

# Do you want to quit smoking?

Be  
a Quit  
Hero!

We've helped thousands of local people to quit smoking for good. We can offer you:

- Access to free or reduced cost products
- Friendly advice and practical support to cope with cravings and stay stopped.



Contact us for free friendly advice and more information on local sessions in Runcorn & Widnes:

# 0300 029 0029

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)

BECAUSE THERE'S ONLY  
**ONE YOU**

 @HaltonBC

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**HALTON**  
BOROUGH COUNCIL

## Drop in Sessions

Day	Venue	Drop in (for EXISTING clients only)	Enrolment (for NEW clients only)
Monday	Upton Community Centre Hough Green Road Widnes WA8 4PF	10.30-11.30	9.30
	Widnes Indoor Market Bradley Way Widnes WA8 6UE	12 midday - 2	
	Halton Direct Link Halton Lea Runcorn WA7 2ES	1.30-2.30	3.00
	Kingsway Library Kingsway Learning Centre Widnes WA8 7QU	4.45-5.45	6.00
Tuesday	Castlefields Community Centre The Village Square Runcorn WA7 2HR	10.30-11.30	10.00
Wednesday	Widnes Indoor Market Bradley Way Widnes WA8 6UE	10-12 midday	
	Halton Brook Community Centre Meadway Runcorn WA7 2DX	3.00-4.00	2.00
	Windmill Hill Children's Centre Norton Hill Runcorn WA7 6QE	6.00-6.45pm	5.00
Thursday	Palacefields Community Centre The Uplands Runcorn WA7 2UA	10.00-10.45	11.00
	Widnes Indoor Market Bradley Way Widnes WA8 6UE	10.00-2.00pm	
Friday	Widnes Indoor Market Bradley Way Widnes WA8 6UE	10.00-12 midday	
	Murdishaw Community Centre Barnfield Avenue Runcorn WA7 6JW	10.30-11.30	9.30
	Ditton Community Centre Dundalk Road Widnes WA8 6DF	2.30-3.30	1.30

## 1:1 Sessions - by appointment only

Day	Venue	Appointments available between:
Monday	St Paul's GP Surgery High Street Runcorn WA7 1AB	9.00 - 12 midday
Tuesday	Kingsway Library Kingsway Learning Centre Widnes WA8 7QU	9.00 - 12 midday
	Halton Hospital Delamere Suite Hospital Way Runcorn WA7 2DA	9.30 - 12.00 midday
	Halton Citizens Advice Bureau Unit 3 Victoria Building Lugsdale Road Widnes Cheshire WA8 6DJ	1.30 - 4.00
	Weavervale GP Surgery Hallwood Health Centre Runcorn WA7 2UT	1.30 - 3.30
Wednesday	CGL Runcorn 78 High Street Runcorn WA7 1AF	9.00 - 12 midday
	Brookvale GP Surgery Hallwood Health Centre Runcorn WA7 2UT	1.30-3.00
Thursday	Health Care Resource Centre Oaks Place Widnes WA8 7GD	9.00 - 12 midday
	Brookvale Leisure Centre Barnfield Avenue Runcorn WA7 6EP	9.00 - 12.00 midday
Friday	Brooker Centre Halton Hospital Hospital Way Runcorn WA7 2DA	9.30 - 12.00 midday
	CGL Widnes Waterloo Road Aston Dane Widnes WA8 0QR	1.30 - 4.00
Saturday	Widnes Indoor Market Bradley Way Widnes WA8 6UE	9.00 - 11.00

**Call us on 0300 029 0029 to book your 1 - 1 appointment**  
**Home Visits**

Home visits are available on request, subject to criteria (e.g. if you are pregnant or have other health issues such as respiratory problems, etc.)

## Frequently Asked Questions

### How much will the advice cost?

We provide FREE and impartial advice to help you to find the best way to kick the habit. If you don't normally pay for your prescriptions, then you may be able to get NRT (Nicotine Replacement Therapy) such as patches or tablets on prescription too - our advisers will be able to tell you more.

### What if I relapse?

First of all, don't worry! Evidence shows it can take 5 attempts or more on average so there's no shame in relapsing! But if you do, please do come back to us. We don't judge, we know how hard it can be. We're here to help you find another way and give you the moral support to get you back on track to quitting.

### I've already used your service but relapsed, can I come back?

Yes! You can come back to us as many times as you need.

### Can I use an e-cig?

If you choose to use an e-cig as part of your quit attempt, we'll support you, however we can't provide e-cigs to you as they are not licenced in the same way as other NRT products, such as patches, sprays or tablets.

### I'm pregnant what NRT can I use?

Our expert advisers can tell you more as can your GP and pharmacist.

## OUR COMMITMENT TO YOU

- Provide intensive support in a non-judgemental friendly open way in a one to one or drop in setting at a venue near you.
- Motivational support tailored to your needs.
- Information and advice to help you make an informed choice as to the best way for you to quit.
- Advice on the use of various smoking cessation treatments, where appropriate.
- Confidential support, however there may be occasions when we may need to share information, which will be discussed with you first.