

Making Every Contact Count

Select each of the links to find out more about each of these topics...

Change4life



NHS Choices



Stop Smoking

There's a free local NHS Stop Smoking Service near you. Studies show that you're four times more likely to quit with NHS help. Developed by experts and ex-smokers and delivered by professionals, your local NHS Stop Smoking Service provides expert advice, support and encouragement to help you stop smoking for good. It offers free one-to-one support along with stop smoking medicines, which are available for the cost of a prescription.

Drink aware



Five Ways to Wellbeing

Click on each coloured tab to begin setting activities or click the ? to find out more information.

Connect	?
Be Active	?
Take Notice	?
Keep Learning	?