

**STOP
SMOKING
SERVICES
JUST AROUND
THE CORNER**



Thinking about stopping smoking?

Preparing to stop smoking is a big decision. You are likely to be having mixed feelings about it. Smoking is a powerful addiction and is therefore not easy to give up.

Making a list of things you like and dislike about smoking, and the reasons why are you thinking about stopping, may make you more confident in your decision to stop.

It is important that you know that your smoking influences those around you. You can be a positive role model by deciding to quit.

Why CAMQUIT?

CAMQUIT is your local NHS Stop Smoking Service. You are more likely to quit smoking successfully with support from NHS Stop Smoking Services and Nicotine Replacement Therapy (NRT) rather than going cold turkey.

Joining an NHS Stop Smoking Programme entitles you to prescription-only charges for NRT and other stop smoking medications. If you don't pay for your prescriptions, NRT and other stop smoking medications will be free.



What does CAMQUIT offer?

- All our services and support are FREE! We are an NHS provider with specialist advisors.
- One-to-one appointments with a trained advisor.
- Group support sessions
- Telephone support

Don't forget that pharmacies and doctors' surgeries both provide the stop smoking service, making it more accessible for you.

So what can you expect from a stop smoking service?

Your first session will last around 20 minutes, then you will usually have three or four follow-up sessions of around ten minutes each to help you stay on track.

We'll teach you some tips to deal with cravings and support you along the way. We can even help you with your stop smoking medication.

Hear what Norma Grace, CAMQUIT's quitter of the year for 2010 said: 'It really made a difference having someone to talk to. I started smoking again during the quit attempt but my advisor Marilyn really helped me stay focused and get back on track.'

Ready to stop smoking now?

Contact CAMQUIT
Tel 0800 018 4304
www.camquit.nhs.uk



"Finally I quit smoking! I have so much more money now."

Your local NHS Stop Smoking Service is available at:

CAMBRIDGE AREA

Bottisham

Local GP surgeries

Village Pharmacy, Fulbourn
Tesco Pharmacy, Angel Drove, Ely
Staploe Pharmacy, Brewhouse Lane, Soham
Tesco, Yarrow Road, Fulbourn
Tesco, Cambridge Road, Milton

Swavesey

Local GP surgeries

Tesco, 15-18 Viking Way, Bar Hill
Willingham Pharmacy, 52 Long Lane,
Willingham
Boots the Chemist, 5-6 Sheep Market, St Ives
Lloyds Pharmacy, 9 King Hedges, St Ives
Tesco, Cambridge Road, Milton
Tesco, 15-18 Viking Way, Bar Hill

CAMQUIT clinic:
St Ives Health Centre, Wednesdays 3.30-7pm

Manor

Local GP surgeries

Lloyds Pharmacy, Arbury Court
Rowlands Pharmacy, 189 Histon Road,
Cambridge
Boots the Chemist, Newmarket Road
Boots the Chemist, 28 Petty Cury
Tesco, 15-18 Viking Way, Bar Hill
Co-operative Pharmacy, 1 Station Road, Histon
Tesco, Cambridge Road, Milton

CAMQUIT clinic:
Chesterton Medical Centre evening clinic
Tuesdays 6-8pm. Call 0800 018 4304 to make
an appointment

HUNTINGDONSHIRE

St Peters

Local GP surgeries

Acorn Pharmacy, Oak Tree Centre, Huntingdon
Boots the Chemist, High Street, Huntingdon
Lloyds Pharmacy, Ermine Street, Huntingdon
Priory Fields Pharmacy, Nursery Road,
Huntingdon
Sainsbury's Pharmacy, St. Germain Walk,
Huntingdon
Tesco In-store Pharmacy, Abbots Ripton Road,
Huntingdon

CAMQUIT clinic:
Oak Tree Health Centre, Tuesdays 4.30-7pm
St Ives Health Centre, Wednesdays 3.30-7pm

St Neots

Local GP surgeries

Boots the Chemist, 33 High Street, St Neots
Lloyds Pharmacy, 23 Huntingdon Street,
St Neots
Tesco In-store Pharmacy, Barford Road,
St Neots

FENLAND

Sir Harrys

Local GP surgeries

Boots, The New Queen Street Surgery,
Whittlesey
Boots the Chemist, 8-10 High Causeway,
Whittlesey
Boots the Chemist, Syers Lane, Whittlesey
Whittlesey Pharmacy, 4 Market Street,
Whittlesey