

OCTOBER Newsletter

STOP TOBER IS BACK

The Stoptober campaign

Stoptober is an annual campaign taking place in the United Kingdom every October to encourage smokers to quit smoking.

The 28 day campaign aims to raise awareness about the health hazards of smoking.

Furthermore, it provides support and resources to help smokers quit the addictive habit.

The Stoptober campaign offers a range of tools and resources to help smokers quit smoking, such as;

- a free app
- daily support emails
- a dedicated website with information and advice

The campaign also encourages people to join the Stoptober community and share their progress and experiences with others.

The campaign's slogan, "Together we can do this," emphasizes the importance of social support in quitting smoking.

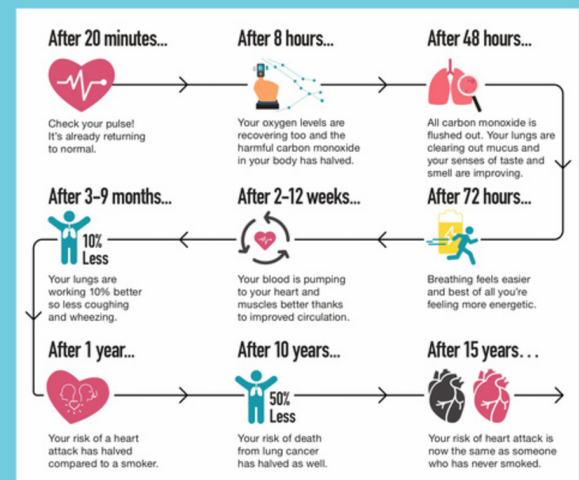
By joining the Stoptober community, smokers can receive encouragement and motivation from others who are going through the same journey.

HM Government

NHS

What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

[Search smoke free for free support and advice](#)

Better Health Let's do this

STATISTICS

Here are the incoming phone call and Online Accurx statistics for reception.

August 2024

Calls 3801

Accurx 2421



September 2024

Calls 3726

Accurx 2302

NEW STARTER

We have a new apprentice in Reception! Please welcome Sophie ! She is doing the NVQ level 3 in Business Administration course.



WHAT IS ABUSE?

Anyone forced to change their behaviour because they are frightened of their partner or ex-partner's reaction is experiencing abuse.

Domestic abuse can happen to anyone, regardless of age, background, gender, religion, sexuality or ethnicity. However, statistics show most domestic abuse is carried out by men and experienced by women.

Domestic abuse is never the fault of the person who is experiencing it.

Domestic abuse is a crime.

Spotting the signs

- Is your partner jealous and possessive?
- Is he charming one minute and abusive the next?
- Does he tell you what to wear, where to go, who to see?
- Does he constantly put you down?
- Does he play mind games and make you doubt your judgment?
- Does he pressure you to have sex when you don't want to?
- Are you starting to walk on eggshells to avoid making him angry?
- Does he control your access to medicine, devices or care that you need?
- Does he monitor or track your movements or messages?
- Does he use anger and intimidation to frighten and control you?
- Does he control your money, or make sure you are dependent on him for everyday things?

Scared of your partner or ex?

Talk to us any time, day or night.



Freephone 24 hour National Domestic Abuse Helpline

Confidential, non-judgmental support

Or reach us online:

www.nationalDAhelpline.org.uk

Refuge



For women and children. Against domestic violence.

Registered Charity Number 277424



If you or someone you know is suffering from domestic abuse and looking for support contact The Blue Door in Scunthorpe.

They offer free, confidential support for those who have been affected by domestic abuse, sexual violence or both.

Visit www.thebluedoor.org to find out more or call 0800 197 47 87

the blue door

Supporting male victims of domestic abuse

Free, confidential support for those who have been affected by domestic abuse and/or sexual violence.

Scan the QR code below or visit www.thebluedoor.org



#MenYouAreNotAlone

the blue door

