

The logo for 'vielife' features the word in a lowercase, sans-serif font. The 'i' and 'e' are in a vibrant yellow, while the 'l', 'i', 'f', and 'e' are in a dark blue. Below the text is a horizontal bar with a rainbow gradient from red to blue.

A letter feedback from a participant  
of the Connect 4 Life project in  
Tameside & Glossop.

Tameside & Glossop   
Primary Care Trust

Dear John

I would like to thank you for your help and advise. Since first speaking to you, I now eat more fruit every day, exercise more, though this is difficult due to my disabilities. I have found that the chair exercise that you recommended not only helps to make sure I get some gentle exercise, but it is also really good fun. I come along on Wednesday mornings with my friend and we laugh from start to finish of the hour that we are there.

I stopped smoking 7 weeks ago. I came to the smoking cessation sessions at the centre and found the atmosphere to be very relaxed and the girls to be most helpful. I am using Niquitin CQ patches, I am now into the second phase, which is 14mg patches for 2 weeks. The final stage is 7mg for 2 weeks. I will start that in a week's time. I have smoked for over 30 years, so it was never going to be easy. I thought that I would never succeed having tried many times over the years, but this time I am determined and with the help of the centre, Dr Cummings and my friends and family I feel that I have finally kicked the habit. It feels good to be able to have a conversation without coughing in the middle of it, and to breathe in and out without hearing my chest rattle.

Also I don't smell of cigarettes any more. My 2 sons are so proud of me, they have nagged at me for years and I just kept saying, 'I will, I will'. I hadn't had a cigarette for 4 or 5 days when I told them that I had stopped, they were absolutely thrilled to bits. I think that the adverts on TV, and the bad press that smoking has had over recent years helped me to make my decision. I don't have any grandchildren yet but when I do I want to see them grow up and be a part of their lives. Thanks again to you and the centre.

*Christine Cappo*