



Start afresh with  
**Fresh Air-shire**  
 Smoking Prevention and Cessation Service

**Fresh Air-shire smoking cessation groups August 2017**

<b>South Ayrshire</b>		
<b>Day</b>	<b>Venue</b>	<b>Time**</b>
<b>Monday</b>	<b>Ayr – Cafe, John Pollock Centre</b>	<b>6pm – 7pm</b>
<b>Wednesday</b>	<b>Mossblown – Community Centre, Annbank Road</b>	<b>9.30am – 10.30am</b>
<b>North Ayrshire</b>		
<b>Monday</b>	<b>Ardrossan – Civic Centre, 150 Glasgow Street</b>	<b>6.30pm-8pm</b>
<b>Monday</b>	<b>Kilwinning – Cranberry Moss Community Centre, Cambusdoon Place</b>	<b>7pm – 8pm</b>
<b>Tuesday</b>	<b>Irvine - Volunteer Rooms, High Street, Irvine</b>	<b>6.30pm - 7.30pm</b>
<b>Wednesday</b>	<b>Irvine – Bourtreehill Medical Practice, Cheviot Way</b>	<b>2pm – 3pm</b>
<b>Thursday</b>	<b>Saltcoats – Saltcoats Town Hall, Countess Street</b>	<b>1pm – 2pm</b>
<b>East Ayrshire</b>		
<b>Monday</b>	<b>Galston – Community Centre, Orchard Street</b>	<b>6pm – 7pm</b>
<b>Monday</b>	<b>Kilmarnock - North West Kilmarnock Area Centre</b>	<b>6pm – 7.00pm</b>
<b>Tuesday</b>	<b>Stewarton - Area Centre, Avenue Street</b>	<b>5.30pm - 6.30pm</b>
<b>Wednesday</b>	<b>Cumnock - Health Centre, The Tanyard</b>	<b>6pm – 7pm</b>
<b>Thursday</b>	<b>Cumnock - Community Hospital, Ayr Road</b>	<b>11.30am – 12.30pm</b>
<b>Friday</b>	<b>Dalmellington - Dalmellington Health Centre, Main Street</b>	<b>12pm – 12.30pm</b>
<b>Saturday</b>	<b>Kilmarnock - Grand Hall, Reception Area, Palace Theatre</b>	<b>10am – 11am</b>

Please note that times and venues are subject to change.  
 Please call the Freephone number before attending for the 1<sup>st</sup> time  
 \*\*Please arrive at the venue for the start time of the group.

Freephone: 0800 783 9132

Email: [FreshAir-shire@aapct.scot.nhs.uk](mailto:FreshAir-shire@aapct.scot.nhs.uk)

Find us on Facebook at [www.facebook.com/nhsaaa](http://www.facebook.com/nhsaaa) or twitter @nhsaaa

**Fresh Air-shire smoking cessation 1:1 support from August 2017**

<b>South Ayrshire</b>		
<b>Day</b>	<b>Venue</b>	<b>Time**</b>
Monday	Ayr – Oggs Pharmacy, Newmarket Street, Ayr	2.30pm – 4.30pm
Monday	Maybole – Lloyds Pharmacy, 9 High Street, 1:1 Support	2pm – 5pm
Tuesday	Prestwick - Toll Pharmacy, Ayr Road, 1:1 support	8.45am – 12.30pm
Wednesday	Ayr - Lloyds Pharmacy, Dalmellington Road, 1:1 support	1pm – 4.15pm
Wednesday	Girvan – Community Hospital, Bridgemill, 1:1 support	2pm – 5pm
Thursday	Troon – Boots Pharmacy, Academy Street, 1:1 support	3pm – 6pm
<b>North Ayrshire</b>		
Monday	Dalry – Health Centre, 50 Vennel Street, 1:1 Support ***	9am – 10am
Monday	Ardrossan – South Beach Practice, 17 South Crescent Road, 1:1 Support ***	11.30am – 5pm
Tuesday	Irvine- Boots, Rivergate Mall Irvine, 1:1 Support	9.30am-12pm
Tuesday	Stevenston – Stevenston Health Centre, 1:1 Support ***	9am – 11am
Tuesday	Kilbirnie – Health Centre, 2-4 Kirkland Road, 1:1 Support ***	12pm – 5pm
Tuesday	Beith – Well Pharmacy Clinic, 18-20 Main Street ,1:1 support	10.15am – 11.15am
Friday	Saltcoats – Boots, Dockhead Street, 1:1 Support	9.30am – 12.30pm
<b>East Ayrshire</b>		
Monday	Kilmarnock – Portland Medical Practice, 34 Portland Road, Kilmarnock***	8am – 12pm
Tuesday	Kilmarnock – Boots Pharmacy, St Marnock Street, 1:1 support	9.30am – 12pm
Wednesday	Kilmarnock – Central Clinic, Old Irvine Road, 1-1 Support	1.30pm – 4.30pm
Thursday	Cumnock – Cumnock Community Hospital, 1:1 Support	10.30am – 11.30am
Thursday	Muirkirk – Farren Pharmacy, 45-47 Mains Street, 1:1 support	2pm – 5pm
Friday	Catrine – Ballochmyle Practice, Institute Avenue, 1-1 support *** Clinic Runs Fortnightly	8.30am – 12.30pm
Friday	Mauchline – Ballochmyle Practice, The Loan, 1:1 support *** Clinic Runs Fortnightly	2pm – 5.30pm
Friday	Dalmellington – Health Centre, Main Street, 1-1 support ***	8.30am – 11.45am

Please call the Freephone number to arrange 1:1 support as most of these are by appointment only

Freephone: 0800 783 9132

\*\*\*Denotes clinics are for patients of that practice only