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" I popped in to the canteen to blow into a tube one day when we had an NHS Stop Smoking Service Rep visiting as part of the office Wellbeing at Work programme in the hope that my carbon monoxide reading would scare me into action.

I ended up signing up for the programme not because of the reading but because I was impressed with the comprehensive service on offer and after two failed attempts at giving up was grateful for some support!. Cameron (our rep) was able to give me a letter of recommendation for a prescription which I dropped into my Doctors surgery that evening and I had the wonder drug Champix within a couple of days!

Although not suitable for everyone, I have found that the Champix has made giving up smoking almost easy! Once on the full dose I had hardly any physical cravings at all and have not even needed chocolate or wine as a substitute!. Cameron visits the office weekly and gives 24hr personal support if required. Watching my carbon monoxide levels drop to that of a non smoker has really kept me motivated, as has the improvement of my skin, circulation, lung capacity and the disappearance of the stains on

my teeth!. I have bought a second hand electric treadmill with the money I have saved so far which has given me that extra feel good factor and filled the gap left in my evenings by not smoking as I was sometimes finding myself wandering aimlessly around the house unable to relax.

I am now sleeping better but finding myself battling with a little temptation in the evenings. As long as I swim or use my treadmill I am OK but will admit to a few slip ups. If I do fall off the wagon however, I do not enjoy it as much, I feel like I stink and I climb straight back on.

The ultimate happy ending however has been in the positive effect this has had on the people I love as my sister, her partner and my mum have now also stopped smoking. This makes me happier than having done it myself and is more than I could have hoped for!

The battle continues but on the whole has been much less of a battle than I imagined it would be and I will never go back. Thank you to the NHS, Cameron, Stop Smoking Advisor in particular and to my employer for providing this service in the genuine interest in the wellbeing of its employees."