

# Template letter to members of the school community who wish to quit smoking

**Smokefree  
Derbyshire  
School Gates**

**Dear [insert name]**

**Re: Live Life Better Stop Smoking Service**

Thank you for showing interest in stopping smoking.  
We are delighted to support you in getting the ball rolling.

Live Life Better Derbyshire is the free healthy lifestyles service commissioned by Derbyshire County Council that offers advice and help on a wide range of health and wellbeing topics, including stopping smoking.

And the great news is you are four times more likely to quit smoking with the help of your local stop smoking service and what makes it even better is the service is **FREE!** They can offer:

- **Telephone support sessions**
- **One-to-one support**
- **Access to free Nicotine Replacement Therapy including patches, mouth spray, gum, inhalators and lozenges**
- **Access to Champix stop smoking medication on prescription**
- **Advice on stop smoking medications**

## To take part you must

- **Be over 12 years old and live in Derbyshire (excluding Derby)**
- **Want to stop smoking completely**
- **Be willing to meet with your stop smoking adviser at agreed dates and times**

You can refer yourself using the online assessment, available here.  
Alternatively, please search Live Life Better Derbyshire online at  
**<https://www.livelifebetterderbyshire.org.uk/home.aspx>**

You can also call Live Life Better Derbyshire on Freephone **0800 085 22 99**

Please contact the school directly if you have any questions regarding this letter.

Yours sincerely

**[insert teachers name]**

