

## HOW MUCH WILL YOU SAVE?

Based on price of £9.94 per pack of 20:

### 5-a-day-smoker

Per day £2.50  
Per week £17.34  
Per month £74.33  
Per year £891.90  
10 years £8,919

### 10-a-day-smoker

Per day £4.96  
Per week £34.69  
Per month £148.65  
Per year £1,783.80  
10 years £17,838

### 20-a-day-smoker

Per day £9.91  
Per week £69.37  
Per month £297.30  
Per year £3,567.60  
10 years £35,676

## "10 reasons why smoking is not cool!"

1. Ruins your appearance!

2. Makes you smell bad!

3. Doesn't make you cooler and it doesn't impress anyone anymore!

4. It pollutes!

5. Messes up your lungs and blood vessels!

6. It's never "just one"!

7. It costs a lot!

8. Leads to bad sexual health!

9. It's self-harm!

10. It sets a bad example among your peers!



Smokefree Ealing

ONEYOU EALING

Smokefree Ealing  
Young People and Tobacco

You can choose  
bright health  
over the darkness  
of a lighter!!



Take the first step today in going smoke free!

It's simpler than you think and there is lots of help available. If you live, work or study in Ealing, contact us for more information.

Call Smokefree Ealing on 0800 876 6683 or 0208 579

8622 or visit [www.oneyouealing.org](http://www.oneyouealing.org)



Follow @OneYouEaling

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## WHAT'S IN A CIGARETTE?

**7000+ chemicals in cigarettes, 70 cause cancer.**

National Cancer Institute, 2018



**Think you'll quit before smoking starts to affect you? Think again!**

**Your Skin**  
Smoking ages your skin, gives you wrinkles and increases spots.

**Your waist**  
Smoking makes you store weight around your waist.

**Your teeth**  
Smoking stains your teeth, encourages gum disease and causes tooth loss.

**Your hair**  
Smoking starves your hair of oxygen, making it lifeless and brittle.

**Your Smell**  
Smoking also leaves a stale smell on your breath, hair and clothes which is really hard to get rid of.

**As soon as you stop smoking, your body begins to repair itself. Within just a week, you'll notice the difference.**

## FREE STOP SMOKING DROP-IN CLINICS IN EALING

### What happens at a Stop Smoking Clinic?

- One-to-one stop smoking advice by advisors who know what it's like to quit
- Confidential service (we won't tell your family)
- **FREE** six-week programme
- Stop smoking medications (patches, gum) available from local pharmacies on prescription

### MONDAY

Northolt Village Community Centre,  
UB5 6AD, 6:30pm—7:30pm

Southall Broadway Health Centre,  
UB1 1LA  
(Also for smokeless tobacco users)  
12:30pm—3:30pm

### TUESDAY

Ealing Hospital, Outpatients Clinic 4,  
UB1 3HW  
4:30pm—6:00pm

### WEDNESDAY

Ealing Town Hall, W5 2BY  
5:30pm—7:30pm

### THURSDAY

Acton Health Centre, W3 8QE,  
1:45pm—4:15pm

Mattock Lane Health Centre, West  
Ealing, W13 9NZ, 4:30pm—6:00pm

### SATURDAY

Ealing Central Library, Ealing  
Broadway Shopping Centre, W5 5JY,  
2:00pm—4:00pm

### ADDITIONAL CLINICS

Arabic & Somali language  
call 07816 170 925 to book an  
appointment

**The stop smoking service is also available at local pharmacies. To find out where your nearest pharmacy is, please call us.**

### Smoking Shisha?

**One-hour long shisha session is the equivalent of inhaling up to 200 cigarettes worth of smoke.**

Pam Rees, Directorate of Public Health, 2007: page 1

