

Money to burn?

How does an extra
£175 a month
in your pocket sound?

That's the cost of smoking 20 a day in the UK*.

*The average price for a packet of 20 cigarettes in the UK is £5.85 Retail Newsagent 30 October 2009



Want to pack it in before you get home?

For smoking cessation support contact your medical centre or sick bay or speak to your PTI's.

You can get details of your local smoking cessation service in the UK from the following telephone numbers

England 0800 0224332 open from 07.00-23.00hrs

Scotland 0800 048484 open from 12.00- 24.00hrs

Wales 0300 1000 069 open from 8.30 -17.00hrs

Northern Ireland 0800 858585 open from 12.00-22.00hrs



Military Smoking Cessation Service

Contact your local medical or dental centre for more information.