

# PLEASE STOP SMOKING



A donation from the sale of this book will be made to  
**The Roy Castle Lung Cancer Foundation**

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Disclaimer

Anyone thinking of quitting smoking is advised to seek advice from their GP.



# FOREWORD

Congratulations! I am assuming that if you are reading this book, you are at least seriously considering quitting smoking.

Giving up smoking is the single most positive thing you can do to improve your health. You will see that almost as soon as you stop smoking your body begins the process of recovering from the damaging effects of smoking.

The information, advice and tips contained in this book will help you to quit.

The Roy Castle Lung Cancer Foundation has been helping people quit smoking for nearly 12 years and we know how hard quitting smoking can be. However, because we have supported thousands of people to stop smoking, we know that it is possible and that those who succeed feel a great sense of achievement!

Good luck with your quit attempt.

Mike Unger  
Chief Executive  
The Roy Castle Lung  
Cancer Foundation



# INTRODUCTION

We would like to thank all the schoolchildren and teachers who participated in this project to encourage people to give up smoking.

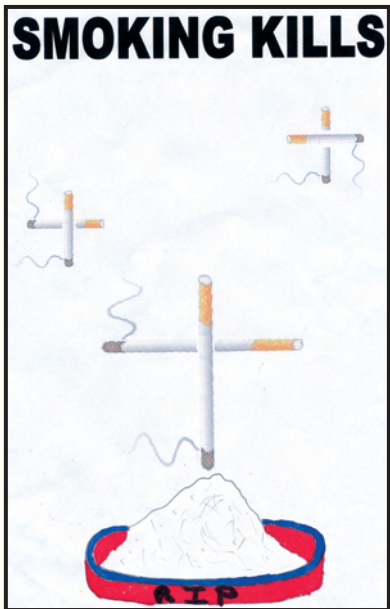
Children aged between 7 and 11 from schools across West Sussex were invited to enter a drawing competition, to send a message about why it's bad to smoke. We asked them to think about the effects smoking has on the smoker and people around them.

All the entries we received were of an excellent standard, and many were imaginative and hard-hitting. Those we chose as finalists are in the following pages, along with information showing why quitting is so important. The overall winner was the drawing we felt had the strongest message, and the young artist will be awarded a year's ticket to the Weald and Downland Open Air Museum. A tree will also be planted for the winning school, to help improve air quality for the next generation.

# WHY STOP?

The benefits of quitting will start from the very moment you stub out your last cigarette.

**AFTER 20 MINUTES**  
your blood pressure  
and pulse rate  
will stabilise



Aaron, age 10