



Help 2 Change
Longbow House
Longbow Close
Shrewsbury
Shropshire
SY1 3GZ

T: 01743 453 537

information@help2changeshropshire.nhs.uk

 [Facebook.com/Help2QuitShropshire](https://www.facebook.com/Help2QuitShropshire)

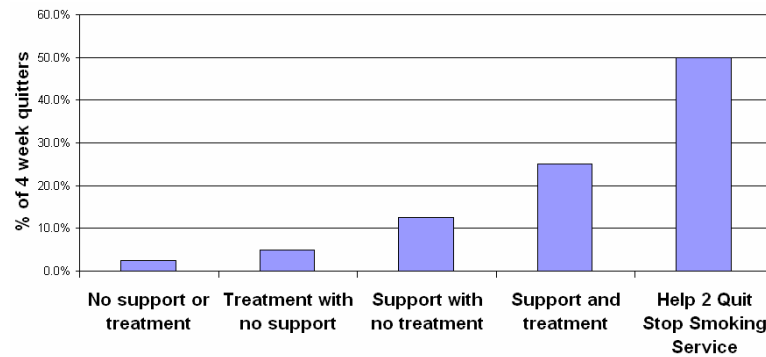
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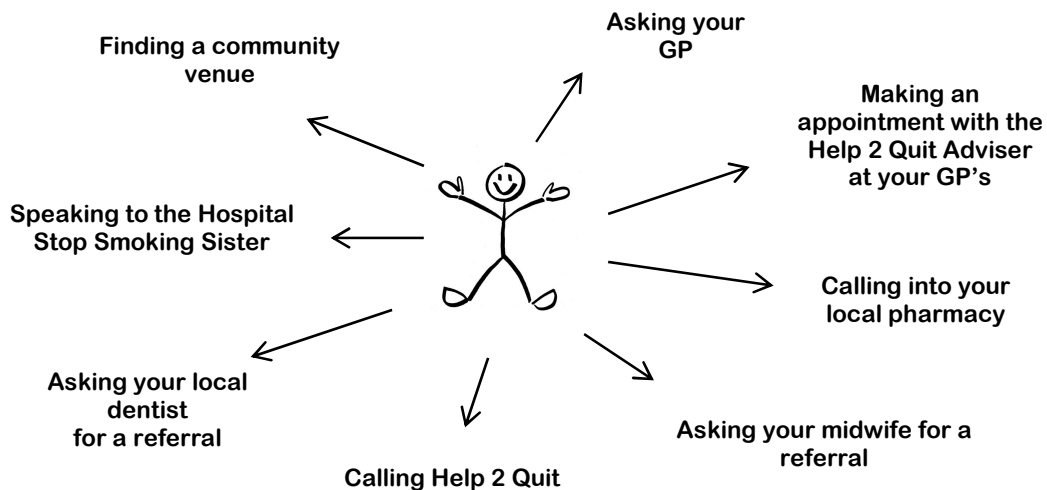
**Where and how
can I get support
to quit smoking in
Shropshire?**

Quit with the support that's right for you

Many smokers want to quit smoking but aren't sure where to turn. **With treatment and support you are up to four times more likely to succeed.**



Help 2 Quit offers free advice, support and treatment to help you stop smoking. This can be accessed by:



Where can I get help in South Shropshire?

Pharmacies

Bishops Castle Pharmacy, Bishops Castle	By appointment with pharmacy staff	Call 01588 638 408 for an appointment
Boots, Bridgnorth	Monday - Saturday	Call 01746 763 127 for an appointment
Boots, Ludlow	Monday - Saturday	Call 01584 872 548 for an appointment
Boots, Shifnal	Monday - Saturday	Call 01952 461 273
Brown & Francis, Ludlow	Thurs 2pm - 5pm	Call 01584 872 910 for an appointment
Cleobury Pharmacy, Cleobury Mortimer	By appointment with pharmacy staff	Call 01299 270 219 for an appointment
Highley Pharmacy	By appointment with pharmacy staff	Call 01746 861 255 for an appointment
Hillside Pharmacy, Church Stretton	By appointment with pharmacy staff	Call 01694 722 799 for an appointment
Lunts Pharmacy, Craven Arms	By appointment with pharmacy staff	Call 01588 672 327 for an appointment
Murrays Healthcare, Bridgnorth	By appointment with pharmacy staff	Call 01746 763 297 for an appointment
Rhodes Pharmacy, Albrighton	By appointment with pharmacy staff	Call 01902 372 363 for an appointment
Wenlock Pharmacy, Much Wenlock	By appointment with pharmacy staff	Call 01952 727 253 for an appointment

What to expect from your 'personalised' quit attempt

A 12 week course to help you stop smoking

A 20/30 minute first appointment to look at your smoking habits and behaviour and to choose an appropriate treatment if required

10/15 minute weekly follow up appointments for further encouragement, support and treatment

To attend all appointments as necessary – it takes 12 weeks for the nicotine receptors in your brain to go to sleep

To work at changing your habits around smoking

To be motivated and ready to quit

To deal with both the ADDICTION and HABIT of smoking

It may take several attempts – don't give up giving up

Treatment

If you would like treatment there are different options depending on suitability and choice:

Nicotine Replacement Therapy (NRT) or Champix/Zyban

For more information talk to one of our advisers

Costs **FREE** except for prescription costs if applicable

Where can I get help in North Shropshire?

General Practices – Registered Patients

Cambrian Medical Practice	By appointment with Practice Nurses and Help 2 Quit Advisor Monday 2pm – 5pm	Call 01691 654 349 for an appointment
Caxton Surgery	Thursdays 10am - 7pm with the Practice Nurse	Call 01691 653 656 for an appointment
Clive Surgery	Wednesdays 2.45pm - 3pm or as requested by appointment with Practice Nurses	Call 01939 220 295 for an appointment
Ellesmere Medical Practice, Help 2 Quit Specialist	Thursdays 2:00pm - 6pm by appointment, Help 2 Quit Advisor	Call 01691 622 798 for an appointment
Knockin Medical Practice	By appointment with Practice Nurse	Call 01691 682 203 for an appointment
Plas Ffynnon Medical Practice, Help 2 Quit Specialist	Tuesdays 9.30am - 2.30pm	Call 01691 655 844 for an appointment
Prescott Surgery, Claire Harrison, Help 2 Quit	Tuesdays 3.00pm-6.00pm	Call 01939 260 210 for an appointment
Shawbury Medical Practice, Claire Harrison, Help 2 Quit	Thursdays 2pm - 5pm	Call 01939 250 237 for an appointment

Where can I get help in South Shropshire?

Community Clinics

The Severn Centre, Highley	By appointment with centre staff	Please drop in or call 01746 860 000
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General Practices – Registered Patients

Albrighton Medical Practice, Help 2 Quit Specialist	Friday 1:30pm – 5:30pm	Call 01902 372 301 for an appointment
Bridgnorth Medical Practice (Northgate), Help 2 Quit Specialist	Mondays 1pm – 7pm Thursdays 9:30am – 12:30pm	Call 01746 767 121 for an appointment
Broseley Medical Practice, Help 2 Quit Specialist	Wednesdays 2pm – 5:30pm	Call 01952 882 854 for an appointment
Brown Clee Medical Practice, Ditton Priors	By appointment with Practice Nurse	Call 01746 712 672 for an appointment
Clun Medical Practice (The Meadows)	By appointment with Practice Nurses	Call 01588 640 573 for an appointment
Craven Arms Medical Practice	By appointment with Practice Nurses	Call 01588 672 309 for an appointment
Knighton Medical Practice (The Meadows)	By appointment with Practice Nurses	Call 01547 528 330 for an appointment
Much Wenlock Medical Practice	Mondays 5pm – 6:30pm	Call 01952 726 011 For an appointment
Portcullis Surgery – Available to non-registered patients	By appointment with Practice Nurse	Call 01584 872 939 for an appointment
Shifnal Medical Practice, Help 2 Quit Specialist	Tuesdays 2pm – 5.30pm	Call 01952 460 414 for an appointment
Station Drive Surgery, Ludlow	By appointment	Call 01584 872 461 for an appointment

More options overleaf

Where can I get help in Shrewsbury?

Pharmacies

Bicton Heath Pharmacy, Bicton Heath	By appointment with pharmacy staff	Call 01743 249 129 for an appointment
Boots, Coleham	By appointment with pharmacy staff	Call 01743 362496 for an appointment
Boots, Meole Brace Retail Park	By appointment with pharmacy staff	Call 01743 236 973 for an appointment
Boots, Pride Hill Shopping Centre	By appointment with pharmacy staff	Call 01743 351 311 for an appointment
Co-Op Pharmacy, Mount Pleasant	By appointment with pharmacy staff	Call 01743 344 277 for an appointment
Conway Pharmacy, Monkmoor	Anytime	Call 01743 352 352 for an appointment
Lunts Pharmacy, Hereford Road	Monday – Thursday	Call 01743 351 918 for an appointment
Lunts Pharmacy, Pontesbury	By appointment with pharmacy staff	Call 01743 790 273 for an appointment
Rhodes Pharmacy, Claremont Bank	By appointment with pharmacy staff	Call 01743 343 998 for an appointment
Rowlands, Bayston Hill	Monday – Saturday	Call 01743 872 154 for an appointment
Taylor's Pharmacy, Radbrook Green	By appointment with pharmacy staff	Call 01743 249 931 for an appointment

Community Clinics - available to all

Market Drayton Community Health Centre	Mondays 8:45am – 5:00pm Fridays 8:45am – 12:30pm	Call 01630 653 881 for an appointment
Oswestry Health Centre (The Cambrian Centre)	Mondays 5.45pm – 7pm	Call 01691 654 349 for an appointment
Wem Clinic (Central Car Park)	Tuesdays 1:30pm – 4.30pm	Call 01743 453 537 for an appointment
Whitchurch Hospital	Mondays 5pm – 7pm	Drop in at the Nursery Room

Pharmacies – available to all

Boots the Chemist, Oswestry	By appointment with the pharmacy staff	Call 01691 659 249 for an appointment
Rowlands Pharmacy, Wem High Street	By appointment with the pharmacy staff	Call 01939 232 361 for an appointment
Ellesmere Pharmacy, Ellesmere	By appointment with the pharmacy staff	Call 01691 623 118 for an appointment
Murrays Healthcare, Market Drayton	By appointment with the pharmacy staff	Call 01630 652 784 for an appointment
Boots the Chemist, Whitchurch	By appointment with the pharmacy staff	Call 01948 662 060 for an appointment
Rowlands Pharmacy, Whitchurch	By appointment with the pharmacy staff	Call 01948 662 813

Where can I get help in Shrewsbury?

Community Clinics

Asda, Old Potts Way	Wednesday 5pm - 7pm	Drop in next to Pharmacy
The Guildhall, Frankwell, Shrewsbury	Wednesdays 9am – 4.00pm	Call 01743 453 537 for an appointment

General Practices – Registered Patients Only

The Beeches Surgery, Bayston Hill Help 2 Quit	Wednesdays 2pm – 5pm By appointment	Call 01743 874 565 for an appointment
Belvidere Medical Practice, Emma Jones, Help 2 Quit	Thursdays 2pm – 5pm By appointment	Call 01743 363 640 for an appointment
Cressage Medical Practice, Help 2 Quit	Friday 10am – 12.30pm	Call 01952 511 166 for an appointment
Haughmond View Medical Practice, Joanne Tracey, Help 2 Quit	Tuesdays – 9am – 5pm Thursdays – 2pm – 7pm By appointment	Call 01743 281 950 for an appointment

General Practices – Registered Patients Only continued

Marden Medical Practice, Nathan Thomas, Help 2 Quit	Fridays 9:00am – 12pm or by appointment with the Practice Nurse	Call 01743 241 313 for an appointment
Malling Health, Monkmoor	By appointment	Call 01743 273 780 for an appointment
Marysville Medical Practice	By appointment with Practice Nurse	Call 01743 276 000 for an appointment
Mount Pleasant Medical Centre	Thursdays 9am – 12:30pm Or other times available with Sandra Barber HCA by appointment	Call 01743 235 111 for an appointment
Mytton Oak Medical Centre, Help 2 Quit Specialist	Wednesday 9:00am – 12:30pm	Call 01743 362 223 for an appointment
Pontesbury Medical Practice, Help 2 Quit	Thursdays 9:30am – 12.30pm	Call 01743 790 325 for an appointment
Radbrook Green Surgery	By appointment	Call 01743 231 817 for an appointment
South Hermitage Surgery	By appointment	Call 01743 343 148 for an appointment
Westbury Medical Practice	By appointment	Call 01743 884 727 for an appointment
Worthen Medical Practice	By appointment	Call 01743 891 401 for an appointment

More options overleaf