



WHAT WILL YOU MISS?

Smokers die young. A quarter die in middle age and many even younger.

Don't miss out on your family's future. Call Smokefree Tameside and Glossop on **0845 063 3302** and get the support you need to quit.



A **FREE** confidential service delivered in your local area available to anyone who lives or works in Tameside & Glossop.

You will receive advice, support and guidance on techniques that will help you stop and stay stopped. You're up to four times more likely to succeed if you use NHS support and stop smoking medicines such as patches or gum to manage your cravings.

NO NEED TO BOOK JUST DROP-IN AT ANY OF THE SESSIONS LISTED BELOW

These drop-in sessions will run continuously excluding bank holidays

MONDAY

Topaz, Katherine St, Ashton
Haughton Green Centre, Tatton Road
Hyde Clinic, Union Street, Hyde
Mossley Health Centre, Mossley

Monday 2.30pm – 3.30pm
Monday at 6.00pm
Monday at 5.00pm – 6.30pm
Monday at 6.00pm

TUESDAY

Hattersley Clinic (Afternoon)
Hattersley Clinic (Evening)
Dukinfield Town Hall
Denton, Festival Hall
Ashton Primary Care Centre, Ashton

Tuesday at 12.00pm – 2.00pm
Tuesday at 5.00pm – 7.00pm
Tuesday at 6.00pm
Tuesday at 6.00pm
Tuesday at 6.00pm

WEDNESDAY

Stalybridge Clinic, Stalybridge
Broadoak and Smallshaw CC, Ashton
Droylsden, Medlock Leisure Centre
Droylsden, Albion Drive Clinic
Hyde Healthy Living Centre, Great Norbury Street

Wednesday 11.00am – 12.00pm
Wednesday at 6.00pm
Wednesday at 6.00pm
Wednesday 2.00pm - 3.00pm
Appointments available from 1pm,
ring 0161 368 3268 to book

THURSDAY

Oxford Park Sports Centre, Pottinger St, A-U-L
Gamesley Community Centre, Gamesley

Thursday at 6.00pm
Thursday at 6.30pm

SATURDAY

Ashton Primary Care Centre, Ashton
Hyde Town Hall

Saturday at 10.30am
Saturday at 12.00pm

Other sessions may be delivered in your local area please contact our booking line to enquire

TO BOOK CALL: 0845 053 3302

One to one consultations are available over the phone and also from some GP Practices and Pharmacies.

For more information call:

the Health Improvement Service on **0161 366 2000**

