Live Well
Reading and West Berkshire

What would you do with £455 every month?*



FREE help to stop smoking

livewellrwb.org

0800 122 3972

*Based on quitting smoking 20 cigerattes a day at a cost of £15.00 per pack. (the average price in 2026)

Service delivered by...

ice leading behaviour change
icecreates.com

In partnership with...

Reading Borough Council
Working better with you

West Berkshire Council