

NHS Eastern and Coastal Kent
Stop Smoking Service
West Cliff House
Westcliff Gardens
Folkestone
Kent
CT20 1SZ

Tel: 0800 849 4444

Fax: 01303 858935

Miss Katrina Margery
49 Sheppey Beach Villas
Manor Way
Leysdown-On-Sea
Sheerness
Kent
ME12 4QQ

Dear Miss Margery

We understand from our Practice Records that you are a smoker. If you have already quit smoking then congratulations! Please let your surgery know. If you do smoke, would you like expert help to quit smoking?

Good news! Support to help you stop smoking is now being held at **The Healthy Living Centre, Royal Road, Off The Broadway, Sheerness ME12 2RL**

- A free **seven** week '**Quit Club**' stop smoking programme.
- Excellent success rates – 70% of smokers who attend still smoke free after 4 weeks.
- Nicotine replacement therapy available for the cost of one prescription (exemptions apply.)
- Champix or Zyban available via your GP.
- Ongoing support from an expert and friendly team.

'Quit Club' programme to start **Monday January 23 until Monday March 5** between **1.30pm and 2.30pm** at The **Healthy Living Centre, Sheerness (The Abbey Room)**

If you, and or any member of your family would like to book a place on the next **Quit Club programme** then please ring the Stop Smoking Service on free phone **0800 849 4444**

The helpline is manned 9.00am to 5.00pm Monday to Friday and until 7.00pm on Wednesday and Thursday. At other times an answer phone is available for you to leave your contact details and we will phone you back.

Giving up smoking is the single most important thing you can do to improve your health and that of your family. **Research shows that you are 4 times more likely to be successful with NHS support, than trying on your own.**

Come along with friends and family and try a different way to quit smoking!

Best Wishes

Your GP Practice

Working Together With Eastern and Coastal Kent Stop Smoking Service