

Steve, our Community Navigator steered a lovely lady through the Smoking Cessation journey using his motivational skills.

**Read her story below:**

*“At a health check I had in October, the nurse asked if I smoked, to which I said I did. I told her I wanted to give up, but didn’t know where to start. I had tried to stop smoking a few times in the past, but had been unsuccessful. The nurse told me about a smoking cessation service in Hartlepool, and gave me the telephone number. I called them the next day, and the day after I had a face to face appointment with Steve. Steve talked me through the 12wk plan, and gave me some great advice as to the steps I needed to take to become smoke free.*

*I took all the advice on board and began my journey. The 1st 2 weeks were not easy and although I significantly reduced the number of cigarettes I smoked, I did not 100% give up. However, Steve was on hand to support me and encouraged me to state a ‘quit day’ and give up completely. I created a spreadsheet to track my progress monetary outgoings and shared this weekly with Steve. How on earth could I continue to justify spending thousands a year on a “habit” that was ultimately adversely affecting my health and shortening my life span.*

*Becoming smoke free is amazing and I feel my health has already improved; my skin is brighter, I have more energy, more savings, and I no longer smell of nasty cigarette smoke.*

*The support from Steve has been amazing, and I really don’t think I would have achieved my goal without this support.”*

