

Ready to Stop Smoking?

What Next?

If you think you're ready to quit, there are plenty of ways to help you succeed.

Local Stop Smoking Advisors provide friendly help and support on a one-to-one or group basis for anyone over the age of 12 years. They will advise on the best stop smoking medication for you and monitor your progress.

Your Doctor will give brief advice about quitting and can prescribe stop smoking medication. Also, they will most probably refer you to your local stop smoking service, as they know this will give you the best chance of success.

Where Next?

To find a stop smoking service near you, text **QUIT** to 83434 or call **SMOKELINE** on 0800 84 84 84 (noon to midnight) or call your **Local Smoking Cessation Team** on 01786 - 431117, 431123, 431124 or 431125

Hospital Stop 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.

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.

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

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

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 one-to-one support.

For more information contact a member of the Workplace Team on 01324 - 673521.

Clacks Community Healthcare Centre, Hallpark Road,
Sauchie FK10 3JQ
Every Tuesday 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!

Doune Health Centre
Contact: Lynne Bryce
District Nurse
01786 841213

Alva Health Centre
Contact: Reception
01259 760331

Clackmannan Health Centre
Contact: Catriona Kellock
District Nurse
St Ninians Health Centre
01786 479555

Tillicoultry Health Centre
Contact: Reception
01259 750531

Grangemouth Health Centre
Contact: Jane Van Zon
Health Visitor
Grangemouth Health Centre
01324 482354

Bonnybridge Health Centre
Contact: Cathleen McAulay
Health Visitor
Banknock Health Centre
01324 849510

Stenhousemuir Health Centre
Contact: Reception
01324 554231

Denny, Carronbank Med Centre
Contact: Glynis McBride
Health Visitor
Carronbank Medical Centre
01324 827400

Meadowbank Health Centre
Contact: Lynn Stirling
Practice Nurse
Slamannan Health Centre
01324 851288

Slamannan Surgery
Contact: Lynn Stirling
Practice Nurse
Slamannan Health Centre
01324 851288

Redding & Westquarter Community Group
Contact: Shona Hopkins
Health Visitor
01324 722421