

ACTION UPDATE 10 Live Smoke Free!

Groundswell's Research on Smoking

- 85% of homeless people smoke tobacco.
- Half want to stop smoking!
- Many homeless services aren't taking smoking seriously. More than half of homeless people don't have help to quit in their services.

Find out more:

<http://groundswell.org.uk/room-to-breathe/>



Key facts on Stopping Smoking

- 1 year smoking 20 a day costs about £3000.
- Tobacco is the biggest preventable cause of death in the UK.
- Medication can reduce your cravings. You're 4 times more likely to quit with the FREE support from a stop smoking expert.
- There are more than 15 million ex-smokers in the UK—you can be one of them!
- For help call **0300 123 1044** or check out:

<http://www.nhs.uk/smokefree>



Groundswell Homeless Health Peer Advocacy

Do you need help getting to health appointments? Groundswell Peer Advocates supported people to 2328 health appointments last year. Ask a key worker to refer you or get in touch with us yourself:

Phone: **03000 039 600**

Email: **HHPA@groundswell.org.uk**

Website: www.groundswell.org.uk

20 minutes after your last cigarette, your blood pressure goes almost completely back to normal

Carbon monoxide in your blood has completely left your system

Your lungs start to heal

Your cancer risks are cut in half

12-24 HOURS

24 HOURS

2 WEEKS

5 YEARS

10 YEARS

Your chance of a heart attack decreases

Your risk of heart disease is that of a non-smoker

Courtesy of: Massachusetts Tobacco Cessation & Prevention Program



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Trust for London
Tackling poverty and inequality

ACTION UPDATE!

Live Smoke Free!

Stopping smoking is a big change in life but you're more likely to succeed if you plan ahead and make use of the best help out there. This plan can help you to think through how you can live smoke free!

Why do I want to stop Smoking?

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The NHS Stop Smoking service can help.
Call 0300 123 1044 for advice.
What did they recommend for me?

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Using treatments recommended by a doctor increases your chance of success.
Which treatments am I going to use?

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"I've found Vaping really good. It replaces the craving and made quitting fags really easy. I'd recommend it 100%."

What could replace the habit?
Exercise? Soft drinks? Vaping?

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What might make me start again?
People? Places? Activities?

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"If you quit you will notice you can taste food better."

"Put the money you save aside for a reward!"

Setting a date to stop will really help.
I will quit smoking on:

.....

Congratulations you've just made the biggest change you could to improve your health and save a load of money!!!!

"If your planning to stop wash your clothes first so that the smell doesn't trigger you to smoke."



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