



### A Salisbury mum is delighted with saving so much money since stopping smoking

Violet Richards a part-time housekeeper successfully stopped smoking with support from Pam her local stop smoking advisor at her surgery. She says she stopped with the NHS Stop Smoking Service because she knew she needed support, advice and encouragement to get her through as well as the help from family and friends. Violet said "I have saved so much money; I do not use ATMs like I used to before. I was getting £10 from the cash machine every day but I have started putting money into a savings account and can now enjoy the occasional day out with my friends." She has definitely noticed the financial benefit of stopping smoking and is feeling wealthier as well as healthier.

# Number ONE Money Saving Tip

## What are you waiting for ... Christmas 2012?

**It's a fact that as well as being extremely damaging to your health, smoking is also extremely damaging to your pocket! Quit smoking and you could typically save yourself £42.91\* after ONE week and £185.94\* after ONE month.**

**\*based on a 20 a day cigarette habit**

However the costs of smoking aren't just about the money spent on buying cigarettes or tobacco. There are hidden costs too, such as the hefty additional charges on many financial products. It is smokers who take the hit on this and there's a very simple reason why.

Smoking impacts upon any product such as insurance where the process depends on the likelihood of illness or death. So products which pay out on death or illness are a lot more expensive for smokers as a huge whack is added!

Stopping smoking provides significant benefits, as the risk from most smoking related illnesses decreases after quitting. Within weeks a smokers' circulation and lung capacity can be improved once they have become smokefree.

Kay Selman, Public Health Specialist at NHS Wiltshire said; *"Stopping smoking improves both your health and your bank balance and with Christmas bills to pay off it's the ideal time to make a positive change. Smokers are much more likely to stop smoking with the support of the NHS Stop Smoking Services and we encourage anyone who is trying to stop their smoking habit for good to get in touch. People aren't always successful the first time and most people take several attempts before they finally crack it. We welcome all those wanting to stop and are here to help you on the road to success."*

NHS Wiltshire Stop Smoking Service offers free support and advice for any smoker wanting to stop. Stop smoking medication is available on prescription and is free for those who do not pay prescription charges. The service provides support in over 100 venues across Wiltshire including GP surgeries, pharmacies and walk-in clinics.

**Further details can be found at: [www.wiltshire.nhs.uk](http://www.wiltshire.nhs.uk)**



### A Melksham couple are less concerned about winter fuel bills this year

Stephen and Julie Farrell both stopped smoking in February 2011 using Champix, a prescribed stop smoking medication and with support from their stop smoking advisor Esther at a walk-in clinic in Devizes.

With more money in their pocket from stopping a habit costing £25 a week, they are now able to enjoy a healthier diet because they can afford to buy more fruit and vegetables from the market.

Julie who is registered as Stephen's full time carer said, "I am still concerned about the winter fuel bill, but not half as much as last year when we were both still smoking". She describes her stopping as a real miracle as she had never imagined she could do it and said, "If I can do it anyone can as I have absolutely no will power of my own. I know I couldn't have done it without the support from the advisor, the other smokers at the clinic and the medication."

**Wiltshire NHS Stop Smoking Service**

**Call 01380 733 891 or text Quit to 07800 00 11 46 or email [NHSstopsmoking@wiltshire.nhs.uk](mailto:NHSstopsmoking@wiltshire.nhs.uk)**

