

## Smoke Free Support Team

**Did you know, you are up to four times  
more likely to stop smoking with support?**

With your commitment, we can offer you support and tools  
to help you quit smoking for good!

We are a team of Nurses employed by  
Solent Medical Services working for the NHS.  
We provide a friendly and flexible service in order to achieve your goals.



**Solent Medical Services  
Newtown Clinic  
24-26 Lyon Street  
Southampton  
SO14 0LX  
Mon-Fri 08:30 - 16:30**

**Tel: 02380 296070**

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[www.solentmedicalsolutions.co.uk](http://www.solentmedicalsolutions.co.uk)

## **What We Offer**

We work alongside Public Health England to offer smoke free support to patients registered with the following surgeries:

- Aldermoor
- Atherley House
- Brook House
- Chartwell Green
- Cheviot Road & Shirley Ave
- Hill Lane
- Living Well Partnership
- Lordshill Health Centre
- Raymond Road
- Shirley Health Partnership
- Victor Street
- Walnut Tree
- Woolston Lodge

## **Service Aims**

- Consistency with one of our smoke free advisers
- A 6 week supportive programme on your quit journey
- Improving your health and quality of life
- Motivation to change behavioral habits
- Opportunity to discuss difficult situations and methods to enable coping
- Information & Guidance on nicotine replacement therapy to empower you to make informed choice on the types of medication available
- A positive non-judgmental experience

If you would like more information about this service and how you can receive the support and tools needed to stop smoking, please speak to your surgery or contact us directly

## **Feedback**

Your opinions are important to us and we appreciate any feedback you can give us about our service and the treatment you received.