Hillingdon Stop Smoking Clinics

Stop smoking clinic drop-in times. No need for an appointment, just drop in between the times indicated.

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| **Day** | **Clinic** | **Time** |
| Monday | HESA Primary Care Centre - Hayes 52 Station Road Hayes Town UB3 4ZZ | 16.30 - 18.00 |
| Tuesday | Healthwatch Uxbridge Office ( formerly LINK): - Uxbridge 25 Market Square The Mall Pavilions Uxbridge UB8 1LH | 13.30-15.30 |
| Tuesday | Harefield Health Centre - Harefield Rickmansworth Road Harefield UB9 6JY | 17.00-18.30 |
| Wednesday | Hillingdon Hospital - Uxbridge Main Outpatient - Reception 8 Pield Health Road UB8 3NN Tel: 01895238282 | 9.30-12.30 |
| Wednesday | Uxbridge Health Centre - Uxbridge PCT Seminar Room, 1st Floor George Street Uxbridge UB8 1UB | 17.00-18.30 |
| Saturday | Phillips Pharmacy - West Drayton 84 High Street Yiewsley UB7 7BY | 11.00-13.00 |
| Saturday | Wood Lane Clinic - Ruislip 2A Wood Lane Ruislip Middx HA4 6ER | 10.00-12.00 |
| Saturday | London Borough of Hillingdon - Uxbridge Rm 4, Civic Centre High Street Uxbridge Middx UB8 1UW | 12.30-14.30 |

Hillingdon Stop Smoking Service

**How can we help?**

We understand the struggle that some people have when they repeatedly try to quit. This is where we come in! It has been proven that you are four times more likely to stop smoking with support from a Stop Smoking Adviser.

Our approach is understanding. To us, you are not just a number. Our service is varied and tailored to suit the individual. However, in a nutshell, we can offer:

* Free access to an experienced and understanding NHS Stop Smoking Adviser at a location and time to suit you.
* Nicotine replacement therapy (patches, gum etc) available at prescription cost or free if you are exempt.
* Access to stop smoking medication Champix.

Ring **0800 169 7541** for professional help in the Hillingdon area or email [smokingcessation@hillingdon.gov.uk](mailto:smokingcessation@hillingdon.gov.uk)

**How to quit**

You are four times more likely to successfully stop smoking if you have support from one of our local support centres.

Ring **0800 1697541** for professional help in the Hillingdon area or email [smokingcessation@hillingdon.gov.uk](mailto:smokingcessation@hillingdon.gov.uk)

**Tips on how to quit:**

1. Prepare mentally - know how and why you want to quit
2. Set a date to quit
3. Involve friends and family
4. Avoid temptation
5. Stop completely, the most effective approach is to make a complete break, cutting down makes the last few cigarettes harder to give up. Use NRT to help reduce withdrawal symptoms.
6. Be determined, decide to succeed
7. Manage withdrawal symptoms [Nicotine replacement therapy](https://www.nhs.uk/smokefree/help-and-advice/prescription-medicines)
8. [Stop smoking quit tools](https://quitnow.smokefree.nhs.uk/)

**Coping with cravings**

On average the craving for a cigarette lasts between 3 to 5 minutes, and may be in a variety of forms and situations. Most are triggered by:

* excessive stress
* a pleasurable smoking memory
* a situation
* nicotine withdrawal or
* an opportunity to smoke

Distracting yourself for this amount of time can be a very effective way to avoid smoking. As you become practiced in not smoking the time between each craving will gradually get more and more, until in the end cravings are few and far between. It is not unusual for cravings to occasionally occur years after giving up smoking.

* Delay having a cigarette, even the most intensive craving only lasts for 3 - 5 minutes.
* Remind yourself that the urge to smoke is temporary and will be gone in 3 - 5 minutes.
* Deep breaths, this helps you to relax. Close your eyes and take 10 slow, deep breaths.
* Think positive. It can strengthen your will power and increase your confidence.
* Drink water, this will help cleanse the body as well as distract you from smoking.
* Distract yourself. Take a short break from what you are doing. Call a friend or go for a walk.
* Discuss your feelings. Visit [NHS Smokefree - Facebook](https://www.facebook.com/NHSSmokefree)
* Take one day at a time. Congratulate yourself each day at having made it so far. Make your next goal to get through today without smoking.
* Telephone our service on **0800 1697541**

**Other ways to manage nicotine withdrawal**

* Exercise - reduces cravings to smoke while helping you feel better in general. Please visit our page on 'Fitness' for more information
* Get more rest - The stress of quitting can leave you feeling tired and wilted. If you find yourself unable to sleep (which is common), try taking a long walk several hours before bed.
* Relaxation and rewards - (i.e.. a hot bath, read a good book etc). Think of it as a protective measure for your quit program.