

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.

SMOKEFREE
DEVON



Tel: 01884 836 024

NHS Stop Smoking Service

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

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 Mid Devon

SMOKEFREE
DEVON

Where can I get help to quit smoking in Mid Devon?

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

Crediton Hospital
Culm Valley Integrated
Centre for Health
Tiverton District Hospital

GP SURGERIES

Bampton Surgery
Barnhay,
Bampton,
EX16 9NB
01398 331304

Bow Medical Practice
Iter Cross,
Bow,
EX17 6FB
01363 823333

Castle Place Surgery
Kennedy Way,
Tiverton,
EX16 6NP
01884 252333

Cheriton Bishop Surgery
Cheriton Bishop,
EX6 6JA
01647 24272

Clare House
Newport Street,
Tiverton, EX16 6NJ
01884 252337

College Surgery Partnership
Willand Road,
Cullompton,
EX15 1FE
01884 831300

Exe Valley Practice
The Surgery,
The Bury,
Thorverton,
EX5 5NT
01392 860273

Newcombes Surgery
Newcombes,
Crediton,
EX17 2AR
01363 772263

Sampford Peverell Surgery
29 Lower Town,
Sampford Peverell, EX16 7BJ
01884 820304

The Blackdown Practice
Station Road, Hemyock,
Cullompton, EX15 3SF
01823 680206

Wyndham House Surgery
Fore Street, Silverton,
Exeter, EX5 4HZ
01392 860034

PHARMACIES

Bampton Pharmacy
22 Fore Street,
Bampton,
Tiverton,
EX16 9ND
01398 331455

Boots The Chemists Ltd
7 Fore Street,
Tiverton,
EX16 6LN
01884 252144

Crediton Pharmacy
19a High Street,
Crediton,
EX17 3AH
01363 773030

Superdrug Stores Plc
39-41 Fore Street,
Tiverton,
EX16 6LZ
01884 252752

Tesco Stores Ltd (100 hr)
Well Park,
Exeter Road,
Crediton,
EX17 3BW
01363 759847

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