

Quitting smoking isn't easy, but when you see the drastic improvements to your life and health it is really motivating.



Better health

- In just 24 hrs, the poisonous carbon monoxide has left your body
- Your risk of cancer, heart and lung disease is reduced
- Your general fitness is improved
- You will improve your fertility levels and your chance of a healthy pregnancy and baby.



NHS Stop Smoking Service
Tel: 01884 836 024

- Free, personal quit plan
- Stop smoking medication
- Free, expert, friendly support
- Tips to stay on track

A stop smoking adviser will offer you:



Benefits for the family

- You will protect the health of those around you by not exposing them to secondhand smoke
- You will reduce the chances of your children suffering from bronchitis, pneumonia, asthma attacks, meningitis and ear infections
- You will have more money to spend on your family

Improved lifestyle

- You will save money – count up what you spend in a year
- You will improve your breathing and general fitness
- The appearance of your skin and teeth will improve
- You will get rid of that stale tobacco smell from your hair, skin and clothes
- Your home and car will smell fresh and stay clean longer
- You will reduce the risk of fire in your home



**Better health
Improved lifestyle
Benefits for the family
Help to stop smoking
in Exeter**



Where can I get help to quit smoking in Exeter?

This information is correct at January 2015. Please note that locations are subject to change and additions. For up to date information telephone **01884 836024** or visit www.smokefreedevon.org.uk

LOCAL NHS STOP SMOKING SPECIALIST SERVICE **01884 836024**

Riverside Leisure Centre
St Sidwells Centre
St Thomas Health Centre *

* for patients of practice only

GP SURGERIES

Barnfield Hill Surgery
12 Barnfield Hill, EX1 1SR
01392 432761

Hill Barton Surgery
1 Lower Hill Barton Road, EX1 3EN
01392 444242

Ide Lane Surgery
Alphington, EX2 8UP
01392 439868

Isca Medical Practice
38 Polsloe Road, EX1 2DW
01392 273805

Mount Pleasant Health Centre
Mount Pleasant Road, EX4 7BW
01392 255722

St.Leonard's Practice
Athelston Road,
St Leonard's, EX1 1SB
01392 201790

St.Thomas Medical Group
Cowick Street,
St Thomas, EX4 1HJ
01392 676678

The Clock Tower Surgery
9 New North Road, EX4 4HF
01392 208290

The Foxhayes Practice
117 Exwick Road,
Exwick, EX4 2BH
01392 208789

The Heavitree Practice
Heavitree Health Centre,
South Lawn Terrace,
Heavitree, EX1 2RX
01392 222099

The South Lawn
Medical Practice
Heavitree Health Centre,
South Lawn Terrace,
Heavitree, EX1 2RX
01392 281101

The Whipton Surgery
378 Pinhoe Road,
Pinhoe, EX4 8EG
01392 462770

Topsham Surgery
Holman Way,
Topsham, EX3 0EN
01392 874646

Wonford Green Surgery
Burnthouse Lane, EX2 6NF
01392 250135

PHARMACIES

Alphington Pharmacy
25 Ide Lane,
Alphington, EX2 8UP
01392 434749

Boots The Chemists Ltd
251 High Street, EX4 3QD
01392 432244

Countess Wear Pharmacy
Glasshouse Medical Centre,
Glasshouse Lane,
Countess Wear, EX2 7BT
01392 877000

Day Lewis Pharmacy
88b Beacon Lane, EX4 8LU
01392 494016

Day Lewis Pharmacy
1 Summer Lane, Whipton, EX4 8BU
01392 467027

Fore Street Pharmacy
3 Fore Street, Topsham, EX3 0HF
01392 873581

Lloydspharmacy
37 Sidwell Street, EX4 6NS
01392 273470

Lloydspharmacy
59 Fore Street, Heavitree, EX1 2RJ
01392 273121

Luxtons The Pharmacy
67 Cowick Street,
St Thomas, EX4 1HW
01392 274880

Pinhoe Pharmacy Ltd
1a Station Road, Pinhoe, EX1 3SA
01392 467355

Sainsbury's Pharmacy
1 Hill Barton Road, Pinhoe, EX1 3PF
01392 469687

Sainsbury's Pharmacy
Guildhall Shopping Centre, EX4 3HH
01392 273471

The Co-operative Pharmacy
Lidl's Superstore,
Burnthouse Lane,
Wonford, EX2 6NF
01392 499751

Topsham Pharmacy
18 Fore Street,
Topsham, EX3 0HE
01392 873063

DENTISTS

Pinhoe Dental Centre Limited
402 Pinhoe Road,
Exeter, EX4 8EH
01392 467302

Dee Shapland Dental Surgery
384 Topsham Road,
Exeter, EX2 6HE
01392 873899

Irish and King Dental Practice
95 Pinhoe Road,
Exeter, EX4 7HU
01392 273472

OTHER SUPPORT

To speak on the telephone...

Call the free Smokefree National Helpline to speak to an expert adviser: **0800 022 4332**

Lines open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 5pm

or chat online...

www.nhs.uk/smokefree/help-and-advice/support