

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



NHS

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



SMOKEFREE
DEVON

Where can I get help to quit smoking in Teignbridge?

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

Newton Abbot Hospital

GP SURGERIES

Ashburton Surgery

1 Eastern Road,
Ashburton, TQ13 7AP
01364 652731

Barton Surgery

Barton Terrace,
Dawlish, EX7 9QH
0845 026 4418

Bovey Tracey & Chudleigh Practice

Le Molay Littry Way,
Bovey Tracey, TQ13 9QP
01626 832666

Buckfastleigh Medical Centre

Bossell Road,
Buckfastleigh,
TQ11 ODE
01364 642534

Buckland Surgery

1 Raleigh Road, Buckland,
Newton Abbot, TQ12 4HG
01626 332813

Channel View Surgery

3 Courtenay Place,
Teignmouth, TQ14 8AY
01626 774656

Cricketfield Surgery

Cricketfield Road,
Newton Abbot,
TQ12 2AS
01626 208020

Den Crescent Surgery

2 Den Crescent,
Teignmouth,
TQ14 8BG
01626 773222

Devon Square Surgery

44 Devon Square,
Newton Abbot,
TQ12 2HH
01626 332182

Glendevon Medical Centre

3 Carlton Place,
Teignmouth, TQ14 8AB
01626 770955

Kingskerswell & Ipplepen Medical Practice

School Road,
Kingskerswell, TQ12 5DJ
01803 874455

Kingsteignton Medical Practice

Whiteway Road,
Kingsteignton, TQ12 3HN
01626 357080

Moretonhampstead Health Centre

Embleford Crescent,
Mortonhampstead,
TQ13 8LW
01647 440591

Richmond House Surgery

26 Brunswick Street,
Teignmouth, TQ14 8AF
01626 773339

Westbank Practice

Church Street,
Starcross, EX6 8PZ
01626 890368

PHARMACIES

Asda Stores Ltd

Highweek Street,
Newton Abbot, TQ12 1TG
01626 882710

Dawlish Warren Pharmacy

Shop Unit 1, Dawlish Warren Road,
Dawlish Warren, EX7 0PH
01626 863649

Exminster Pharmacy

The Limes Surgery, Church Stile,
Exminster, EX6 8DF
01392 833822

Mauders Pharmacy

9 Regent Street,
Teignmouth, TQ14 8EP
01626 774628

Lloyds Pharmacy

8 North Street,
Ashburton, TQ13 7QD
01364 652222

Moreton Pharmacy Ltd

14 New Street,
Moretonhampstead, TQ13 8PE
01647 440234

NuMark Pharmacy

Unit 1, Coombe Park Road,
Teignmouth, TQ14 9FF
01626 777412

Sainsbury's Pharmacy

Penn Inn, Newton Abbot, TQ12 1BN
01626 236503

Superdrug Stores Plc

Unit 2,
Former Hospital Site,
East Street,
Newton Abbot, TQ12 4PT
01626 353307

Your Local Boots Pharmacy

21 The Strand,
Dawlish, EX7 9PS
01626 889139

Your Local Boots Pharmacy

47-48 Fore Street,
Buckfastleigh, TQ11 0AA
01364 642325

Your Local Boots Pharmacy

59 Queen Street,
Newton Abbot, TQ12 2AU
01626 354783

Boots The Chemist Ltd

34-38 Courtney Street,
Newton Abbot, TQ12 2DT
01626 362124

DENTISTS

Moor Dental Care

7 West Street,
Ashburton, TQ13 7DT
01364 652850

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