



STOP Smoking, Start Saving

Cigarettes per day	1 Day	1 Week	1 Month	1 Year	5 Years
5	£2.50	£17.50	£70	£840	£4,200
10	£5	£35	£140	£1,680	£8,400
20	£10	£70	£280	£3,360	£16,800
30	£15	£105	£420	£5,040	£25,200
40	£20	£140	£560	£6,720	£33,600

Based on £10 for 20 cigarettes

To receive an appointment near you and for one-to-one local support contact the Southern Trust Stop Smoking Service on:

Tel: 028 3756 4400

Or email: stop.smoking@southerntrust.hscni.net