

Stop smoking for good this Stoptober

Stopping smoking is one of the best things you'll ever do for your health and it's never too late to quit.

The Council's Livewell service is encouraging patients to join the Stoptober challenge which encourages people to quit smoking for the month of October and beyond. Research shows that if you can quit for 28-days, you are five times more likely to stay smoke free for good. Additionally, using a specialist service like Livewell increases your chances of success by three times compared to relying on willpower alone.

The official Stoptober challenge begins on Wednesday 1 October and people can choose to start their quit up until the end of October as part of the campaign.

However, smokers can quit any time with the help of Livewell, who offer 12 months of free support and stop smoking treatments to Derby residents.

To sign up and book a phone appointment to get started, go to the [Livewell website](#), call 01332 641254 or email livewell@derby.gov.uk