

Stop smoking (and save money!) For Christmas

You're four times more likely to succeed with help from one of our friendly coaches. Call free phone **0800 122 3780**



Barry quits smoking after 60 years saving £2,400 a year!

Barry (aged 75) used to spend £200 a month on cigarettes. Quitting smoking was on his bucket list when he turned 75. After smoking for 60 years Barry's health was suffering, he would find himself coughing and wheezing and regularly being out of breath. His declining health and financial situation were the turning point he needed to seek help and take the courage to quit.

Barry first came across the Healthy Lifestyles Service whilst having a smoke and saw our sign about a free heart check. Whilst his heart was ok, he'd been wanting to stop smoking for some time and had tried many times in the past but found it extremely difficult. Seeing our sign prompted him to speak to one of our coaches, make an appointment and start his journey to becoming smokefree.

> "I feel better for it and financially too – you only get one life and you have to make the most of it".

Barry shared with his coach the motivation behind wanting to kick his habit of 60 years:

"I wanted to be healthier and I was going to bed of a night having coughing fits which was waking me up. I felt like an old man, and whilst I'm 74, I don't feel my age and I didn't want to feel old before my time – that's what smoking does to you. I didn't want to start again because it's so hard to stop"



Barry's Healthy lifestyles coach Pete, worked with him to find other activities to fill the time that his smoking occupied. Through dedication and hard work on both sides, Pete showed him how to kick bad habits by making small changes to his routine such as eating a healthy breakfast when having a cup of tea in the morning instead of smoking

"I've been smoking for nearly 60 years and you can't just drop a habit of a lifetime. It's really difficult but coming here and talking to someone feels good".

Quitting smoking has also helped Barry benefit financially too and achieve his wish of saving for a trailer and tow-bar from the money he would have otherwise spent on smoking.

"Talking to somebody is so helpful because as they say, a problem shared is a problem halved. I would recommend this service and if it wasn't for people like Pete (Barry's HLS Coach) then I would have never done this. Having a person to share my success with has been a life changer".



How we work with you

You are referred to us or refer yourself A health professional might 'refer' you to us. Or you can refer yourself

using the form on our website **www.hlsglos.org** or by calling us on **0800 122 3788**



Your own coach will contact you to arrange a convenient place and time to meet.

If you can't meet us, we can talk on the phone instead. If you want to stop smoking, we'll need to see you at least once at the start of your journey, and again around 4 weeks later.

We'll discuss your goals and what's important to you

We set a plan together to reach your goals

We'll see what's going to work best for you and your lifestyle, how soon you want to achieve it and the types of things you'd like to do. Then we'll agree and set a plan just for you.

If you've decided to stop smoking, we'll chat through your options – you might be able to get cheaper Nicotine Replacement Therapy (NRT), for example, to help you on your journey.



We'll call you on the number you give us.

If we can't reach you, we'll leave a message. We'll also send a text if we have your mobile number.



This could be one or more of the following:

Lose weight Stop smoking Get more active Drink less alcohol



STAL

We usually meet you more during the first 4-6 weeks, then less often over the next 6 weeks.







Healthy Lifestyles COVENTRY

start your free journey...

freephone **0800 122 3780** email info@hlscoventry.org www.hlscoventry.org @HLSCoventry f Online self-help portal www.bestyoucoventry.org

Service delivered by

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Healthy Lifestyle Services

