

Call the **Stop Smoking London helpline** to speak to an adviser on **0300 123 1044**. The phone service provides a convenient way to access good quality specialist advice on how to stop smoking. Lines are open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.

Visit **www.london.stopsmokingportal.com**

If you need more intensive support please call the Lambeth specialist stop smoking service on **0800 856 3409**

**Enjoy the benefits of life as a non-smoker.
Stopping smoking can make significant
improvements to your lifestyle and health.**



**"Are you ready
to stop smoking?"**

Stopping smoking can be difficult,
so why not make it easier?

With the help of the Lambeth stop smoking service you are four times more likely to stop than if you go it alone.

This service is for people living in Lambeth.

We provide . . .

- **Free expert advice** and friendly support
- Free **personal stop smoking plan** tailored to your needs
- **Stop smoking medication** to help beat cravings
- **Motivational tips** on how to stay on track
- A choice of **support** to fit your lifestyle
- **One-to-one** and group support
- **12 week** treatment plan.

There are three services to choose from:

1 Pharmacy stop smoking service

The pharmacist can provide medication and support to help with withdrawal symptoms. Simply pop in.

Pharmacies providing stop smoking services:

Osbon Pharmacy
143 Lambeth Walk
SE11 6EE
020 7582 0990

Hills Pharmacy
99 Kennington Lane
SE11 4HQ
0207 582 6344

Millennium Pharmacy
12-14 Cromwell Road
SW9 7BJ
020 7735 7171

Harfleur Chemist
219 Clapham Road
SW9 9BE
020 7733 3331

Superdrug Pharmacy
156-158 Clapham High Street
SW4 7UG
020 7622 5725

Phillips Pharmacy
46 Poynders Road
SW4 8PN
020 8674 0645

Boss Chemist
85 Bedford Road
SW4 7RD
020 7326 7470

New Park Pharmacy
85 New Park Road
SW2 4ES
020 8674 6070

S.G. Manning
294 Brixton Hill
SW2 1HT
020 8674 4391

Day Lewis Pharmacy
1 Palace Road
SW2 3DY
020 8674 1896

Day Lewis Pharmacy
9a Gracefield Gardens
SW16 2SZ
020 8769 7629

Copes Pharmacy
570 Streatham High Road
SW16 3QQ
020 8764 2910

Pascoe Pharmacy
235 Knights Hill
SE27 0QT
020 8670 2562

Sefgrove Chemist
3-5 Westow Hill
SE19 1TQ
020 8670 5198

2 Specialist stop smoking service

Specialist services offer more intensive support for smokers that may find it harder to stop smoking and who fall into the following groups:

- **Pregnant women**
- **Adults sharing a household with children under the age of five**
- **People with long term physical health conditions**
- **People with mental health conditions**
- **Chronic smokers**

✉ **Gst-tr.stopsmokinglambeth@nhs.net**

📞 **0800 856 3409**

3 Telephone service

📞 Call **0300 123 1044** to speak to an adviser.