



It's 6 years since Kerry our Operations Team Leader gave up smoking and she has never felt better.

“My son had been learning at school all about the damage smoking can cause, he came home and spoke to my husband and asked him “Dad, I want you to give up smoking, I don't want you to get ill”. My husband gave up then and there. I admit I didn't give up at this point but around 6 months later my son asked me to give up as well.



I did and started with the support of an electric cigarette, before the days of the vape. At the time there was a horrible TV advert on, it showed a cigarette burning and turning into a mutation. It was awful and that helped to motivate me!

My worst time was in the evening, when I normally smoked the most. Then I used to think of my son or that advert when I had a craving and

I would (unhealthily) choose to have a boiled sweet just to get past the craving.

It's been 6 years now and the worst bit was definitely putting on weight, but the pluses outweigh this a hundred times. I used to get a horrible cough that has now gone. I can taste and smell everything, I cannot explain the difference. Walking and breathing is so much easier, the cherry on top of the cake is the savings we have made by us both giving up smoking and my son not having the worry that if he saw one of these adverts that he would worry that was happening to he's parents through our own choosing.

And the best bit?

My son, he is proud of me and we have set a good example for him.

Thank you for sharing your story with us - Keep going you're doing great, we are so proud of you.