

### Why use NHS Lothian Stop Smoking Services?

- Attending support can double your chances of quitting
- Using a product can double your chances of quitting
- Our specially-trained stop smoking advisor can provide the support and organise the product 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 feel you need to.

### Individual sessions and home visits

If you need an individual session, please call **0131 537 9914**. In some circumstances, we may be able to come to your home. Please call us to discuss this further.

### Telephone or email support

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

### Interpreters and translators

Sign language interpreters are available on request. Contact for deaf people **07903 969 679** or email **StopSmoking.Service@nhslothian.scot.nhs.uk**  
 If you need an interpreter for another language please call **0131 537 9914** we will then arrange for an interpreter to contact you to organise an appointment.

### NHS Lothian Community Pharmacy

Individual support and nicotine replacement therapy (NRT) are available from all local pharmacies.

### Stop Smoking Services in NHS Lothian

Pregnant women	0131 537 9914 or 07771 975 453
Young people (Text or phone)	07969 530 266
West Lothian	01506 651 829
East Lothian 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



# East Lothian and Midlothian Stop Smoking Service Local Support Programme

January 2013 to June 2013

**0131 537 9914**



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p><b>Individual Appointments</b>  <b>Penicuik Town Hall</b>  <b>10am</b>                      Please phone <b>0131 537 9914</b> for information or ask your GP practice to refer you</p>	<p><b>Open Access</b>  <b>Newbattle Medical Practice</b>                      Mayfield                      EH22 4AA  <b>10.30am</b></p> <p><b>Individual Appointments</b>  <b>Newbyres Medical Centre</b>  <b>9am - 12.00</b>                      Please phone <b>0131 537 9914</b> for an appointment or ask your GP practice to refer you</p>	<p><b>Individual Appointments</b>  <b>Brunton Hall</b>                      Musselburgh                      EH21 6AF                      Please telephone <b>0131 537 9914</b> for an appointment.</p> <p><b>Open Access</b>  <b>Prestonpans Community Centre</b>                      EH32 9QS  <b>10.30am</b></p>	<p><b>Individual Appointments</b>  <b>Dalkeith Medical Centre</b>                      EH22 1AP  <b>9am - 12.00</b>                      Please phone <b>0131 537 9914</b> for an appointment or ask your GP practice to refer you to an adviser</p> <p><b>Individual Appointments</b>  <b>Orchard Medical Centre</b>                      EH41 3NF  <b>9am - 12.30</b>                      Please phone <b>0131 537 9914</b> for an appointment or ask your GP practice to refer you to an adviser</p>	<p><b>Individual Appointments</b>  <b>Dunbar Med Centre</b>                      EH42 1EE  <b>9.30am - 12.00</b>                      Please phone <b>0131537 9914</b> for an appointment or ask your GP practice to refer you to an adviser</p>
AFTERNOON	<p><b>Open Access</b>  <b>Bonnyrigg Health Centre</b>  <b>1.30pm</b></p>				
EVENING	<p><b>Open Access</b>  <b>MECA Centre</b>                      Musselburgh                      EH21 8JJ  <b>6pm</b></p>	<p><b>Open Access</b>  <b>Midlothian Community Hospital</b>                      EH22 3ND  <b>5.30pm</b></p>	<p><b>Open Access</b>  <b>Ladywood Leisure Centre</b>                      Penicuik                      EH26 8HD  <b>6pm</b></p>	<p><b>Open Access</b>  <b>Loch Centre</b>                      Well Wynd                      EH33 2JX  <b>5.30am - 7pm</b></p>	
	<p> <b>Midlothian Support Venues</b>       <b>East Lothian Support Venues</b></p>				

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