



Central and
North West London
NHS Foundation Trust

Hillingdon Stop Smoking Service



Wellbeing for life

Are you thinking about, giving up smoking?

We are the Hillingdon Stop Smoking Service and we are here to help. Stopping smoking isn't easy, but greatly improves your health and finances.

Let us help you quit and stay smoke free.

How can we help?

Our expert team of advisors will provide evidenced-based services including nicotine replacement therapy and behavioural support to treat tobacco dependence, effectively helping smokers to quit and reduce smoking health harms.

Provided in partnership with the London borough of Hillingdon, we offer a combination of therapies to meet your needs, giving you the best opportunity to quit smoking successfully.

We are a flexible service offering remote or face-to-face appointments and a range of clinics at Hillingdon Hospital, GP practices, local libraries, community mental health services as well as drop-in sessions at Arch Hillingdon.

We help lots of people quit every month. We understand that different types of support work for different people. You can call us for a chat to see if we have the right programmes for you.

Did you know that you are up to four times more likely to quit smoking successfully if you use the NHS Stop Smoking Service and stop smoking medicines, than if you try to quit using willpower alone?

Who is eligible?

The service is free for anyone who lives, works or has a GP in the borough of Hillingdon, aged 12 years and above.

The service specialises in the following groups:

- Children and young people under 18 years. We offer training, advice and interventions for young people (12 years and above) on smoking or vaping
- Pregnancy and after child birth, including partners. We work alongside Hillingdon Maternity services to support women or birthing people to stop smoking during pregnancy
- Those with mental health issues including substance misuse. We offer specialist support for people who may be experiencing mental health and/or drug and alcohol related problems
- People with disabilities and long-term conditions. We work in partnership with GPs and Hillingdon Hospital to give you the support you need to quit
- Residents employed in routine and manual occupations.

Get the right treatment

We provide free access to expert advisors at a location and time that suits you including:

- One-to-one and group support
- Remote, telephone or face-to-face appointments within five days
- Advice and provision of free nicotine replacement therapy (patches, gum, lozenges etc)
- Pregnancy, partner and family support
- Youth support
- NHS staff support
- Workplace support
- Personalised 'Quitters Welcome Pack'
- Carbon monoxide testing
- Drop-in and satellite clinics
- Rapid onward referral where indicated.

Reasons to stop smoking

Stopping smoking isn't easy, but greatly improves your health and finances. Smoking causes extensive damage to your body and your second-hand smoke can also cause problems for everybody else too.

"I was smoking all my life from about 13 years of age. I decided to quit as I was training for a marathon.

Hillingdon Stop Smoking Service were amazing and they advised me on the best way to quit. We decided nicotine patches were my best option and I found stopping quite easy.

I saw my advisor weekly for two months and I was delighted when the breathing machine registered a zero, which was the lowest ever reading.

The service is still there for ongoing support and I am very grateful for their help and delighted to be a non-smoker."

Mental health

Quitting smoking can also boost your mental health and wellbeing: it can improve mood and help relieve stress, anxiety and depression.

People with mental health problems are likely to feel much calmer and more positive, and have a better quality of life, after giving up smoking.

Saving money

Smoking is very expensive and you might be surprised how much you can save once you quit. On average, most people spend around £150 per month. That's nearly £2,000 a year going up in smoke.

Second hand smoke, your family and pets

More than 80 percent of second-hand smoke is invisible and odourless; your family and pets are still breathing in the harmful poisons.

There is only one way to completely protect your family and pets by providing a smoke free environment and to quit smoking completely.

You can find more information on our website.

Find out how quickly you'll feel the benefits of not smoking



20 minutes:

Blood pressure returns to normal.



8 hours:

Nicotine and carbon monoxide levels in blood reduce by half and oxygen returns to normal.



48 hours:

Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is greatly improved.



72 hours:

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.



2 to 12 weeks:

Your circulation improves.



3 to 9 months:

Coughs, wheezing and breathing problems improve as lung function increases by up to 10 percent.



5 years:

Risk of heart attack falls to about half compared to a person who is still smoking.



10 years:

Risk of lung cancer falls to half of that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

Pharmacy service

We offer access to specially trained pharmacies in the Stop Smoking Scheme, spread across the borough.

Pharmacies providing the NHS Stop Smoking Programme:

Carters Pharmacy

41 Salisbury Rd
Eastcote
HA5 2NJ

Tel: **01895 636 697**

Chimson's Ltd

29 Victoria Road
Ruislip Manor
HA4 9AB

Tel: **01895 675 705**

Daya Pharmacy

750 Uxbridge Road
Hayes
UB4 0RU

Tel: **020 8573 3084**

Grosvenor Pharmacy

788 Uxbridge Road
Hayes
UB4 0RS

Tel: **020 8848 4612**

Harefield Pharmacy

12E High Street
Harefield
UB9 6BU

Tel: **01895 822 273**

Howletts Pharmacy

81 Howletts Lane
Ruislip
HA4 7YG

Tel: **01895 674 881**

Mango Pharmacy

3 The Parade
Cowley
UB8 2EP

Tel: **01895 233 706**

Nuchem Pharmacy

24 Coldharbour Lane
Hayes
UB3 3EW

Tel: **020 8561 0020**

Ruislip Manor Pharmacy

53 Victoria Road
Ruislip Manor
HA4 0HQ

Tel: **01895 632 409**

Vantage Pharmacy Kingshill

252 Kingshill Avenue
Hayes
UB4 6BZ

Tel: **020 8845 5967**

Winchester Pharmacy

64 Swan Road
West Drayton
UB7 7JZ

Tel: **01895 442 788**

Malthouse Pharmacy

Breakspear Road
North Harefield
UB9 6NF

Tel: **01895 824 782**

Lawtons Pharmacy

8-9 Crescent Parade
Hillingdon
UB10 0LG

Tel: **01895 442 788**

Contact us

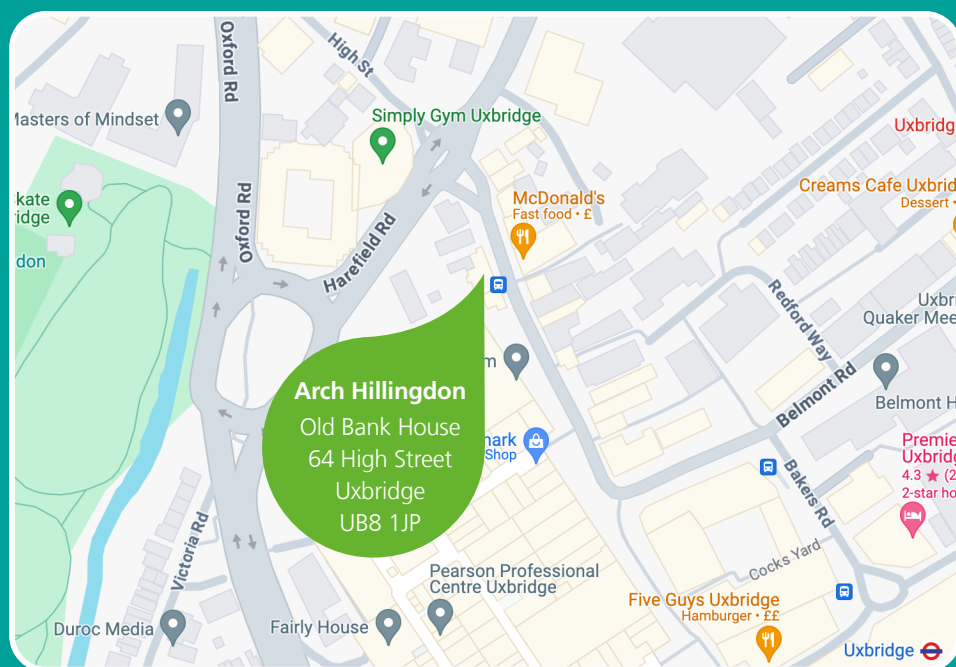
You can self-refer by getting in touch via phone or email:

Tel: **0203 838 7858**

Mob: **07483 459445**

Email: **lbofh.stopsmoking@nhs.net**

You can also drop-in and visit our office. Please phone us first so we can make sure an advisor is available.



To find out more, please scan the QR code or visit our website: www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/hillingdon-stop-smoking-service



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish