



THE THREE SHIRES MEDICAL PRACTICE

Colerne, Marshfield, Pucklechurch and Wick Surgeries

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Smoking Cessation Clinics –Help to stop Smoking.

We believe that you are a current smoker, according to your GP Medical Records. Please let us know if this information is incorrect.

We have been asked to contact patients known to smoke, to make sure that they are aware of services available to help them to stop smoking. We know that smoking is a big contributor to a number of diseases including Heart and Lung disease, Circulatory disorders and various Cancers –so stopping is really important.

What to do if you would like help to stop smoking

- **Contact the Practice**
All of our practice nurses are trained to help people stop smoking, and offer clinics with follow-up before during and after stopping smoking. They can organise prescriptions for Nicotine Replacement and tablet therapies to help people to stop smoking
Ring reception for an appointment with our nurses, saying that it is for smoking.
- **Website Support** <http://smokefree.nhs.uk/>
- **Telephone Support** 0800 022 4 3324
- **Support on your mobile phone** simply text TXTHELP to 63818
- **Support via your computer or smartphone** <http://smokefree.nhs.uk/quit-tools/quit-apps/>

I apologise If the information we have on record is incorrect. Please complete the following section and return the letter to us for correction if you are unable to return the text questionnaire we have sent those with smartphones.

Many thanks

Dr Richard Greenway

Name		
Address		
Telephone	Home:	Mobile:
Date of Birth		
Current Smoker Y/N	Date Stopped Smoking.....	Never Smoked Y/N