

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 South Hams and**  
**West Devon**

SMOKEFREE  
DEVON



# Where can I get help to quit smoking in South Hams and West 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](http://www.smokefreedevon.org.uk)

## LOCAL NHS STOP SMOKING SPECIALIST SERVICE

**01884 836024**

Dartmouth Clinic

## GP SURGERIES

**Abbey Surgery**  
28 Plymouth Road,  
Tavistock, PL19 8BU  
**01822 612247**

**Catherine House Surgery**  
New Walk, Totnes, TQ9 5HA  
**01803 862073**

**Chagford Health Centre**  
Chagford, TQ13 8BW  
**01647 433320**

**Chillington Health Centre**  
Orchard Way, Chillington,  
Kingsbridge, TQ7 2LB  
**01548 580214**

**Hatherleigh Medical Centre**  
Pipers Meadow,  
Hatherleigh, EX20 3JT  
**01837 810283**

**Highlands Health Centre**  
Fore Street, Ivybridge, PL21 9AE  
**01752 897111**

**Leatside Surgery**  
Babbage Road, Totnes, TQ9 5JA  
**01803 862671**

**Modbury Practice**  
Poundwell Meadow,  
Modbury, PL21 0QL  
**01548 830666**

**North Tawton Medical Practice**  
Devonshire House, Essington,  
North Tawton, EX20 2EX  
**01837 82204**

**Norton Brook Medical Centre**  
Cookworthy Road, Kingsbridge, TQ71AE  
**01548 853551**

**Okehampton Medical Centre**  
East Street, Okehampton, EX20 1AY  
**01837 52233**

**Okement Primary Care Centre**  
Okehampton Hospital,  
Cavell Way, Okehampton, EX20 1PN  
**01837 658051**

**Redfern Health Centre**  
Shadycombe Road, Salcombe, TQ8 8DJ  
**01548 842284**

**South Brent Health Centre**  
Plymouth Road, South Brent, TQ10 9HT  
**01364 72394**

**Tavyside Health Centre**  
Abbey Rise, Whitchurch Road,  
Tavistock, PL19 9BB  
**01822 613517**

**Wembury Surgery**  
Hawthorne Drive, Wembury, PL9 0BE  
**01752 862118**

**Yealm Medical Centre**  
Market Street, Yealmpton, PL8 2EA  
**01752 880567**

**Yelverton Surgery**  
Westella Road, Yelverton, PL20 6AS  
**01822 852202**

## PHARMACIES

**Boots UK Ltd**  
5-6 Duke Street,  
Tavistock, PL19 0BA  
**01822 612609**

**Boots UK Ltd**  
27-28 Fore Street,  
Okehampton, EX20 1HB  
**01837 54322**

**Chagford Pharmacy**  
5 The Square, Chagford,  
Newton Abbot, TQ13 8AA  
**01647 433486**

**Day Lewis Pharmacy**  
11-12 Fore Street,  
Ivybridge, PL21 9AB  
**01752 690265**

**Day Lewis Pharmacy**  
Norton Brook Medical Cntr,  
Cookworthy Road,  
Kingsbridge, TQ7 1AE  
**01548 853129**

**IR Peacock Chemist**  
The Pharmacy, 3 Fore Street,  
Bere Alston, PL20 7AA  
**01822 840234**

**Lloydspharmacy**  
31 Victoria Road,  
Dartmouth, TQ6 9RT  
**01803 832474**

**Morrisons Pharmacy**  
Coronation Road,  
Totnes, TQ9 5DF  
**01803 840340**

**Morrisons Pharmacy**  
Plymouth Road,  
Tavistock, PL19 9AA  
**01822 613153**

**North Tawton Pharmacy**  
1 Exeter Street,  
North Tawton, EX20 2HB  
**01837 82824**

**The Co-operative Pharmacy**  
8 Moorland Villas,  
Yelverton, PL20 6DT  
**01822 852783**

## 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](http://www.nhs.uk/smokefree/help-and-advice/support)