

### 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 need to stay stopped.

### Individual sessions and home visits

If you need an individual session, please call **01506 651 829**. In some circumstances, we may also be able to come to your home. Please call us to discuss this further.

### Telephone support

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

### 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](mailto:StopSmoking.Service@nhslothian.scot.nhs.uk)  
If you need an interpreter for another language please call **01506 651 829** we will then arrange for an interpreter to contact you to organise an appointment.

### NHS Lothian Community Pharmacy Scheme

Individual support and nicotine replacement therapy (NRT) are available from all community 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



# West Lothian Stop Smoking Service Local Support Programme

**June 2011 to December 2011**

**01506 651 829**

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

[www.canstopsmoking.com](http://www.canstopsmoking.com) [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

[www.ashscotland.org.uk](http://www.ashscotland.org.uk)

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

# Stop smoking support sessions in West Lothian

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	<p><b>Open Access</b>  <b>Omnicare Pharmacy</b>                      Main Street                      Uphall                      10 – 11am</p>	<p><b>Open Access</b>  <b>Burgh Hall</b>                      Whitburn                      9.30 – 10.30am</p> <p><b>Open Access</b>  <b>Kirkliston Health Centre</b>                      10.30 – 11.30am</p>	<p><b>Open Access</b>  <b>Early Years Centre</b>                      Cameron Way                      Knightsridge                      10 – 11.30am</p> <p><b>Open Access</b>  <b>West Calder Community Centre</b>                      11.30 – 12.30pm</p>	<p><b>Open Access</b>  <b>Boghall Clinic</b>                      Bathgate                      10 – 11am</p> <p><b>Open Access</b>  <b>Whitburn Health Centre</b>                      11.30 – 12.30pm</p>
AFTERNOON	<p><b>Open Access</b>  <b>Chalmers Hall</b>                      Linlithgow Bridge                      1 – 2pm</p>	<p><b>Open Access</b>  <b>West Park Day Hospital</b>                      Ground floor                      St Johns Hospital                      3.15 – 4.15pm</p> <p><b>Open Access</b>  <b>Craigshill Health Centre</b>                      4.45 – 6pm</p> <p><b>Open Access</b>  <b>East Calder Medical Practice</b>                      5.30 – 6.30pm</p>	<p><b>Open Access</b>  <b>Armadale Community Centre</b>                      Armadale                      12 – 1pm</p> <p><b>Open Access</b>  <b>Bathgate Primary Care Centre</b>                      3 – 4pm</p>	<p><b>Open Access</b>  <b>The Pitstop</b>                      Addiewell                      2pm – 3pm</p> <p><b>Open Access</b>  <b>Fauldhouse Partnership Centre</b>                      Fauldhouse                      3.30 – 4.30pm</p>
EVENING	<p><b>Open Access</b>  <b>Strathbrock Partnership Centre</b>                      Broxburn                      5 – 6pm</p>	<p><b>Open Access</b>  <b>Blackburn Community Centre</b>                      7 – 8pm</p>	<p><b>Open Access</b>  <b>West Park Day Hospital</b>                      Ground floor                      St Johns Hospital                      6.30 – 7.30pm</p>	<p><b>Open Access</b>                      This means you can come along without an appointment.</p> <p><b>Using support and medication will quadruple your chance of successfully stopping smoking for good.</b></p>

There are also a variety of other services available throughout West Lothian. Please contact **01506 651 829** for general enquiries.  
 For services for pregnant women contact **01506 523 871** and for young people's services please contact **01506 446 659**.  
 There is also a cannabis worker available on **01506 430 225**.

**Please let us know before you come if you need help with communication or mobility issues.**