

Stop Smoking London campaign calendar and assets – please check back for pack updates before each campaign

Dates	Campaign / moment	Primary audience	Why it's relevant	What LA partners can do
11 Mar 2026	No Smoking Day <u>(a range of real story videos suitable for year-round use)</u>	Anyone who smokes, people considering a first quit attempt	Key date quit trigger	Download 'The Day I Quit' Stop Smoking London partner pack which features a series of videos suitable throughout the year to promote your face-to-face services and the universal Smoke Free App offer for London .
15 March	Mothering Sunday	Mothers and Grandmothers who smoke	Family motivation is a powerful reason to quit.	Download Shan's Reel . Post using "Quit for them" messaging, smoke-free homes, and signposting support for mums via your local services and the Smoke Free App for London.
April	Stress Awareness Month	Anyone who smokes	The 2026 theme " Be the Change ," encourages small, consistent actions to improve wellbeing.	Use videos featuring Dr Agatha Nortley-Meshe, Regional Medical Director for Primary Care: <ul style="list-style-type: none"> • Myths and stress smoking • Smoking alternatives • Tips for stopping • When do we feel the benefits? • What your GP wants you to know Signpost this page on the SSL website or your own local service page.

19-25 May	Dementia Awareness Week	Adults aged 40+ People with long-term health conditions Carers and families	Smoking is a significant modifiable risk factor for dementia.	Promote the link between smoking and dementia using clear, simple messaging. Download the Stop Smoking London partner pack featuring videos from experts in brain health. [2026 pack not yet published]
31 May 2026	World No Tobacco Day	Anyone who smokes	Global focus on harm, addiction and inequalities. The focus for 2026 is once again 'Unmask the Appeal'	Download the pack from the WHO website Promote free stop smoking services and Smoke Free App universal offer , quitting aids and support
8-12 June 2026	London Smoking and Mental Health Week	People who smoke to help with anxiety, stress, depression, MH service users, professionals working in MH.	Smoking is often used as a coping mechanism.	Download the Stop Smoking London Smoking and Mental Health Week Partner pack [2026 pack not yet published]
15-21 June	Men's Health Week	Men (especially working-age men)	Men are less likely to access stop smoking support.	Download Ludwig , Simon , and Miguel's short video stories. Stopping smoking improved their health. Signpost support via your local service and the Smoke Free App for London.
Sun 21 Jun 2026	Father's Day	Fathers, dads-to-be, male carers	Family motivation is a powerful reason to quit.	Download Dad Sachin's videos on why he quit and advice for anyone wanting to quit . Use "Quit for them" messaging signpost support for dads via your local service and the Smoke Free App for London .

1 – 28 Oct 2026	Stoptober	Anyone who smokes, people ready to make a quit attempt	Biggest annual quitting campaign with strong recognition.	Use adapted national assets – Stop Smoking London will be producing copies signposting local services and the Smoke Free App . [2026 pack not yet published]
Last week of Oct 2026	Stop Smoking London LGBTQ+ Week	LGBTQ+ people who smoke	Addresses inequalities and tailored support needs.	Download the Stop Smoking London LGBTQ+ Week partner toolkit. [2026 pack not yet published]
Nov 2026 (TBC)	London Smoke Free Pregnancy Week	Pregnant women, partners and family members who smoke	Pregnancy is a key life-stage for quitting.	Download the Stop Smoking London Smoke Free Pregnancy Week Partner Pack. [2026 pack not yet published]
Nov 2026	Men’s Health Month (Movember)	Men	Strong hook for physical health and prevention.	Link smoking to ED, heart disease and fitness. Download Ludwig , Simon , Sachin and Miguel’s stories about how stopping smoking improved their health. Signpost support for men via your local service and the Smoke Free App for London .
Dec 2026	Winter health / cost of living	People who smoke and are on a lower income, people with long-term conditions linked to smoking	Smoking worsens respiratory illness and financial pressure.	“Save money for winter” messaging, supportive quit prompts before Christmas. Download Bev , Simon , Sachin and Olivette’s video stories and signpost support via your local service and the Smoke Free App for London .



January 2027	2027 Campaign	New Year / Fresh start	Key time for behaviour change motivation / goal setting.	Download and use the Stop Smoking London 2027 partner pack. Promote your face-to-face services and the Smoke Free App offer for London . [2027 pack not yet published]
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