

# Smokefree App

## Free digital offer for adults-only

Adults (18+) in Bromley can  
access the premium version for  
free

- 💡 Digital tools & 24/7  
support available on your  
phone
- 🚭 Free NRT or vape for  
eligible users as well as up to  
12 weeks of one-to-one  
support with a trained  
advisor
- ➕📱 Download the app & allow  
notifications to access the  
**free** premium upgrade



Smoke Free

# The Real Cost of Smoking

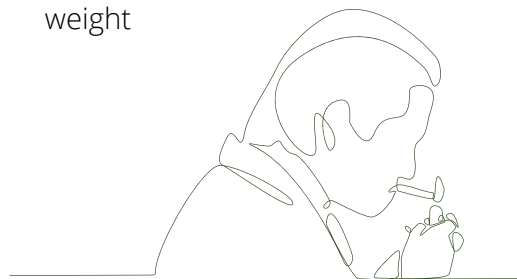
Smoking robs you of breath,  
health, and wealth — quitting  
gives it back.

## 🚰 Harms Your Health

Increases risk of cancer, heart disease & stroke  
Causes lung damage (COPD, emphysema)  
Weakens your immune system

## 👨👩 Affects Loved Ones

- Second-hand smoke harms children & family
- In pregnancy: risk of miscarriage & low birth weight



## 🔥 Impacts Your Appearance

Premature ageing, stained teeth, bad breath  
Breathlessness & persistent cough

## 💰 Hits Your Wallet

Smoking a pack a day = £3,000+ per year  
Higher medical & insurance costs

**You deserve better.  
Quit now for a healthier, richer life.**

# SmokeFree Bromley

Your neighbourhood  
smoke cessation team!  
Available to anyone living in  
Bromley, any age

- ✅ Up to 12 weeks of one-to-one support with a trained advisor
- ✅ Free stop smoking aids – NRT or vape starter kits (for adults)
- ✅ Support in person, by phone, or online video
- ✅ Drop-in clinics available locally (see website for details)
- ✅ Self-referral by phone, email, or online

SmokeFree Bromley offers a  
variety of support to you in  
quitting smoking, whether it is  
your first time or your last  
time.

# What medications are available under the stop smoking services ?

Your adviser will also help you with stop smoking aids.

**Nicotine Replacement Therapy** – patches, gum, spray, etc. to reduce cravings and withdrawal symptoms

**Champix (varenicline)** – reduces cravings and pleasure from smoking

**Bupropion (Zyban)** – helps control withdrawal

**Vape kits** – offered to some adults

## Let's Do This Together

**Your Health, Your Choice.**

 **Make today your quit day**

We have a multitude of services to help and guide you on your journey to stopping smoking. The choice is yours.



For more information

 Call:

0300 303 8651

 Visit:

[www.smokefreebromley.co.uk](http://www.smokefreebromley.co.uk)

 Email:

[bromley.stop@nhs.net](mailto:bromley.stop@nhs.net)

# QUIT SMOKING

for a healthier future.



Change  
Grow  
Live

**Smoke  
Free**

Bromley



Supporting you to understand the benefits of stopping smoking and what is available in your local area