

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 East Devon**



Where can I get help to quit smoking in East 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

Honiton Hospital

GP SURGERIES

**Budleigh Salterton
Medical Practice**
1 The Lawn,
Budleigh Salterton,
EX9 6LS
01395 441212

Claremont Medical Practice
Exmouth Health Centre,
Claremont Grove,
Exmouth,
EX8 2JF
01395 273666

Haldon House Surgery
37-41 Imperial Road,
Exmouth,
EX8 1DQ
01395 222777

Imperial Surgery
49 Imperial Road,
Exmouth, EX8 1DQ
01395 280362

Raleigh Surgery
33 Pines Road,
Brixington,
Exmouth, EX8 5NH
01395 222499

Rolle Medical Partnership
Exmouth Health Centre,
Claremont Grove,
Exmouth, EX8 2JF
01395 226540

**Seaton & Colyton
Medical Practice**
148 Harepath Road,
Seaton, EX12 2DU
01297 20877

**The Coleridge
Medical Centre**
Canaan Way,
Ottery St Mary,
EX11 1EQ
01404 814447

**Townsend House
Medical Centre**
49 Harepath Road,
Seaton, EX12 2RY
01297 20616

Woodbury Surgery
Fulford Way,
Woodbury,
EX5 1NZ
01395 232509

PHARMACIES

Beer Pharmacy
Fore Street, Beer
Seaton, EX12 3JJ
01297 21823

Boots The Chemists Ltd
123-125 High Street,
Honiton, EX14 1HR
01404 42666

Chagford Pharmacy
5 The Square,
Chagford, TQ13 8AA
01647 433486

Colyton Pharmacy Ltd
Market Place,
Colyton, EX24 6JS
01297 552348

JR & AL Smith
120 Withycombe Village Rd,
Exmouth, EX8 3AN
01395 264140

Lewis Pharmacy Ltd
70-72 Exeter Road,
Exmouth, EX8 1PY
01395 272714

Lloydspharmacy
38 High Street,
Budleigh Salterton,
EX9 6LQ
01395 445848

Lloydspharmacy
65 Exeter Road,
Exmouth, EX8 1QD
01395 272392

Morton's Pharmacy
Trinity Square,
Axminster,
EX13 5AN
01297 32115

Pines Pharmacy
39 Pines Road,
Marley Gardens,
Exmouth,
EX8 5NH
01395 264424

Rowlands Pharmacy
25-27 Imperial Road,
Exmouth, EX8 1DB
01395 272079

Tesco Stores Ltd
Battishorne Way,
Sidmouth Road,
Honiton, EX14 2XD
01404 539247

**Tesco Stores Ltd
(100 hr)**
Holiday Park,
Harbour Road,
Seaton, EX12 2PB
01297 529647

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