

**Hillingdon Stop Smoking Service**

**do you need help with giving up smoking?**

**We have satellite clinics at Hillingdon Hospital, ARCH and Uxbridge Library, we are also able to offer you weekly telephone support sessions. We also have a dedicated team of pharmacist who have been specially trained in smoking cessation. All of these clinics includes behavioural guidance, advice and supply of stop smoking medications and general all-round support**

**Please be aware that there is no pressure, you can call us just for a chat and see if this is the right programme for you ☺**

**Please don’t delay**

**call us today on:**

**0203 838 7858 / 0203 838 7850**

**Email: lbofh.stopsmoking@nhs.net**

**Pharmacies Providing the Stop Smoking Programme**

Clinic times can sometimes be subject to change, so please ensure you phone

[This Photo](https://www.picpedia.org/highway-signs/q/quit-smoking.html) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)

before attending your first session.

**Clinic Timetable**

|  |  |  |
| --- | --- | --- |
|  **Pharmacy** |  **Address** | **Phone No.** |
| Carters Pharmacy | 41 Salisbury Rd, Eastcote, HA5 2NJ | 01895 636697 |
| Chimson’s Ltd | 29 Victoria Road, Ruislip Manor, HA4 9AB | 01895 675705 |
| Daya Pharmacy | 750 Uxbridge Road, Hayes, UB4 0RU | 020 8573 3084 |
| Grosvenor Pharmacy | 788 Uxbridge Road, Hayes, UB4 0RS | 020 8848 4612 |
| Harefield Pharmacy | 12E High Street, Harefield UB9 6BU, | 01895 822273 |
| Howletts Pharmacy | 81 Howletts Lane, Ruislip, Ha4 7YG | 01895 674881 |
| Mango Pharmacy | 3 The Parade, Cowley, UB8 2EP | 01895 233706 |
| Nuchem Pharmacy | 24 Coldharbour Lane, Hayes UB3 3EW | 020 8561 0020 |
| Ruislip Manor Pharmacy | 53 Victoria Road, Ruislip Manor, HA4 0HQ | 01895 632409 |
| Vantage Pharmacy Kingshill | 252 Kingshill Avenue, Hayes, UB4 6BZ | 020 8845 5967 |
| Winchester Pharmacy | 64 Swan Road, West Drayton, UB7 7JZ | 01895 442788 |
| Malthouse Pharmacy | Breakspear Road North, Harefield UB9 6NF | 01895 824782 |
| Lawtons Pharmacy | 8-9 Crescent Parade, Hillingdon, UB10 0LG | 01895 232876 |

**![C:\Users\sue.ede\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\07IS5XJ1\Quit-Smoking_0[1].jpg]()**

|  |  |  |
| --- | --- | --- |
| **Day** | **Venue** | **Time** |
| Wednesday | The Tudor Centre, Hillingdon Hospital, UB8 3NN | 2-4pm |
| Thursday | Uxbridge Library, High Street, Uxbridge, UB8 1HD | 11.30-12.30pm |
| Tuesday, Wednesday and Thursday | ARCH, 64 High Street, UB8 1JP | 10-12pm2.30-3.30pm |

**![C:\Users\sue.ede\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\07IS5XJ1\Quit-Smoking_0[1].jpg]()![C:\Users\sue.ede\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\07IS5XJ1\No_Smoking.svg[1].png]()**