

QUIT SMOKING!

Smokers living and working in the Borough of Kensington and Chelsea are receiving extra help to quit thanks to a joint initiative by the Primary Care Trust and QUIT®, the national charity that helps smokers to stop.

The Kensington and Chelsea Stop Smoking Service is available to anyone who lives or works in the borough, and offers professional and specialised support to those wanting to stop smoking.

A helpline offers a support service, with advice on stop smoking techniques. Plus, quitters can receive counselling and information about local stop smoking groups.

Anyone looking for a more extensive support network can access one of a number of stop smoking support groups available.

Quitters can receive both one-to-one or group counselling, as well as attend monthly relapse prevention groups after their initial stop smoking course.

For more information on the support available, ring:

t: 0800 08 59 147

Monday – Friday
9am – 9pm

Those wanting to quit can also contact:

e: stopsmoking@kc-pct.nhs.uk

w: www.kc-pct.nhs.uk

Is your organisation interested in helping your users to quit smoking?

Training is available for local community workers who would like to be able to refer smokers to support available in the Borough.

Contact:

Becky Hirst

t: 020 7361 0726

e: becky@kcsc.demon.co.uk

