

Call the **Stop Smoking London helpline** to speak to an adviser on **0300 123 1044**. The phone service provides a convenient way to access good quality specialist advice on how to stop smoking. Lines are open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.

Visit **[www.london.stopsmokingportal.com](http://www.london.stopsmokingportal.com)**

If you need more intensive support please call the Lambeth specialist stop smoking service on **0800 856 3409**

**Enjoy the benefits of life as a non-smoker.  
Stopping smoking can make significant  
improvements to your lifestyle and health.**



**"Are you ready  
to stop smoking?"**

Stopping smoking can be difficult,  
so why not make it easier?

**With the help of the Lambeth stop smoking service you are four times more likely to stop than if you go it alone.**

**This service is for people living in Lambeth.**

**We provide . . .**

- **Free expert advice** and friendly support
- Free **personal stop smoking plan** tailored to your needs
- **Stop smoking medication** to help beat cravings
- **Motivational tips** on how to stay on track
- A choice of **support** to fit your lifestyle
- **One-to-one** and group support
- **12 week** treatment plan.

**There are three services to choose from:**

## 1 Pharmacy stop smoking service

The pharmacist can provide medication and support to help with withdrawal symptoms. Simply pop in.

**Pharmacies providing stop smoking services:**

**Osbon Pharmacy**  
143 Lambeth Walk  
SE11 6EE  
020 7582 0990

**Hills Pharmacy**  
99 Kennington Lane  
SE11 4HQ  
0207 582 6344

**Millennium Pharmacy**  
12-14 Cromwell Road  
SW9 7BJ  
020 7735 7171

**Harfleur Chemist**  
219 Clapham Road  
SW9 9BE  
020 7733 3331

**Superdrug Pharmacy**  
156-158 Clapham High Street  
SW4 7UG  
020 7622 5725

**Phillips Pharmacy**  
46 Poynders Road  
SW4 8PN  
020 8674 0645

**Boss Chemist**  
85 Bedford Road  
SW4 7RD  
020 7326 7470

**New Park Pharmacy**  
85 New Park Road  
SW2 4ES  
020 8674 6070

**S.G. Manning**  
294 Brixton Hill  
SW2 1HT  
020 8674 4391

**Day Lewis Pharmacy**  
1 Palace Road  
SW2 3DY  
020 8674 1896

**Day Lewis Pharmacy**  
9a Gracefield Gardens  
SW16 2SZ  
020 8769 7629

**Copes Pharmacy**  
570 Streatham High Road  
SW16 3QQ  
020 8764 2910

**Pascoe Pharmacy**  
235 Knights Hill  
SE27 0QT  
020 8670 2562

**Sefgrove Chemist**  
3-5 Westow Hill  
SE19 1TQ  
020 8670 5198

**Boots (Streatham)**  
206-208 Streatham High Road, SW16 1BB  
020 8769 1165

## 2 Specialist stop smoking service

Specialist services offer more intensive support for smokers that may find it harder to stop smoking and who fall into the following groups:

- **Pregnant women**
- **Adults sharing a household with children under the age of five**
- **People with long term physical health conditions**
- **People with mental health conditions**
- **Chronic smokers**

✉ **Gst-tr.stopsmokinglambeth@nhs.net**

☎ **0800 856 3409**

## 3 Telephone service

☎ Call **0300 123 1044** to speak to an adviser.