

Landing page: 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:





 رمضان كريم
 RAMADAN KAREEM

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





 Are you chewing sada, zarda and paan?
 Get FREE support to stop.

What does it contain?	What are the long term effects?
• Tobacco	• Oral Cancer
• Cancerous chemicals	• Heart Disease
• Ash	• Discolouration of gums and teeth
• Betel Nut	• Stomach and mouth ulcers
• Additives	• Gum disease
• Lime Paste (Chun)	• Addiction

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





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

এতে কী আছে?	দীর্ঘমেয়াদী প্রভাবগুলি কী কী?
ভামাক	মুখের ক্যান্সার
ক্যান্সারযুক্ত রাসায়নিক	হৃদরোগ
ছাই	মাড়ি এবং দাঁড়ের বিবর্ণতা
সুপারি	পেট এবং মুখের আলসার
সংযোজন	মাড়ির রোগ
• লেবুর পেস্ট (চুন)	অসক্তি

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.