

Speaker key

N	Narrator
Q	Successful Quitter
GP	Local GP
LSSS	Local NHS Stop Smoking Advisor
HL	NHS Smoking Helpline Advisor

SUPPORT IN YOUR OWN HOME FROM THE TOGETHER PROGRAMME

- Q One day, I saw my son with a pen, just a crayon in his mouth, role-playing me smoking, and he made me realise that I couldn't do that any more.
- Q And I was just surfing, as you do, on the net and came across the Together Programme, so I read it and signed up for it, and it provides information about how to stop smoking. It's very encouraging. It gives you the facts around it, but also tips on the practicalities of helping you to stop.
- Q The Together Programme is a facility whereby a trained adviser will contact the person a few days before we decide to stop smoking on the stop smoking day and maybe a few days after it. We can also offer an email facility and text messaging to offer support.
- Q They send you regular information. You can have it through the post and by email, so I signed up for both because at that point it was, well, I'll have anything, you know, that you're throwing at me for nothing because it's free. You know, you don't have to go anywhere, it doesn't cost you anything. It was very supportive and it didn't feel that you were alone then. Emotionally, it helped me tremendously to stay stopped.
- Q It fit wonderfully in my lifestyle. I started using some of the money that I was saving from cigarettes to go exercise classes, whereas I would avoid them at all costs before, because I'd be the cougher in the back. Now, I'm the one strutting it at the front.
- Q With the children, you know, I can go out now and run in the park with them. I play football with them out on the bikes with them and without worrying about whether I can physically do it.
- N To join the Together Programme call the NHS Smoking Helpline now on 0800 169 0 169 or visit gosmokefree.co.uk.