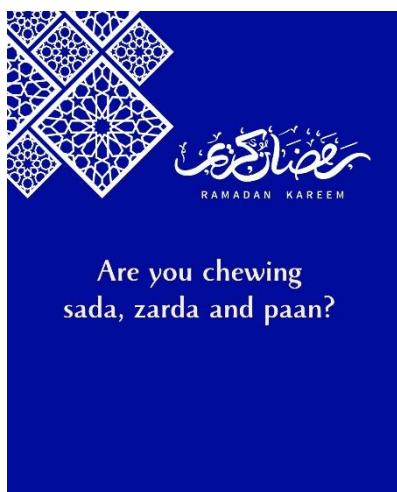
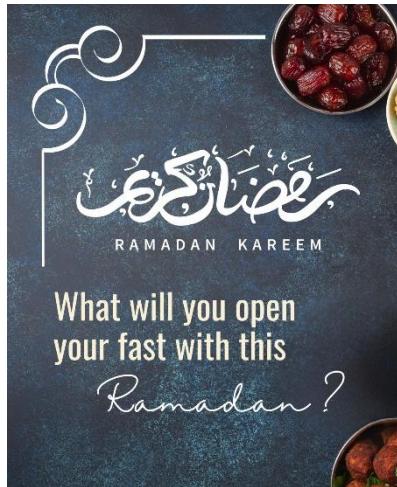


## Landing page: [stopsmokinglondon.com/Ramadan](http://stopsmokinglondon.com/Ramadan)

This page includes details about stopping smoking for Ramadan, local services and Smoke Free App offer for London.

[Download the social graphics and posters shown below.](#)

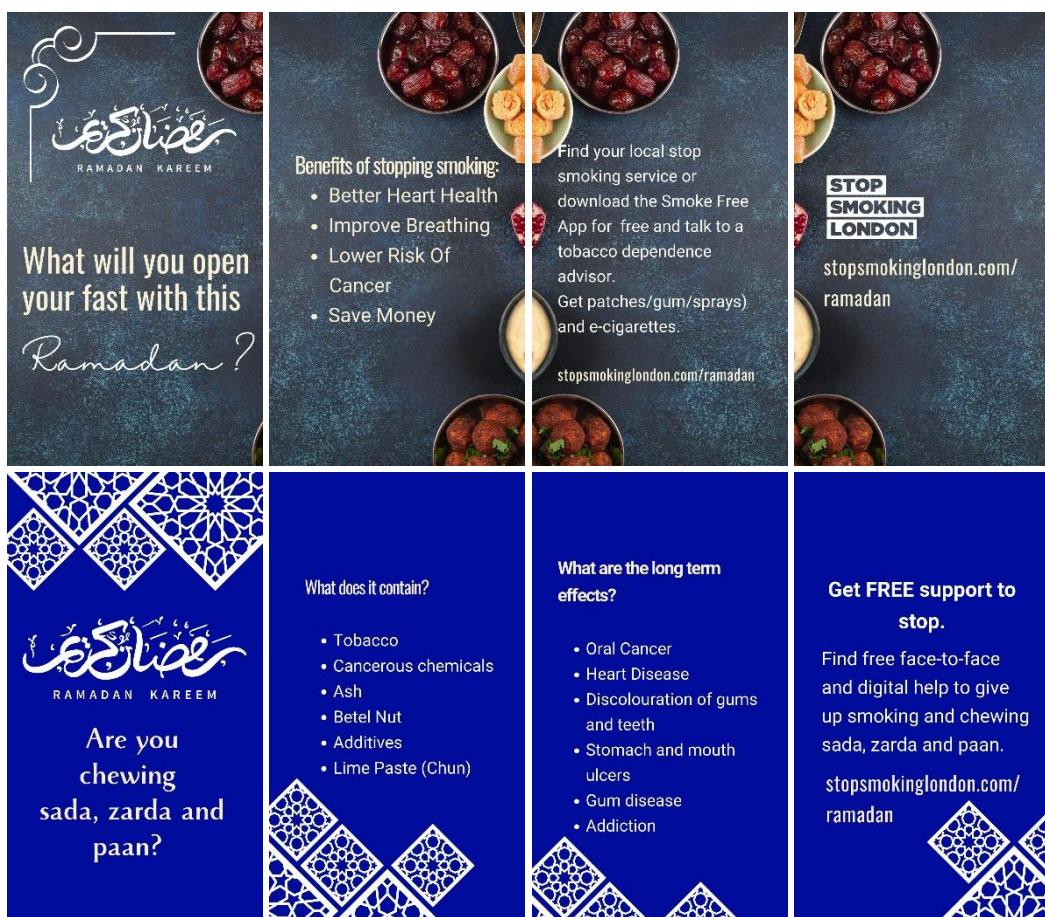
Instagram sequences (4:5 size)



Facebook single image posts:



Story/Reel sequences (Facebook and Insta):



## Ramadan A4 poster options x 3:

What will you open your fast with this Ramadan?

Free face-to-face and digital help to give up smoking and chewing paan.

Benefits of stopping smoking:

- Better Heart Health
- Improve Breathing
- Lower Risk Of Cancer
- Save Money

Find your local stop smoking service or download the Smoke Free App for free and talk to a tobacco dependence advisor. Get patches/gum/sprays) and e-cigarettes.

[stopsmokinglondon.com/ramadan](http://stopsmokinglondon.com/ramadan)

Are you chewing sada, zarda and paan?

Get FREE support to stop.

What does it contain?	What are the long term effects?
<ul style="list-style-type: none"> <li>• Tobacco</li> <li>• Cancerous chemicals</li> <li>• Ash</li> <li>• Betel Nut</li> <li>• Additives</li> <li>• Lime Paste (Chun)</li> </ul>	<ul style="list-style-type: none"> <li>• Oral Cancer</li> <li>• Heart Disease</li> <li>• Discolouration of gums and teeth</li> <li>• Stomach and mouth ulcers</li> <li>• Gum disease</li> <li>• Addiction</li> </ul>

Find your local stop smoking service or download the Smoke Free App and talk to a tobacco dependence advisor. Get patches/gum/sprays) and e-cigarettes.

[stopsmokinglondon.com/ramadan](http://stopsmokinglondon.com/ramadan)

তুমি কি সাদা, জর্দা আর পান চিবোচ্ছ?  
হাল ছেড়ে দিতে বিনামূলে  
সহায়তা পান!

এতে কী আছে?	দীর্ঘমেয়াদী প্রভাবগুলি কী কী?
তামক	মুখের কালসার
ক্যালোরিয়ুক্ত রাসায়নিক	হান্দরোগ
ছাই	মাতি এবং দাতের বিকর্তা
সুগারি	পেট এবং মুখের আলসার
সহযোগিন	মাতির রোগ
• লেবুর পেস্ট (চুন)	আস্তকি

[stopsmokinglondon.com/ramadan](http://stopsmokinglondon.com/ramadan)

This pack has been produced by [The London Tobacco Alliance](#) for [Stop Smoking London](#) with the support from the team at QMUL Stop Smoking Services, Queen Mary University of London. Please use before and during Ramadan 2026 (17 Feb – 18 Mar) and share within your networks.