrqpDrQ-n7p2hGTc_aixMOP0) and a variety of cancers. You will feel better – plus you will have more money to spend on other things that you enjoy. We know that stopping smoking with support increases a smokers chances of success. Our stop smoking services are based with GP practices, Community Pharmacies and the CAMQUIT Community based clinics. They offer specialist advice, support and encouragement to help people stop smoking for good."

To find out more, call CAMQUIT on 0800 018 4304 or visit www.camquit.nhs.uk (http://tracking.vuelio.co.uk/tracking/click?d=ekCl2HZwPK77oZbridiTeNxpFmP_L3ftJZ9M5v_xzpMmuDCkb2TQ3ENrcGWTs34J2VdSnNRWzIGYoYZqcaZkV_q76vBjN21bYm-xWdNNHArHrJx9Rd5PyeQpTW7syrrPWw2) or Cambridgeshire County Council's Public Health website

www.cambridgeshire.gov.uk/be-well/your-health-and-wellbeing/stop-smoking/ (http://tracking.vuelio.co.uk/tracking/click?d=uWYwUYFDNPeODB9RdPO3ZKcF3Y_tAHLIGq5FxNdqJVhlp3buvuk3u0iolxU_hpANNP8gBvmVbqLzATCoZ6SmLqvQKCEXisxiY2Fn9u-D4huJnzas54HngK1J7b1T_vVK_qYrLRkRS5zQ02VJCAwwwlBtzJVACCRMtirsSo4Blu4dD4qcBr_polU7i6vdfCDdxA2)

To use the **Personal Quit Plan** and to find out about the range of free and proven support available to help you start your quitting journey, visit <https://www.nhs.uk/oneyou/be-healthier/quit-smoking/stoptober>

(<http://tracking.vuelio.co.uk/tracking/click?d=-Zz2UwNGsV-RCTGKR82ed3Rd4CY823u0COqXf0IYhey68bthF0iSKFPyNnPGcQ8hvBLLVzfHHGUhu0U3uJLOkgp3fW5d-JkAe-ILW8wtvMICJyyaVQMkAoYqf-NbHkT1Swl4R6kvzrHhZWT9T2w7nbfPQdv3lxx6lyXyv-HSYs6d0>)



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