**Fitter Futures Warwickshire – Swap to Stop suggested copy + assets**

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| **Suggested copy** | **Social asset** |
| Join the millions of adults across the UK who are going #Smokefree with a Quit Kit. 🚭[1 in 10 ex-smokers have said they’ve successfully quit smoking with the help of an e-cigarette.](https://ash.org.uk/resources/view/electronic-cigarettes) For free personalised support and advice from our specialist smoking practitioners, plus your own Quit Kit, visit: 🔗<https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/> or text QUIT to 60777.  | A person and person jumping in the air  Description automatically generated |
| Trade in your pack of cigarettes for a Quit Kit! 🔁[64% of ex-smokers have said they used e-cigarettes, alongside behavioural support from a specialist stop smoking practitioner to go and remain smokefree.](https://ash.org.uk/resources/view/electronic-cigarettes)Fitter Futures #Warwickshire offer 12 weeks of FREE 1-1 support, plus a variety of stop smoking treatments so you can be on the road to a #Smokefree life. 🚭Visit: 🔗<https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/> or text QUIT to 60777 to sign-up today. | A poster with a group of cigarettes  Description automatically generated |
| Could you be entitled to FREE Stop Smoking support? 🚭Fitter Futures Warwickshire offers 12 weeks of free Stop Smoking specialist support and advice from our practitioners, plus stop smoking treatments such as lozenges, patches and Quit Kits across #Warwickshire. Visit: 🔗<https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/> to check your eligibility.  | A green advertisement with a group of objects  Description automatically generated |
| Cigarettes prices are continuing to rocket with a [pack of 20 now standing at an eye-watering £14.57.](https://www.ons.gov.uk/economy/inflationandpriceindices/timeseries/czmp) 💰Start to mend your financial and physical health with #Warwickshire’s FREE Stop Smoking support service. For personalised support and advice from our specialist practitioners, as well as FREE stop smoking treatments such as patches or Quit Kits, visit: 🔗<https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/> or text QUIT to 60777.  | A green and white advertisement with a piggy bank and a cigarette  Description automatically generated |
| Trade in sleepless nights for a full 8 hours! 💤[Smoking has been linked to poor sleep as nicotine can disrupt your sleep cycle.](https://www.sleepstation.org.uk/articles/health/nicotine-and-sleep/) Doze off with the help of our free Stop Smoking support service. For personalised 1-1 support, advice, plus stop smoking treatments such as patches and Quit Kits, text QUIT to 60777 or visit: 🔗<https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/>.  | A poster for swap to stop  Description automatically generated |