

USEFUL WEBSITES & PHONE NUMBERS:

- www.quit.org.uk
- www.clickZquit.co.uk
- www.ash.org.uk
- www.smoking-cessation.org

You can attend Smoking Cessation Clinics at Tarporley Hospital between 6pm & 8pm. To find out more about these clinics call 01928 732388.

You can call *Fag Ends*, the Smoking Cessation specialist based in Liverpool on 0800 195 2131 for advice, support and to book a place on the Smoking Cessation Group at the Northgate Arena, Chester.

Alternatively, if you live in any area of Cheshire excluding Chester and Helsby, call 0800 132996 for advice and support.

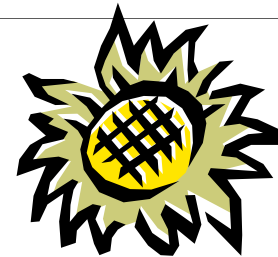
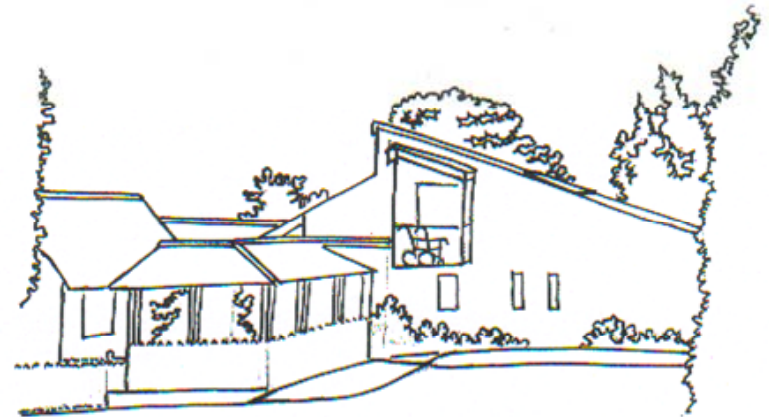


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Malpas
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**SMOKING CESSATION
ADVICE**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



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Smoking Cessation

Are you a smoker? Do you want to carry on smoking or would you like to quit?

Have you prepared to quit?

- Reduced the amount you smoke
- Told family and friends
- Thought about what you are going to do when you would normally have a cigarette

If you want advice on preparing to quit or if you are ready to quit, come to one of the smoking cessation advisors.

You can either contact the Health Visitors at Malpas Surgery on 01948 860643. If there is no reply to leave a message on their answer-phone, including name and daytime contact telephone number and they will return the call.

Or you can make an appointment to see one of the Practice Nurses by telephoning 01948 860205.



Smoking Cessation

Smoking Cessation Appointments

Your first appointment with the Practice Nurse will usually take 20 to 30 minutes as there will be a lot of things to discuss:

- Preparing to quit
- Coping with cravings
- Treatment options (patches, gum, pastilles, inhalers and/or Zyban tablets)
- Leaflets and advice

Follow-up appointments will take about 10 minutes depending on how you are coping and how much support you need. These are normally weekly for the first few weeks then every two weeks.

How long you will need to come will vary but on average it takes 6 to 10 weeks.

If you have made the decision to quit then we can help you achieve your goal!

