

Our advisers understand that stopping smoking can be difficult and will work with you to provide the support that you need to help you stop smoking.

Our Stop Smoking Advisers are also able to offer one to one support for people who are unable to access some of the other sources of support, for example if you are housebound or experiencing ill-health.

DOCTORS' SURGERIES

Most Doctors' surgeries offer one to one support usually from their practice nurse. A few also offer group courses. Following an initial assessment appointment you'll be invited to attend appointments every week or every fortnight to see the nurse for support with stopping.

PHARMACY SERVICES

Community pharmacies and chemists offer one to one support. Following an initial assessment appointment with the pharmacist you will be invited to attend for regular sessions of Stop Smoking support.

If you'd like further support to stop smoking or would like more information on the NHS Borders Quit4Good Service please contact us on 0844 8118180 (local rate call, office hours Monday to Friday, 24 hour answer machine) or email smokingcessation@borders.scot.nhs.uk

Alternatively, for free advice you can call Smokeline on 0800 84 84 84 or log on to www.canstopsmoking.com

This leaflet is available in large print, alternative languages and computer formats. Please contact us on 01896 824500 to request any of these versions.



Isn't it time you Quit4Good?

We know it's hard to stop smoking for many reasons. It's not just a matter of deciding to do it – sometimes there are other things that can make it difficult to cut cigarettes out of your life. And sometimes you need more than just willpower to make sure you can stick to a SmokeFree life.

That's why we have established Stop Smoking services for people who live in the Borders area and want to give up smoking.

Stop Smoking support from Quit4Good is offered in a variety of local places including:

- **Community Groups**
- **Doctors' Surgeries**
- **Community Pharmacies and Chemists**

Our services are free and delivered by trained advisers. Our experience has shown that having a knowledgeable and qualified person to give you support and using a product such as nicotine replacement therapy (e.g. nicotine patches or gum) or Champix® means that you are four times more likely to succeed in stopping smoking.

Prescriptions for nicotine replacement therapy (NRT) – e.g. nicotine patches or gum – can be obtained from all of our advisers, and you will normally be provided with enough for two weeks at a time. If you are not eligible for free prescriptions you will only pay the normal prescription fee.

If you would like to know more about what is available in your local area please contact us at Quit4Good and we can help you decide which support is best for you.

COMMUNITY GROUPS

Specialist advisers based in our Health Promotion Department offer regular six week group sessions in various locations in the Borders including: Selkirk, Peebles, Galashiels, Jedburgh, Innerleithen, Walkerburn, Kelso, Eyemouth and Hawick.

Following an initial assessment, you'll be invited to attend a group session which covers topics such as preparing to quit, coping with withdrawals and preparing for difficult situations.

