

Helping people kick the habit is recognised

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The efforts of two Ipswich GP surgeries in helping people in the town to quit smoking have been recognised.

Staff members from Burlington Primary Care, in Burlington Road, gathered at Ipswich Town Football Club for Live Well Suffolk's Stop Smoking Awards, which celebrates the achievements of primary care and pharmacy experts in supporting residents to kick the habit for good.

The team won the award for 'most quitters' in the large GP surgery category after helping 410 people stop smoking.

Meanwhile Ravenswood Medical Practice, in Hening Avenue, was named a close runner-up in recognition of the stop smoking support the team has given to 393 people.

Henry Tapp, team lead for Live

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**Henry Tapp,
of Live Well Suffolk**

Well Suffolk's stop smoking services, said: "We'd like to congratulate the teams at both the Burlington Primary Care and Ravenswood Medical Practice for their achievements in helping people to take the first steps towards a healthier future. Helping so many local residents to improve their health by quitting smoking is something they should be very proud of."

Donna Heffer, from Burlington Primary Care, said the staff were very proud to have won this year.



■ Top, staff from Ravenswood Medical Practice are presented with their award. Above, the team from Burlington Primary Care receive their award

Pictures: RICHARD BLAXALL

"We came second last year, third the year before and we were on a mission to come first," she added. "We always have lots of support from our colleagues and we've been promised a trophy cabinet now as we

keep winning."

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■ If you're a smoker who would like support to quit, call Live Well Suffolk on 01473 229292 or email www.livewellsuffolk.org.uk.