

# Why get support to stop smoking?

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

**020 2630 3255**

[smokefreehounslow@nhs.net](mailto:smokefreehounslow@nhs.net)

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

Hounslow and Richmond  
Community Healthcare



NHS Trust

"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

# 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 4.00pm - 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 4.45pm - 6.30pm

### Heart of Hounslow Centre for Health

92 Bath Road, Hounslow TW3 3EL  
Tuesday 10.30am - 11.30am  
Thursday 4.30pm - 6.15pm

### Heston Health Centre

25 Cranford Lane, Heston,  
Hounslow TW5 9ER  
Tuesday 4.45pm - 6.15pm

### The Isleworth Centre

146 Twickenham Road, Isleworth, TW7 7DJ  
Monday 4.15pm to 5.15pm  
Starting on 9<sup>th</sup> May 2011

### West Middx University Hospital

Chest Clinic, Outpatients 2,  
Twickenham Road, Isleworth TW 7 6AF  
Wednesday 4.45pm - 5.45pm

## 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

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** to arrange an appointment

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