



# NO SMOKING DAY

11TH MARCH 2026

ORGANISERS TOOLKIT

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Thank you for being part of No Smoking Day. This year in Wales, our theme is Quit for Wales, a positive, proud call to action that celebrates the real stories of people across our communities who have quit smoking, are trying to quit, or are supporting someone they care about.

Across Wales, thousands of people want to stop smoking, but many need the right support at the right moment.

- Around 1 in 10 adults in Wales still smoke
- Over half (53%) say they want to quit
- Nearly 9 in 10 people who have ever smoked started before the age of 18
- Smoking remains a major driver of illness and inequality in Wales

**That's why No Smoking Day matters.** It's a chance to come together, share hope, and remind every smoker that quitting is possible and they don't have to do it alone.

## VOICES OF WALES

This year, we are sharing Welsh voices, real people from across Wales whose experiences show that quitting looks different for everyone, but support makes a difference. If you know someone in your community whose story could inspire others, we would love to hear from them.

## GETTING INVOLVED IS SIMPLE

You don't need to run a big event to make an impact. A poster in the right place, a shared story, or a supportive conversation can be the step someone needs.

All resources and digital materials are available at: [ash.wales/nsd](http://ash.wales/nsd)  
To share a story or activity, email: [communications@ashwales.org.uk](mailto:communications@ashwales.org.uk)

# HOW TO GET INVOLVED?

You can take part in whatever way fits your setting:

- Put up a poster in a visible space
- Share a No Smoking Day message on social media
- Signpost people to free NHS quit support
- Add Help Me Quit information to your newsletter or staff bulletin
- Include a quick message in appointment reminders or community noticeboards
- Share leaflets in reception areas

## IDEAS FOR LOCAL ACTIVITIES



**Group Walk:** Organise a friendly local walk in a place people love, such as a park, beach or promenade. Walking together is a visible way to mark No Smoking Day and show support. Finish with a cuppa if you can.



**Host a Coffee Morning or Drop-In Session:** Set up a relaxed space where people can chat about quitting, pick up resources, and be signposted to Help Me Quit Wales and Nicotine Replacement Therapy.



**Share Quit Stories:** Real Welsh voices are powerful. If someone in your community has quit, is quitting, or is supporting someone else, their story could inspire others.



# KEY MESSAGES

- Quitting is a positive step for the Wales you love
- Every quit attempt matters, even if it's not the first
- Support makes all the difference and nobody has to do it alone
- Real Welsh stories can inspire someone else to quit smoking
- Free NHS help is here whenever you're ready

## NEWSLETTER TEMPLATE

### Join Us for No Smoking Day - Wednesday 11th March

This No Smoking Day, we're coming together across Wales to encourage anyone thinking about quitting to take that first step, and to remind people that free, friendly NHS support is ready when they are.

Around 1 in 10 adults in Wales still smoke, and more than half say they want to quit. No Smoking Day is a great opportunity to show that quitting is possible, support is available, and every step forward matters.

[Optional: Add your local activity here]

We'll be marking / We marked No Smoking Day by hosting: [insert details]

For anyone who wants support to stop smoking or vaping, Help Me Quit provides free, friendly support for young people aged 12+ and adults across Wales.

Call 0800 085 2219

Text HMQ to 80818

Visit [helpmequit.wales](http://helpmequit.wales)

For more information on smoking and vaping, visit ASH Wales at [ash.wales](http://ash.wales).

# SOCIAL MEDIA CAPTIONS

Across Wales, people quit smoking for lots of reasons.

For their children 👶 For their health ❤️ For a fresh start ☀️ This No Smoking Day, we're supporting anyone ready to take that first step. Find free NHS support here ➡️ [helpmequit.wales](https://helpmequit.wales)

Your body begins to heal within 20 minutes of your last cigarette. Imagine what you could feel like in 20 days, 20 weeks, 20 years. 🌟 This No Smoking Day, take your time back. Find free NHS support here ➡️ [helpmequit.wales](https://helpmequit.wales)

Over half of people who smoke in Wales (53%) want to quit 🌿 If you're thinking about it, you're not alone. Support is free, friendly and local through Help Me Quit Wales ☎️ 🌟 [helpmequit.wales](https://helpmequit.wales)

Thinking about quitting? 🚭

No Smoking Day is a good day to begin 🌟

Free, friendly NHS support available across Wales: [helpmequit.wales](https://helpmequit.wales)

Quitting is hard, but support helps 🌟 People who quit with professional NHS support are up to 3 times more likely to succeed 💪 This No Smoking Day, you don't have to do it alone 🚭

➡️ [helpmequit.wales](https://helpmequit.wales)

Did you know? 🤯

👉 Breathing improves within days of quitting

👉 Cravings usually peak then calm down

👉 Support can triple your chances of success

If you're ready to try, No Smoking Day is a great time to begin 🚭 Free NHS support: [helpmequit.wales](https://helpmequit.wales)

Quitting smoking is one of the biggest gifts you can give yourself 🌟

And you don't have to do it alone. Free NHS support across Wales makes quitting up to 3 times more likely to stick 🌿 ➡️ [helpmequit.wales](https://helpmequit.wales)

# WHERE TO DIRECT SMOKERS?

**Help Me Quit** is the free NHS stop-smoking service in Wales, designed to give smokers the best chance to quit successfully. Professional support makes smokers 3 times more likely to quit for good than going it alone.

## FREE NHS Support:

Call: 0800 085 2219 | Text: HMQ to 80818 | Visit: [helpmequit.wales](http://helpmequit.wales)

## Services include:

- Friendly **group sessions**, private **one-to-one appointments**, or weekly **telephone calls** - expert guidance and free Carbon Monoxide breath tests.
- Access to **FREE** licensed medications, including nicotine replacement therapy (patches, gum, and sprays) and prescription options like Varenicline.

### Tiffany Hood, Cardiff:

I started smoking when I was 11. At first it felt social, but over time it became part of my everyday life. Stress, routine, tea and coffee... cigarettes were tied into everything I did, even working as a nurse.

Last Christmas, I became ill and could feel how much smoking had affected my body. In that moment, I knew I wanted more time, more breath and more life with the people I love. I smoked my last, threw it away and stopped.

Now I focus on changing my routines and using nicotine replacement to manage cravings. I still enjoy a cuppa, but I handle those trigger moments differently now. **It's never too late to quit. The best time is now.**





**Help to Quit Smoking**  
Freephone: 0800 085 2219  
Visit: [helpmequit.wales](http://helpmequit.wales)