

Why use NHS Lothian Stop Smoking Services?

- Attending support can double your chances of quitting
- Using a medicine can double your chances of quitting
- Our specially-trained stop smoking advisors can provide the support and organise the medicine for you, meaning you are **FOUR TIMES** more likely to quit.

Local support sessions (see programme inside)

We meet once a week for about an hour, and you can attend without prior arrangement. The sessions are for you to meet other people who are stopping smoking, so you can support each other as a group. We recommend you attend for a minimum of seven weeks, but beyond this you can attend for as long as you feel you need to.

Individual sessions and home visits

If you need an individual session, please call **0131 536 6247** or **0131 552 8671**. In some circumstances, we may be able to come to your home. Please call either of the above numbers to discuss further.

Telephone or email support

If you find it difficult to attend appointments after an initial appointment, we are happy to continue support by telephone, text or email.

Interpreters and translators

Sign language interpreters are available on request. Contact for Deaf people **07881 517 317** or email **StopSmoking.Service@nhslothian.scot.nhs.uk**
 If you need an interpreter for another language please call **0131 552 8671** or **0131 536 6247** we will then arrange for an interpreter to contact you to organise an appointment.

NHS Lothian Community Pharmacy

Individual support and nicotine replacement therapy (NRT) are available from all local pharmacies.

Stop Smoking Services in NHS Lothian

Pregnant women	01506 523 871
Young people (Text or phone)	07969 530266
West Lothian	01506 651 829
East and Midlothian	0131 537 9914
North west Edinburgh	0131 552 8671
North east Edinburgh	0131 536 6247
South west and south central Edinburgh	0131 537 7447
South east and south central Edinburgh	0131 672 9532
Workplace groups	0131 537 7447

For further help to stop smoking: **Smokeline 0800 84 84 84**

www.canstopsmoking.com www.nhslothian.scot.nhs.uk

www.ashscotland.org.uk



North Edinburgh Stop Smoking Service Local Support Programme

June 2011 to December 2011

Red Venues 0131 552 8671
Blue Venues 0131 536 6247

Your path to a **smoke-free** life

Stop smoking support and information sessions available in north Edinburgh

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>Pilton Community Health Project 73 Boswall Parkway EH5 2PW 11am - 12pm Creche available booking required</p>	<p>Victoria Swim Centre Junction Place EH6 5JA 11.30am - 1.00pm Free fitness session</p>	<p>St Ninians Church 144 St John's Rd EH12 8AY 10am - 11am Please call for an appointment Piershill Library 30 Piershill Terrace EH8 7BQ 10.30am - 12pm Info session every 3rd Wed of the month</p>	<p>Rosebery Hall High St South Queensferry EH3 9NZ 10am-11am Please call for an appointment Leith CTC 12 Junction Pl EH6 5JA 9.15am - 10.15am 10.30am - 11.30am 7 x 1 hour weekly sessions</p>	<p>Crewe Medical Centre 135 Boswall Parkway EH5 2LY Drop in between 9am - 11am</p>
AFTERNOON	<p>Leith Community Centre New Kirkgate EH6 6AD 1pm- 2.30pm</p>		<p>Muirhouse Medical Group 1 Muirhouse Avenue EH4 4PL Drop in between 2pm - 4pm</p>	<p>Leith CTC 12 Junction Pl EH6 5JA 2pm - 3pm 3.15pm - 4.15pm 7 x 1 hour weekly sessions</p>	<p>Please let us know before you come if you need help with communication or mobility issues</p>
EVENING	<p>Royal Victoria Hospital 13 Craighleith Rd EH4 2DN 6pm - 7pm Please call for an appointment</p>	<p>Craigroyston Community High School 627 Pennywell Rd EH4 4NL 5.30pm - 6.30pm Free adult Swim Leith CTC 12 Junction Pl EH6 5JA 5.45pm - 6.45pm 6.45pm - 7.45pm 7 x 1 hour weekly sessions</p>	<p>Piershill Library 30 Piershill Terrace EH8 7BQ 5.30pm - 7pm Info session every 3rd Wed of the month</p>	<p>Drumbrae Leisure Centre 30 Drumbrae Terrace EH4 7SF 6pm - 7pm Please call for an appointment</p>	<p>For more information about times; Highlighted Red contact 0131 552 8671 Highlighted Blue contact 0131 536 6247</p>