**Supporter Email (Covid-19)**

**Quit Together**

The health of our lungs and heart has never been more important, that’s why hundreds of people across Northern Lincolnshire and Goole today are choosing to give up smoking cigarettes.

We are seeing now more than ever that support from others is key to getting through tough times. Choosing to quit cigarettes is no different. The support of friends, family, neighbours and healthcare services can be the encouragement one person needs to stop smoking.

‘Quit Together’ is a local movement championed by the doctors and nurses at Scunthorpe General Hospital / Diana Princess of Wales / Goole & District Hospital / Northern Lincolnshire and Goole NHS Foundation Trust [SELECT MOST APPLICABLE] and supported by healthcare workers, businesses, sports clubs and individuals across the area.

**We are all coming together to support those who are choosing to stop smoking.**

If you’re a smoker, the best thing you can do for your health is stop now. On average, smokers are likely to spend a third longer in hospital once admitted and can find treatment and recovery for all health conditions more difficult than non-smokers.

At any time there are many health and financial benefits to quitting smoking. It will improve the quality of a smoker’s life, protect the health of others and improve the health of the next generation.

Please join us and support the Quit Together movement:

* [**Make a promise**](http://www.quittogether.co.uk/quit-together/)to support a loved one to quit, or quit for someone you love.
* **Share a feel good video or photo** [**@NHSNLaG**](https://www.facebook.com/NHSNLaG) to support smokers trying to quit.
* **Use the hashtag** #QuitTogether
* Raise awareness using our[**resource pack**](http://www.quittogether.co.uk/quit-resources/)**.**

Quit together at the time it matters the most:

**www.quittogether.co.uk**