# "I was told that my smoking was so bad that it was a possibility I would lose the toes on my left leg....vaping has given me my life back"



I began smoking at age 8. It was easy enough to use my school dinner money to purchase one cigarette a day. At that time I would buy them from the local barber shop. In time though, I became a heavy smoker, chaining 40 to 60 cigarettes together a day.

It took control of my life in so many ways. I was too ashamed to show people my smoke stained house so smoking controlled my social life. I spent £30 a day on cigarettes so over the years I lost out financially as smoking controlled my wallet. It controlled my health and I was told my smoking was so bad it could result in me losing the toes on my left leg.  I tried all the options: dummy cigarettes, hypnosis, nicotine patches, nicotine chewing gum but nothing worked for me

For me, change only came when I entered a trustworthy vape shop in the town centre. The staff there were straightforward talking but encouraging. At first, I took a vape home, tried it for one day and it then sat in my cupboard for nine months. But I came back to the store for further advice and was somehow convinced to try vaping again. I am so thankful the staff there gave me their time, energy and support.

I never thought I would honestly be able to say I am a non smoker. Vaping has given me my life back. I can now taste food, smell coffee, have money back in the bank and look forward to the future. So if anyone tells you it's impossible to stop smoking, tell them my story.

Reach out to your local stop smoking service and ask about a free vape kit as part of the national Swap to Stop Scheme.