

**"WE CAN HELP
YOU QUIT
FOR GOOD!"**

**WELCOME TO SMOKEFREE
SOUTH GLOUCESTERSHIRE**

oneyou.southglos.gov.uk/besmokefree

WE ARE HERE FOR **YOU** EVERY STEP OF THE WAY

WELCOME TO **SMOKEFREE SOUTH GLOUCESTERSHIRE**

Many smokers want to quit but aren't sure about the best way to go about it. Thousands have quit for good with our help and studies show that you're up to four times more likely to successfully quit with a combination of stop smoking medicine and support from us.

WHAT TO EXPECT

An experienced Stop Smoking Advisor can help you to decide which support is right for you. Perhaps you'd like telephone support, or have face to face appointments? Or maybe visiting your local pharmacy or GP would suit you better?

Your first appointment will be about tailoring a smokefree plan to suit you. Your advisor will discuss a range of stop smoking medicines available and help you to decide a quit date.

KEEPING YOU ON TRACK

After quitting, the sessions will help you to manage your cravings and/or withdrawal symptoms, and you can also check your carbon monoxide levels to show how much progress you're making. You'll also be given useful tips on coping with 'triggers' and support to help you avoid a relapse.

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STOP SMOKING AIDS

Nicotine and other chemicals found in cigarettes makes smokers become dependent and want to smoke frequently. Giving up smoking can cause withdrawal symptoms, which include cravings, headaches, feeling irritable and not being able to sleep.



Stop smoking medicines can help you manage these withdrawal symptoms. They include prescription tablets (Champix and Zyban) and nicotine replacement therapy (NRT) products such as patches, gum, inhalators and nasal sprays.

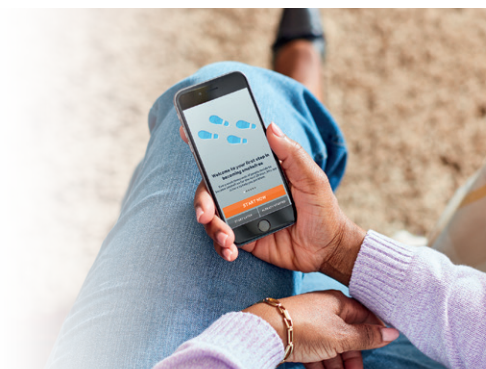
Using an e-cigarette/vape can help you stop smoking and is particularly effective when combined with support from a trained advisor. To get the full benefit, you need to make a complete switch from smoking to vaping.

Your advisor will help you choose the right type to suit you.

SAVE MONEY

Smoking is expensive and you might be surprised at how it all adds up. On average, most people who quit save around £135 each month.

Smokefree South Gloucestershire can also help to save you money on the range of stop smoking aids.



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KEEPING UP THE GOOD WORK

Once you've quit, you can still rely on us for support. We can give you advice on common triggers and different coping strategies to help you avoid a relapse.

There is also a range of online support available including the Smokefree app which can help keep you focused wherever you are, at whatever time of the day.



SMOKING IN PREGNANCY

We have a dedicated Stop Smoking Midwife, who can support you at home. Our Midwife will discuss what treatment options are available for you, and ensure you have as much support as possible to help you quit. She can also support a partner or other family members in a quit attempt at the same time. Contact us or ask your Midwife for more information.

No matter what stage you're at in your pregnancy, it's never too late to stop smoking.



ONE YOU
SOUTH GLOUCESTERSHIRE

GET **FREE** SUPPORT FROM YOUR LOCAL PHARMACY

BRADLEY STOKE

BRADLEY STOKE PHARMACY, BROOK WAY, BRADLEY STOKE, BS32 9DS..... 01454 612855
TESCO PHARMACY, WILLOW BROOK CENTRE, BROOK WAY, BRADLEY STOKE, BS32 8EF 01454 660847

DOWNEND

CLEEVEWOOD PHARMACY, 7 CLEEVE WOOD ROAD, DOWNEND, BS16 2SF 0117 956 6858
WESTBOURNE ROAD PHARMACY, BEAUFORT ROAD, DOWNEND, BS16 6UG 0117 956 5836

FILTON

DAY LEWIS PHARMACY, 508 FILTON AVENUE, HORFIELD, FILTON, BS7 0QE 0117 969 0808
LLOYDS PHARMACY, INSIDE SAINSBURYS, FOX DEN ROAD, FILTON, BS34 8SS..... 0117 979 3412

FRAMPTON COTTERELL

STUART MOUL PHARMACY, 14 LOWER STONE CLOSE, FRAMPTON COTTERELL, BS36 2LE..... 01454 774347

KINGSWOOD & LONGWELL GREEN

ASDA PHARMACY, CRAVEN WAY, LONGWELL GREEN, BS30 7DY 0117 3012810
BILLINGS PHARMACY, 5 KINGSCHASE SHOPPING CENTRE, REGENT STREET,
KINGSWOOD, BS15 8LP 0117 967 0061
BOOTS PHARMACY, UNIT D GALLAGHER RETAIL PARK, LONGWELL GREEN, BS30 7ES..... 0117 967 8963
ELLACOMBE PHARMACY, 24 ELLACOMBE ROAD, LONGWELL GREEN, BS30 9BA..... 0117 932 2293

PATCHWAY, LITTLE STOKE

ASDA PHARMACY, HIGHWOOD LANE, PATCHWAY, BS34 5TL 0117 317 2410
JHOOTS PHARMACY, 108 RODWAY ROAD, PATCHWAY, BS34 5PG 0117 969 2878

PILNING

PILNING PHARMACY, NORTHWICK ROAD, PILNING, BS35 4JF..... 01454 631576

THORNBURY & ALVESTON

ALVESTON PHARMACY, 2 GREENHILL PARADE, ALVESTON, BS35 3LU..... 01454 418222
LLOYDS PHARMACY, 8-10 HORSESHOE LANE, THORNBURY, BS35 2AZ 01454 413235

YATE

ABBOTSWOOD PHARMACY, 38 ABBOTSWOOD, YATE, BS37 4NG 01454 313193
TESCO PHARMACY, 12 EAST WALK, YATE, BS37 4AS 01454 660187
YATE FAMILY PHARMACY, KENNEDY WAY SURGERY, KENNEDY WAY, YATE, BS37 4AA 01454 323496

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ONE YOU

SOUTH GLOUCESTERSHIRE

- CALL **SMOKEFREE**
SOUTH GLOUCESTERSHIRE
ON **01454 865337**
- OR EMAIL
ONEYOU@SOUTHGLOS.GOV.UK
- OR TEXT **READY AND YOUR NAME**
TO **80011**

BECAUSE LIFE'S BETTER
SMOKEFREE

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