



Living Well North Tyneside

Supporting Health and Wellbeing

Encouraging a Smoke-Free Future

Every year, **National No Smoking Day** serves as a powerful opportunity to highlight the dangers of smoking and encourage people to take the first step toward quitting. This year, on **12 March 2025**, the campaign continues its mission to help smokers break free from addiction, improve their health, and protect their loved ones from the harms of smoking and second-hand smoke.

Quitting smoking is one of the best decisions a person can make for their health—but it can also be one of the hardest. That's why No Smoking Day provides motivation, resources, and support to help as many people as possible quit for good.

Why Quit Smoking?

Smoking is the leading cause of preventable illness and death in the UK. It is directly linked to lung disease, heart disease, cancer, stroke, and many other life-threatening conditions. However, quitting smoking at any stage of life can bring immediate and long-term benefits.

Health Benefits of Quitting Smoking

The positive effects of quitting start within minutes and continue for years:

- After 20 minutes** – Heart rate and blood pressure drop.
- After 24 hours** – Carbon monoxide is cleared from the body.
- After 48 hours** – Sense of taste and smell improve.
- After 2-12 weeks** – Circulation and lung function improve, making breathing easier.
- After 1 year** – The risk of heart disease is halved compared to a smoker.
- After 10 years** – The risk of lung cancer is halved compared to a smoker.
- After 15 years** – The risk of heart disease is similar to that of a non-smoker.

In addition to improving physical health, quitting smoking also has positive effects on mental wellbeing. Many people feel a sense of accomplishment, reduced anxiety, and increased energy levels after quitting.

The Financial Cost of Smoking

Aside from health, smoking also has a huge financial impact. With the average price of a pack of **20 cigarettes** at nearly **£15** in the UK, smoking a pack a day could cost around **£5,400 per year**. Quitting could mean more money for travel, hobbies, family activities, or savings.

For those who smoke roll-ups, the costs still add up—cutting out tobacco expenses can free up a significant portion of household budgets.

How to Get Involved

1. Encourage a Smoker to Quit

If you have a friend, family member, or colleague who smokes, offering support can make a huge difference.

- **Remind them of the benefits**—better health, more money, and improved quality of life.
- **Help them find resources**, such as NHS Quit Smoking Services or support groups.
- **Be patient and positive**—quitting can take multiple attempts, and encouragement is key.

2. Organise a No Smoking Event

Communities, workplaces, and schools can raise awareness by organising events such as:

- **Information stalls** with leaflets and resources on quitting smoking.

- **Guest speakers** who have successfully quit and can share their stories.
- **Stop-smoking clinics** where people can access support and advice.

3. Raise Awareness on Social Media

Social media plays a big role in spreading the message. You can:

- **Share facts** about the dangers of smoking and the benefits of quitting.
- Use the hashtag **#NoSmokingDay** to reach more people.
- **Post success stories** to inspire others to take the first step.

Support and Resources to Quit Smoking

Quitting smoking is easier with the right support. There are many free tools available:

National Support Services

NHS Quit Smoking Services – Offers free personalised plans, stop smoking aids, and expert advice. Visit: www.nhs.uk/better-health/quit-smoking

British Heart Foundation – Provides guidance on how quitting can improve heart health. Visit: www.bhf.org.uk

Smokefree National Helpline – Call **0300 123 1044** for expert quitting advice.

Local Support in North Tyneside

North Tyneside Stop Smoking Service – Provides face-to-face and online support to help people quit. Find out more through local GP surgeries and pharmacies.

Make 2025 the Year You Quit

Quitting smoking is one of the best things you can do for your health, your finances, and your future. Whether you're ready to quit or supporting someone else, National No Smoking Day 2025 is a great opportunity to take the first step toward a healthier, smoke-free life.

You don't have to do it alone—help is available. Make today the day you commit to quitting for good!

Related Links

- [NHS Quit Smoking Services](#)
- [British Heart Foundation](#)
- [North Tyneside Stop Smoking Service](#)

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