

6-week programme

Name of Clinic

Date:

Time:

Advisor Name:

Advisor Contact Number:

Sessions:

020 8630 3255

smokefreehounslow@nhs.net

Hounslow Stop Smoking Service
Heart of Hounslow Centre for Health
92 Bath Road, Hounslow TW3 3EL

NHS

Hounslow and Richmond
Community Healthcare

"This time I **know** I have
quit for good"

Want to break free?

Hounslow Stop Smoking Service will
help you every step of the way



SMOKEFREE
Hounslow

- o you are 4 times more likely to quit with NHS support
- o flexible times and locations available
- o free NHS 6-week programme
- o nicotine replacement therapy, eg, patches and inhalators available as well as other medication
- o you'll immediately feel some of the health benefits of quitting
- o save money

Pharmacy Advisors

If the times of the walk-in clinics are not convenient for you then we also have a number of trained pharmacists who provide stop smoking support. Call us to find your nearest pharmacy

Surgery Advisors

Your GP surgery could have a trained stop smoking advisor, so call today to find out

Walk-in Clinics

Just turn up and been seen by the first available advisor

Clinics

Brentford Health Clinic

Multi Purpose Room
Boston Manor Road, Brentford TW8 8DS
Wednesday 4.45pm - 5.45pm

Chiswick Health Centre

Fishers Lane, Chiswick W4 1RX
Tuesday 5.30pm - 6.30pm
Thursday 4.30pm - 5.30pm

Feltham Centre for Health

Third Floor The Centre, Feltham TW13 4GU
Tuesday 10.00am - 12.00pm
Tuesdays 5.15pm - 6.30pm

Heart of Hounslow Centre for Health

92 Bath Road, Hounslow TW3 3EL
Tuesday 10.30am - 11.30am
Thursday 5.15pm - 6.15pm

West Middx University Hospital

Chest Clinic, Outpatients 2,
Twickenham Road, Isleworth TW7 6AF
Wednesday 4.45pm - 5.45pm

Additional appointments are also available at the Heart of Hounslow Centre for Health, so if you are unable to make any of the clinics listed above please call [020 8630 3255](tel:02086303255) to arrange an appointment

Last year nearly two thousand people went smoke free with Hounslow Stop Smoking Service