Whitewater Health

Patient Participation Group

February 2026

Want to stop smoking?

When you stop smoking, you begin to see the benefits almost immediately.



Evidence shows if you make it to 28 days smoke-free, you are 5x more likely to quit for good !

Remember :

- It's never too late to quit and easier with the right support. Check-out the free tools and tips at the **Better Health Quit Smoking** website: ***www.nhs.uk/better-health/quit-smoking;*** and download the free NHS quit smoking app. Your family, friends & your pocket will benefit too!
- **Smokefree Hampshire** also offer a free stop-smoking service to those who live or work in Hampshire.at ***www.smokefreehampshire.co.uk***

MISSED APPOINTMENTS!

On average between September & December 2025 **107 patients per WEEK failed to show-up for their appointments – equivalent to 89 hours of wasted appointments per WEEK.**

PLEASE, if you can't make an appointment, CANCEL IT to allow the time-slot to be re-allocated.

PPG Contact Details: *(Please Note: The PPG cannot deal with medical or personal matters)*

Email: Whitewaterppg@gmail.com
https://www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :

Website: www.whitewaterhealth.nhs.uk
Telephone (Hartley Wintney - 01252 842087); (Hook - 01256-762125)