



Want help to stop smoking?

If you want to stop smoking, there is no need to struggle alone as help is available right here in the surgery.

The surgery offers a FREE local NHS Stop Smoking Service and our friendly advisors will give you all the expert advice and support you need to stop smoking.

Plus, they can also provide you with medications including Nicotine Replacement Therapy (NRT), Champix or Zyban on prescription, as all of these products have been proven to reduce cravings and increase your chances of succeeding! We can also provide support to anyone wishing to quit smoking using an electronic cigarette.

The surgery offers:

- A free 12 week quit programme
- One to one support on a weekly/fortnightly basis
- Medications to help you manage the cravings
- Friendly specialist advisors

There are lots of benefits to stopping smoking and these really do start straight away. Not only will you save lots of money, but you will also have more energy, have improved senses of taste and smell and have lower stress levels.

So, if you feel ready to quit or would just like more information, ask to speak to one of our stop smoking advisers at the surgery.

Our stop smoking advisers have helped lots of people to stop smoking and with our help it is proven you will be four times more likely to succeed!