



Could £50 a month to spend on groceries make the difference to you?



Quit4U is an NHS Tayside Smoke Free scheme to help you stop smoking. If you are 16 or over and eligible to join, we will give you all the support you need to try to quit **PLUS** you will get £12.50 for every smoke free week to help you with your food shopping.

To find out more telephone: 0845 600 999 6

facebook.com/nhstaysidesmokefree

How do I join the scheme?

Contact NHS Tayside Smoke Free Services on 0845 600 999 6 for advice and information on giving up smoking and to find out if you are eligible to join the quit4U scheme

What happens next?

If you are eligible and have been accepted for the scheme you will need to make weekly visits to your pharmacy where you will be asked to breathe into a machine that shows whether you have been smoking or not. This service is also available for eligible hospital patients.

You may be able to get free Nicotine Replacement Therapy (NRT) or Varenicline (Champix), as well as free advice and support on staying smoke free

How do I get the £12.50 every week?

For every week that you stay smoke free we will give you £12.50 credit which you can use towards your food and groceries at your local participating supermarket. We will continue to support you to give up smoking by monitoring you and crediting you £12.50 for every smoke free week for up to 12 weeks over a 20 week period.

When joining the scheme you will require a National Entitlement Card (we will let you know how to apply for one).

To find out more and where you can get support in your local area call NHS Tayside Smoke Free Services on:

0845 600 999 6

This document can be made available in Urdu, Chinese, Hindi, Arabic, large print, Braille or audio tape. Information in other languages and formats can be made available on request

Contact NHS Tayside Communications Department on:
01382 424138