

Stop Smoking

Nottingham, are you ready to stop smoking
for good?

Our free 12-week support offers:

- Flexible face-to-face or remote appointments
- 1:1 or group appointments
- Friendly peer support sessions
- Free stop smoking aids



Ready to commit and quit?

1

Choose your quit
journey - go solo
or team up with
others

2

Scan the QR
code below or
get in touch to
sign up

3

Begin your
stop smoking
journey



hello@thrivingnottingham.org.uk



thrivingnottingham.org.uk



0115 648 5724