

My name is Jo, I'm a full time mum, I'm 32 and I'm trying to give up smoking.

My biggest motivation to quit is obviously health reasons and family, my children don't like me smoking, my husband doesn't like me smoking.

My son Dylan has been the biggest motivation of all, seeing his little face asking me to "please give up mummy", it's enough to make anybody want to stop.

I've tried to quit on numerous occasions, I've had inhalators and patches and I always ended up relapsing and this time I'm trying tablet form called Champix.

For me they have worked really, really well – they have stopped the urge for me wanting to go out and have a cigarette.

I've been using my local NHS services. It's nice to go down to the local centre and speak to somebody about what you are going through – they are really friendly, they are ex-smokers most of them themselves anyway, so they know all the things to help you on your way.

I think it will have a positive impact on how I tackle anything in life now, knowing that I can do this, which I think is the hardest thing I have ever had to do.

If I can beat smoking then I can take on anything.