

QUIT YOUR WAY

with our support

Quit Your Way smoking cessation groups July 2018		
North Ayrshire		
Monday	Ardrossan – Civic Centre, Glasgow Street	7pm – 8pm
Monday	Kilwinning – Cranberry Moss Community Centre, Cambusdoon Place	5pm – 6pm
Tuesday	Beith - Well Pharmacy, Main Street, (drop in)	9.30am-10.30am
Tuesday	Stevenston – CLASP offices, Hayocks Road (drop in)	1.30pm – 2.30pm
Tuesday	Irvine - Fullarton Community Hub, School Lane	3.30pm – 4.30pm
Tuesday	Irvine - Volunteer Rooms, High Street	5pm – 6pm
Tuesday	Irvine - Irvine Portal Café, High Street	1pm - 2pm
Wednesday	Irvine – Bourtreehill Medical Practice, Cheviot Way	2pm – 3pm
East Ayrshire		
Monday	Kilmarnock - North West Kilmarnock Area Centre	6pm – 7pm
Wednesday	Cumnock - Community Hospital, Ayr Road	6pm – 7pm
Friday	Dalmellington - Dalmellington Health Centre, Main Street	12pm – 12.30pm
Saturday	Kilmarnock - Grand Hall, Reception Area, Palace Theatre	10am – 11am

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

Freephone: 0800 783 9132
Email: QYWAyrshire@aapct.scot.nhs.uk

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

Quit Your Way smoking cessation 1:1 support from July 2018

<i>South Ayrshire</i>		
Day	Venue	Time**
Monday	Maybole – Maybole Health Centre, 6 High Street, Maybole	2.30pm – 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
<i>North Ayrshire</i>		
Monday	Ardrossan – South Beach Practice, 17 South Crescent Road, 1:1 Support ***	11.30am – 5pm
Monday	Kilwinning – Kilwinning Medical Practice, Almswall Road, 1:1 Support***	2pm – 5pm
Monday	Irvine – Townhead Surgery, High Street***	2pm – 4.30pm
Tuesday	Kilbirnie - Health Centre, 2-4 Kirkland Road, 1:1 Support***	11am – 3pm
Wednesday	Irvine – Eglinton Medical Practice, ACH, Kilwinning Road***	2pm – 4.30pm
Thursday	Irvine – Boots, Rivergate Mall, 1:1 Support	1pm – 3pm
Friday	Saltcoats – Saltcoats Group Practice, Raise Street, 1:1 Support	9am – 12pm
Friday	Ardrossan – Ardrossan Health Centre, Central Avenue, 1:1 support ***	1.30pm – 4.30pm
<i>East Ayrshire</i>		
Tuesday	Kilmarnock – Boots Pharmacy, St Marnock Street, 1:1 support	9.30am – 12pm
Tuesday	Kilmarnock – Our Wee Place, 15 Shortlees Crescent, 1:1 Support/Drop in	1pm – 3pm
Wednesday	Kilmarnock – Central Clinic, Old Irvine Road, 1-1 Support	1.30pm – 4.30pm
Thursday	Kilmarnock – Portland Medical Practice, 34 Portland Road, Kilmarnock***	8.00am – 12pm
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

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