



# Health and Wellbeing Stop Smoking Service



Here at the Health and Wellbeing Centre we offer stop smoking appointments to support you in your journey to quit!

## Here is what you need to know:



It is a 12-week programme



Funded by the Yorkshire Smokefree service. After 4 weeks you will receive a £10 Barnsley voucher. Complete all 12, you will receive a further £25.

## What to expect in your first appointment:

We will have a discussion around why you want to quit and set your quit date. We will add you to our system and start the process of your quitting journey.

Once you have decided on your quit date we will start your appointments from that date. That is your quit date – this means no more cigarettes.

You will receive your very own progress book where you can write down your aims and goals from quitting, monitor your progress and see how much you are saving.

  
Yorkshire  
Smokefree Service



**Call us on:** 01226 216 233  
**email:** [hwbc@barnsley.ac.uk](mailto:hwbc@barnsley.ac.uk)  
to book your appointment!