

No pressure, No lectures, Just support

Why use smokefreeLothian support services?

- We offer a completely **FREE** service which includes medications, e.g. nicotine replacement therapy (NRT) or varenicline (Champix). We can usually request a prescription direct from your surgery without you having to make an appointment to see your GP
- We have specially trained advisors who can provide support and advice tailored to your individual needs
- We also provide specialist services for young people and pregnant women
- You are **FOUR TIMES** more likely to quit if you get support from us and use a medication to help you stop.

We offer a range of services including:

- Day and evening support sessions
- Individual appointments
- Telephone, text or email support.

Local community pharmacies across NHS Lothian also provide **FREE** stop smoking support and medication.

Interpreters and translators

Sign language interpreters are available on request.

Contact for deaf people **07824 300 237**

or email SmokefreeSouthedin@nhslothian.scot.nhs.uk

If you need an interpreter for another language please call your local office and we will arrange for an interpreter to contact you to arrange an appointment.

South Edinburgh Local Support Programme

Sighthill: **0131 537 7154** Gracemount: **0131 672 9532**

smokefreeSouthedin@nhslothian.scot.nhs.uk

August 2014 to March 2015



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Open Access Mountcastle Surgery (Milton) Health Education Room 132 Mountcastle Drive South EH15 3LL 10am - 11am</p> <p>Drop in Child Health Clinic Room 1 Community Reception Sighthill Health Centre 380 Calder Road EH11 4AU 10.30am - 11.30am</p>		<p>Open Access Broomhouse Centre 79 - 80 Broomhouse Crescent EH11 3RH 9.30am - 10.30am</p>	<p>Open Access Slateford Medical Centre 27 Gorgie Park Close EH14 1NQ 10am - 11am</p> <p>Open Access Craigmillar Medical Centre 106 Niddrie Mains Road EH16 4DT 11am - 12noon</p>	
Afternoon		<p>Open Access Westerhales Library 1 Westside Plaza EH14 2ST 1.30 pm - 2.30pm</p>	<p>Open Access Gracemount Medical Centre Health Education Room 24 Gracemount Drive EH16 6RN 12.30pm - 1.30pm</p>	<p>Drop In Craigmillar Medical Centre 106 Niddrie Mains Road EH16 4DT 12noon - 1pm (for patients of Craigmillar Medical group only)</p>	<p>Open Access Gilmerton Library 13 Newtoft Street EH17 8RG 1pm - 2pm</p>
Evening	<p>Open Access This means that you can come without an appointment. No lecture, no pressure just information and advice.</p>	<p>Open Access Tollcross Health Centre Health Education Room 10 Ponton Street EH3 9QQ 5pm - 6pm</p> <p>Open Access Gilmerton Community Centre 4 Drum Street EH17 8QG 6.15pm - 7.15pm</p>	<p>Open Access Carrickvale Community Centre 2 Saughton Mains Street EH11 3HH 5.30pm - 6.30pm</p> <p>Open Access Oxgangs Library, Fraser Room 343 Oxgangs Road North EH13 9YL 6.15pm - 7.15pm</p>	<p>Open Access Tollcross Health Centre Health Education Room 10 Ponton Street EH3 9QQ 1.30pm - 2.30pm</p> <p>Open Access Conan Doyle Medical Centre 4 Nether Liberton Lane (Cameron Toll) EH16 5TY 3.30 pm - 4.30pm</p>	<p>Individual appointments are available at various venues on a variety of days. Please telephone to arrange an appointment. Home visits can be arranged please see details overleaf (these are available Monday to Friday.)</p>

Please let us know if you have any communication or mobility difficulties and we will be happy to help.