

## 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  
Wednesdays 5:30—7:30pm

Champix Clinic  
St Ninians Health Centre  
STIRLING FK7 0BS  
Wednesdays 5:00—7:00pm

Clacks Community Healthcare Centre  
Hallpark Road  
SAUCHIE FK10 3JQ  
Tuesdays 5:30—7:30pm

Camelon Health Centre  
1 Baird Street, CAMELON  
Falkirk FK1 4PP  
Wednesdays 5:30—7:30pm

Orchard House Health Centre  
Union Street  
STIRLING FK8 1PH  
Mondays 4:30—6:00pm

## STOP SMOKING GROUPS—Led by Specialist advisers

Clackmannan Health Centre  
Tuesday—5.30—6.30 p.m.  
Contact: 01259 723725

Denny, Carronbank Medical Centre  
Tuesday—5:30—7:30pm  
Contact 01324 827400

Tillicoultry Health Centre  
Tuesday—5:30—6:30pm  
Contact: 01259 750531

Meadowbank Health Centre  
Monday—5:00—7:00  
Contact: 01324 851288 (Lynn Stirling)

Bonnybridge Health Centre  
Monday—5:30—7:30  
Contact: 01324 849510 (Cathleen McAulay)

Slamannan Surgery  
Wednesday—5:30—7:30pm  
Contact: 01324 851288 (Lynn Stirling)

Stenhousemuir Health Centre  
Thursday—5:30—6:00pm New Visitors  
Thursday—6:00—7:00pm Returning Visitors  
Contact: 01324 554231

Grangemouth Health Centre  
Monday—5:00—7:00pm  
Contact: 01324 482354 (Jane Gauld)

Redding & Westquarter Community Group  
Tuesday—5:30—7:30pm  
Contact: 01324 717920 (Shona Hopkins)

## 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.

## 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.

## 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.