

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 North Devon and
Torridge**



SMOKEFREE
DEVON

Where can I get help to quit smoking in North Devon and Torridge?

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

The Burton Art Gallery
Barnstaple Health Centre
Bideford Community Hospital
Caen Medical Practice *
North Devon District Hospital
Tyrell Hospital
The Ilfracombe Centre
Okement/Wallingbrook Health Centre
Wooda Surgery *

* for patients of practice only

GP SURGERIES

Bideford Medical Centre
Abbotsham Road, Bideford, EX39 3AF
01237 476363

Black Torrington Surgery
Blake House,
Black Torrington, EX21 5QE
0844 8151362

Boutport Medical Centre
110 Boutport Street,
Barnstaple, EX31 1TD
01271 324106

Bradworthy Surgery
The Square, Bradworthy, EX22 7SY
01409 241215

Brannams Medical Centre
Brannam Square, Kiln Lane,
Barnstaple, EX32 8GP
01271 329004

Castle Gardens Surgery
Castle Hill Gardens,
Torrington, EX38 8EU
01805 623222

East Street Surgery
East Street, South Molton, EX36 3BU
01769 573811

Fremington Medical Centre
11/13 Beards Road, Fremington,
Barnstaple, EX31 2PG
01271 376655

Hartland Surgery
66 The Square, Hartland, EX39 6BL
01237 441200

Holsworthy Medical Centre
Dobles Lane, Holsworthy, EX22 6GH
01409 253692

Litchdon Medical Centre
Landkey Road, Barnstaple, EX32 9LL
01271 323443

Mid Devon Medical Practice
Cannington Road, Witheridge
Tiverton, EX16 8EZ
01884 860205

Queens Medical Centre
6-7 Queen Street,
Barnstaple, EX32 8HY
01271 372672

Shebbear Surgery
Shebbear, Beaworthy, EX21 5RU
01409 281221

South Molton Health Centre
9-10 East Street,
South Molton, EX36 3BZ
01769 573101

The Wooda Surgery
Clarence Wharf,
Barnstaple Street
Bideford, EX39 4AU
01237 471071

Torrington Health Centre
New Road, Torrington, EX38 8EL
01805 622247

Warwick Practice
Medical Centre,
St Brannocks Road,
Ilfracombe, EX34 8EG
01271 863119

Waterside Practice
Ilfracombe Medical Centre,
St Brannocks Road,
Ilfracombe, EX34 8EG
01271 863840

PHARMACIES

Arnolds Pharmacy
21 Nelson Road, Westward Ho,
Bideford, EX39 1LF
01237 473829

Asda Stores Ltd
Clovelly Road,
Bideford, EX39 3QU
01237 427720

Barton Pharmacy Ltd
3 West Road,
Woolacombe, EX34 7BW
01271 870378

Boots The Chemists Ltd
69-70 High Street,
Barnstaple, EX31 1HX
01271 326772

Day Lewis Pharmacy
Medical Hall,
South Molton, EX36 3BU
01769 572528

Lloydspharmacy
21 High St,
Ilfracombe, EX34 9DA
01271 862058

Lloydspharmacy
2-3 The Square,
Holsworthy, EX22 6DL
01409 253461

Lloydspharmacy
1 High Street,
Torrington, EX38 8HN
01805 622174

Superdrug Stores Plc
25 High Street,
Ilfracombe, EX34 9DA
01271 862122

Tesco Stores Ltd (100 hr)
Station Road,
Barnstaple, EX31 2AL
01271 308447

Your Local Boots Pharmacy
The Old Library, Bay View Road,
Northam, EX39 1AZ
01237 474340

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