

READY TO STOP SMOKING

Stop Smoking clinics near you

Drop-in clinics: No appointment needed. Specialist support with free Nicotine Replacement Therapy where appropriate.

St Ninians Health Centre
Mayfield Street, St Ninians
STIRLING FK7 0BS
Every Wednesday 5.30 - 7.30pm

Clacks Community Healthcare Centre
Hallpark Road
SAUCHIE FK10 3JQ
Every Tuesday 5.30 - 7.30pm

Camelon Health Centre
1 Baird Street, CAMELON
Falkirk FK1 4PP
Every Wednesday 5.30 - 7.30pm

Orchard House Health Centre
Union Street
STIRLING FK8 1PH
Every Monday 4.30 - 6.00pm

STOP SMOKING GROUPS - Led by Specialist Advisers

Make an appointment and join others and QUIT together

Clackmannan Health Centre
Every Tuesday 5.30 - 6.30pm
Contact: 01259 723725

Denny, Carronbank Medical Centre
Every Tuesday 5.30 - 7.30pm
Contact 01324 827400 (Glynis McBride)

Tillicoultry Health Centre
Every Tuesday 5.30 - 6.30pm
Contact: 01259 750531

Meadowbank Health Centre
Every Monday 5.00 - 7.00pm
Contact: 01324 851288 (Lynn Stirling)

Bonnybridge Health Centre
Every Monday 5.30 - 7.30pm
Contact: 01324 849510 (Cathleen McAulay)

Slammanan Surgery
Every Wednesday 5.30 - 7.30pm
Contact: 01324 851288 (Lynn Stirling)

Stenhousemuir Health Centre
Every Thursday 5.30 - 7.30pm
Contact: 01324 554231

Grangemouth Health Centre
Every Monday 5.00 - 7.00pm
Contact: 01324 482354 (Jane Gauld)

Redding & Westquarter Community Group
Every Tuesday 5.30 - 7.30pm

Hospital Smoking Service

For those patients who are admitted to hospital and wish to stop smoking, advice and intensive support will be provided along with NRT (Nicotine Replacement Therapy) where appropriate. Patients who are coming into hospital for an operation and who wish to stop smoking can be referred prior to admission. Ask your Doctor or Nurse in charge of your care to refer you.

Stop Smoking in the Workplace

Your workplace may have a stop smoking course available. This would give you a chance to attend a 7 week programme in the convenience of your workplace. Alternatively your occupational health department may offer on-to-one support. For more information contact a member of the Workplace Team on 01324 673521.

Community Pharmacies (Chemists)

All Community Pharmacies in Forth Valley offer 1-1 stop smoking support for up to 12 weeks for those 12 years and over. Patches, gum and other NRT products can be provided. Pharmacies offer a local and convenient service where you can attend when it suits you.

If you or anyone you know would like this poster about Stop Smoking Services in other languages or formats such as large type of audio please contact: Smoking Cessation Co-ordinator, NHS Forth Valley, 01786 431123/5