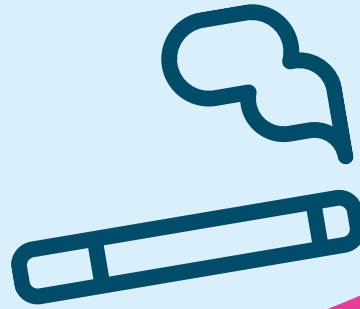




# Do you live in Derbyshire or Derby City, and smoke?

**Healthwatch Derbyshire wants to hear from you!**

If you live in Derbyshire or Derby City, take our short 5–10 minute survey to share your experiences and help shape local stop-smoking support.



**We want to understand:**

- ✓ Why you might smoke
- ✓ What might help you to stop smoking
- ✓ how much you know about stop smoking support

Your feedback will help shape future stop-smoking support, and make sure local services meet the real needs of people across Derbyshire and Derby City.

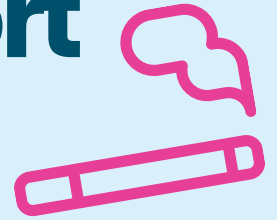
**Survey closes: 5 December 2025**



**Win a £50 shopping voucher by taking part!**

[www.smartsurvey.co.uk/s/smoking-survey6/](http://www.smartsurvey.co.uk/s/smoking-survey6/)

# Would you like support to stop smoking?



## If you live in Derbyshire County

### Live Life Better Derbyshire

Live Life Better Derbyshire provides free stop-smoking support across the county, helping people quit in a way that works for them.



You can get one-to-one or group support in person, online, or by phone, along with free nicotine replacement products and expert advice to help you stay smoke-free.

 0800 085 2299

 [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)

## If you live in Derby City

### Livewell Derby

Livewell Derby offers free, friendly, and practical help to anyone in Derby City who wants to quit smoking.

Their trained advisors provide one-to-one support, access to stop-smoking medicines, and a personalised plan to help you stay on track.



 01332 641254

 [www.livewellderby.co.uk](http://www.livewellderby.co.uk)



You can also get advice and support to stop smoking from your GP or local pharmacist. You're three times more likely to quit successfully with support than by going it alone.