

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 of 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

Arabic

هذه النشرة ترمي على معلومات حول التدخين ولماذا نريد أن نتركه في يومنا هذا. نود أن نخاطبكم في اللغة العربية في اليوم الأول من شهر يوليو 2007. إذا كان لديك أي أسئلة، يرجى الاتصال بنا على الرقم 0800 169 0 169 أو زيارتنا على gosmokefree.co.uk أو إرسال رسالة نصية SMS مع كلمة GIVE UP ورمز البريدي الكامل الخاص بك إلى 88088.

Bengali

"জুলাই মাসের ১ তারিখ ইংল্যান্ড ধূমপান মুক্ত এলাকা হওয়ার ব্যাপারে এই প্রচার পত্রটি। অনুগ্রহে ইহার অনুবাদ পাওয়ার ব্যবস্থা রয়েছে।"

Chinese

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

Hindi

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

Polish

"Ulotka informująca o wchodzącym w życie 1-go lipca 2007 roku zakazie palenia w miejscach publicznych w Anglii. Na żądanie dostępne jest tłumaczenie."

Somali

"Warisqabani waxa ay ka hadlayaan sidii ay Ingilaan ka noqon kheyd Qaac Sigaar La'aan wixii laga bilaabi 1-da July 2007. Warisqabani waxaad heli kartaa iyadoo la soo tuujbaantay."

Urdu

تدخين سے متعلق معلومات حاصل کرنے کے لیے، اگرچہ 2007 کے سال کے پہلے ہی میں، یہ کتابچہ آپ کو بتائے گا کہ انگلینڈ میں 1 جولائی 2007 سے شہرہ آفاق سگار نوشی پر پابندی لگائی جائے گی۔ اگر آپ کو اس بارے میں کوئی سوال ہے، تو براہ کرم 0800 169 0 169 پر کال کریں یا gosmokefree.co.uk پر زيارت کریں۔

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:

- Wirral Health & Wellbeing Centre, 30 Argyle Street, Birkenhead.
Open daily plus late evenings on Tuesday and Thursday
- Eastham Clinic, Eastham Rake
Wednesday 5 – 7pm
- Manor Health Centre, Liscard Village, Wallasey
Wednesday 10am - 1 pm
- 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

- Alliance, 21 Church Rd 645 3925
- Alliance, 118 Teehey Lane 608 2523
- Morsy Lewis Pharmacy
16 Cross Lane 334 1040
- Swettenhams
176 Bebington Rd 645 1013
- Temple, 3 Lancelyn Court 334 5486

BEECHWOOD

- Morsy Lewis,
41 Fenderway 677 2353

BIRKENHEAD

- Alliance, 30 Hoylake Rd 653 7871
- Boots, 215 Grange Rd 647 7255
- Lloyds
Arrowe Park Hospital 677 6449
- Rowlands
9 Princes Pavement 647 6858
- Rowlands, 73 Market St 647 6858
- Superdrug, 203 Grange Rd 647 1002

BROMBOROUGH

- Boots, 3-5 The Precinct 334 4406
- Boots, Croft Estate 343 0276
- Swettenhams
18 Allport Lane 334 2020

CLAUGHTON

- Claughton Pharmacy
161 Park Rd North 653 7543

EASTHAM

- Dudley's (Treetops PHCC)
Bridle Road 327 4554

GREASBY

- Alliance, 148 Greasby Rd 677 5501
- Rowlands, 424 Frankby Rd 678 3350

HESWALL

- Boots
218-220 Telegraph Rd 342 2663
- Cubbins
119 Brimstage Road 342 4385
- Lloyds
222-230 Telegraph Rd 342 6892
- P. Williams,
Village Road 342 2049
- Tesco, 141 Telegraph Rd 801 7049

THINGWALL

- Alliance, 509 Pensby Rd 648 1351

LEASOWE

- Pharmac-e, Hudson Rd 638 3810
- Rowlands,
113 Reeds Lane 604 1600

MORETON

- Boots, 254 Hoylake Rd 677 5182
- Lloyds,
205-207 Hoylake Rd 677 2344
- Rowlands,
2A Chadwick St 677 3814

NEW FERRY

- Rowlands,
Parkfield MC 645 3985

NOCTORUM

- Townfield,
3 Townfield Cl 653 7707

OXTON

- Rowlands
53 Christchurch Rd 652 5678

PENSBY

- Williams,
309 Pensby Rd 648 1606

PRENTON

- Alliance,
10 Holmlands Dr 608 2609
- Alliance,
379 Woodchurch Rd 608 2609
- Dell Pharmacy
25-27 Dickens Ave 608 3507

ROCK FERRY

- Alliance,
206 Bedford Rd 643 9051
- Dale (by Tesco Dacre Hill)
224 Bebington Rd 645 1151
- Lloyds, Bedford Ave 645 1201
- Old Chester Rd Pharmacy
296 Old Chester Rd 645 3055
- Swettenhams
249 Old Chester Rd 645 1851

TRANMERE

- Rowlands,
62 Greenway Rd 652 5941
- Swettenhams,
41 Church Rd 647 8645

UPTON

- Alliance
23A Arrowepark Rd 677 2241

WALLASEY

- Alliance,
29 Liscard Way 638 5617
- Boots,
36 Liscard Way 638 6609
- Carringtons Chemist
128 Rake Lane 639 3531
- Egremont, 9A King St 639 5016
- Rowlands
95 Wallasey Village 638 2392
- Victoria,
100 Victoria Rd 639 4361
- Wyn Ellis, 32 Poulton Rd 638 6609

WEST KIRBY

- Boots,
11-13 The Crescent 625 8586
- Lloyds, 35 Grange Road 625 1034

WOODCHURCH

- Alliance,
39 Fleetcroft Rd 677 5058
- Lee's Pharmacy
98-100 Hoole Rd 677 4932