YOU CAN DO IT

Now you're ready to go smokefree in your life, why not take advantage of the free help and support provided by the NHS? It really works.

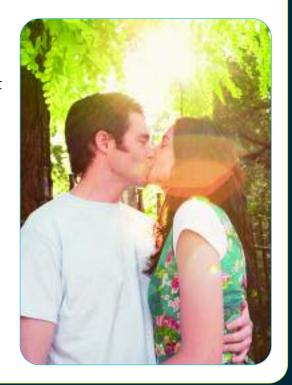
We'll get you working with a trainer advisor, either in a group or on a one-to-one basis. One of the things you can do is use a carbon monoxide monitor to check how addicted you are and measure the fall in carbon monoxide in your body.

We'll also give you advice about Nicotine Replacement Therapy (NRT) and which product or combination or products will work best for you. You're up to four times more likely to be successful if you go to your local NHS Stop Smoking Service and use NRT than if you try to go smokefree using willpower alone.

WHAT TO EXPECT

Dont' worry, there's no need to stop smoking on your first appointment. In fact, the more preparation done beforehand the better.

Some people find that sharing their experiences with others is helpful.



TALK FACE-TO-FACE

If you would prefer one-to-one support, you can get it in most areas.

To find your nearest local NHS Stop Smoking Service call the helpline on **0800 169 0 169** or visit **gosmokefree.co.uk** or text GIVE UP with your full postcode to 88088.

OTHER LANGUAGES

له ذا الكنديب ية دم معلوم نات حد ول نحد ول إنجاد تر ا في يواد ة خالي قام ان الديمخين في في وم الأول مان شايور.

Chinese

這份傳單是關於從七月一日起英國將成爲禁煙區。 如有需要,均可要求其他語言文字的譯本、

"यह 1 जुलाई 2007 को इंग्लैंड के धुआं रहित बलने के बारे में पुस्तिका है। यह अनुरोध किये जाले पर अनुवाद के लिए उपलब्ध है।"

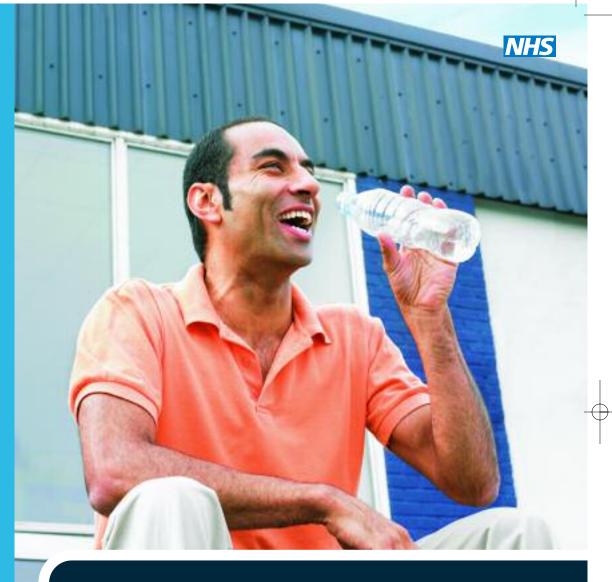
"Warnaqahani waxa ay ka hadlayaan sidii ay Englan ku noqon lahayd Qaac Sigaar La'aan wixii laga bilaabi 1-da Jub 2007. Warnagahan waxaad heli kartaa iyagoo la soo turjibaan

Smokefree Wirral is a joint initiative between Metropolitan Borough of Wirral and Wirral Primary Care Trust









WANT TO STOP SMOKING?

Your guide to Wirral Services







SPECIALIST SERVICES IN WIRRAL

Below is information on where to turn for specialist Stop Smoking Services in Wirral for adults, young people and pregnant women.

NHS Stop Smoking Services are local and easily accessible. Best of all their support is absolutely FREE.

For details of who to contact in Wirral please phone your local NHS service on **0151 630 8383** and see the following list for venues:

- 30 Argyle Street, Birkenhead. Open daily plus late evenings on Tuesday and Thursday
- Manor Health Centre, Liscard Village, Wallasey Wednesday 10am - 1 pm
- Wirral Health & Wellbeing Centre, Eastham Clinic, Eastham Rake Wednesday 5 – 7pm
 - Your local pharmacy (see right)
 - Your local GP practice
 - Roy Castle Fag-ends 0871 220 54176 www.roycastle.org/fagends





LOCAL PHARMACISTS IN WIRRAL

BEBINGTON		EASTHAM		NEW FERRY		TRANMERE	
 Alliance, 21 Church Rd 	645 3925	Dudley's (Treetops PHCC)	227 455 4	■ Rowlands,	C 4 E 200 E	Rowlands,	CE2 E0.41
 Alliance, 118 Teehey Lane 	608 2523	Bridle Road	327 4554	Parkfield MC	645 3985	62 Greenway Rd	652 5941
Morsy Lewis Pharmacy 16 Cross Lane	334 1040	GREASBY		NOCTORUM		Swettenhams,41 Church Rd	647 8645
Swettenhams176 Bebington Rd	645 1013	Alliance, 148 Greasby RdRowlands, 424 Frankby Rd	677 5501 678 3350	Townfield, 3 Townfield Cl	653 7707	UPTON	
■ Temple, 3 Lancelyn Court	334 5486	,		OVTON		Alliance23A Arrowepark Rd	677 2241
		HESWALL		OXTON		23A AITOWEPAIK KU	077 2241
BEECHWOOD ■ Morsy Lewis,		Boots 218-220 Telegraph Rd	342 2663	Rowlands53 Christchurch Rd	652 5678	WALLASEY	
41 Fenderway	677 2353	Cubbins119 Brimstage Road	342 4385	PENSBY		Alliance, 29 Liscard Way	638 5617
BIRKENHEAD		■ Lloyds		■ Williams,		Boots, 36 Liscard Way	638 6609
 Alliance, 30 Hoylake Rd 	653 7871	222-230 Telegraph Rd	342 6892	309 Pensby Rd	648 1606	,	030 0003
■ Boots, 215 Grange Rd	647 7255	P. Williams, Village Road	342 2049	PRENTON		 Carringtons Chemist 128 Rake Lane 	639 3531
Lloyds Arrowe Park Hospital	677 6449	■ Tesco, 141 Telegraph Rd	801 7049	■ Alliance,		■ Egremont, 9A King St	639 5016
■ Rowlands	077 0113			10 Holmlands Dr	608 2609	Rowlands95 Wallasey Village	638 2392
9 Princes Pavement	647 6858	THINGWALL		■ Alliance,		■ Victoria,	030 2332
■ Rowlands, 73 Market St	647 6858	Alliance, 509 Pensby Rd	648 1351	379 Woodchurch Rd	608 2609	100 Victoria Rd	639 4361
■ Superdrug, 203 Grange Rd	647 1002	1 = 1 < 0 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		Dell Pharmacy 25-27 Dickens Ave	608 3507	■ Wyn Ellis, 32 Poulton Rd	638 6609
		LEASOWE					
BROMBOROUGH		■ Pharmac-e, Hudson Rd	638 3810	ROCK FERRY		WEST KIRBY	
■ Boots, 3-5 The Precinct	334 4406	■ Rowlands,	C04.1C00	■ Alliance,		■ Boots,	M.MOLLIN
■ Boots, Croft Estate	343 0276	113 Reeds Lane	604 1600	206 Bedford Rd	643 9051	11-13 The Crescent	625 8586
Swettenhams18 Allport Lane	334 2020	MORETON		Dale (by Tesco Dacre Hill) 224 Bebington Rd	645 1151	■ LLoyds, 35 Grange Road	625 1034
		■ Boots, 254 Hoylake Rd	677 5182	Lloyds, Bedford Ave	645 1201	WOODCHURCH	
CLAUGHTON Claughton Pharmacy		■ Lloyds, 205-207 Hoylake Rd	677 2344	Old Chester Rd Pharmacy 296 Old Chester Rd	645 3055	Alliance, 39 Fleetcroft Rd	677 5058
161 Park Rd North	653 7543	Rowlands,2A Chadwick St	677 3814	Swettenhams 249 Old Chester Rd	645 1851	■ Lee's Pharmacy 98-100 Hoole Rd	677 4932

CALL 0800 169 0 169 OR VISIT GOSMOKEFREE, CO, UK 5

CALL 0800 169 0 169 OR VISIT GOSMOKEFREE, CO, UK