



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

**Fresh Air-shire smoking cessation groups August 2016**

<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>Tuesday</b>	<b>Maybole - The Carrick Centre</b>	<b>6pm - 7pm</b>
<b>Tuesday</b>	<b>Mossblown - Mossblown Health Centre, Annbank Road.</b>	<b>3.30pm- 4.30pm</b>
<b>Wednesday</b>	<b>Ayr – John Pollock Centre, (Pregnant women only)</b>	<b>10am – 11am</b>
<b>North Ayrshire</b>		
<b>Monday</b>	<b>Ardrossan – Civic Centre, Glasgow Street</b>	<b>6.30pm-8pm</b>
<b>Monday</b>	<b>Kilwinning – K:A Leisure, Kilwinning Academy, Dalry Road</b>	<b>7pm – 8pm</b>
<b>Tuesday</b>	<b>Irvine - Vennel Gardens, East Road</b>	<b>6.30pm - 7.30pm</b>
<b>Wednesday</b>	<b>Irvine - Towerlands Community Centre, Bourtreehill</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>Patna - Riverside Medical Practice, 1 Doon Avenue</b>	<b>2pm – 3pm</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>Kilmarnock – Shortlees Community Centre, Blackslyke Avenue</b>	<b>1.30pm – 2.30pm</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>12pm – 1pm</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)

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**Fresh Air-shire smoking cessation 1:1 support from August 2016**

<b>South Ayrshire</b>		
<b>Day</b>	<b>Venue</b>	<b>Time**</b>
Tuesday	<b>Prestwick</b> - Toll Pharmacy, Ayr Road, 1:1 support	8.45am – 5.30pm
Tuesday	<b>Ayr</b> – Boots Pharmacy, Whitletts Road, 1:1 support	10am – 12pm
Wednesday	<b>Ayr</b> - Lloyds Pharmacy, Dalmellington Road, 1:1 support	1pm – 4.15pm
Wednesday	<b>Ayr</b> – Care and Share, Riverside Church, 1:1 support	2pm – 4.30pm
Thursday	<b>Girvan</b> – Community Hospital, Bridgemill, 1:1 support	2pm – 5pm
Thursday	<b>Troon</b> – Boots Pharmacy, Academy Street, 1:1 support	3pm – 6pm
<b>North Ayrshire</b>		
Monday	<b>Dalry</b> – Health Centre, 50 Vennel Street, 1:1 Support ***	8.30am – 10.30am
Monday	<b>Irvine</b> – Fullarton Health House, 10 Sanderson Avenue, 1:1 Support	9.30am – 12pm
Monday	<b>Ardrossan</b> – South Beach Practice, 17 South Crescent Road, 1:1 Support ***	2pm – 4pm
Tuesday	<b>Irvine</b> - Boots, Rivergate Mall Irvine, 1:1 Support	9.30am-12pm
Tuesday	<b>Stevenston</b> – Stevenston Health Centre, 1:1 Support ***	9am – 11am
Tuesday	<b>Kilbirnie</b> – Health Centre, 2-4 Kirkland Road, 1:1 Support ***	2pm – 3.30pm
Tuesday	<b>Beith</b> – Well Pharmacy Clinic, 18-20 Main Street ,1:1 support	9.30am-12pm
Friday	<b>Saltcoats</b> – Boots, Dockhead Street, 1:1 Support	9.30am – 12.30pm
<b>East Ayrshire</b>		
Tuesday	<b>Kilmarnock</b> – Boots Pharmacy, St Marnock Street, 1:1 support	9.30am – 12pm
Wednesday	<b>Kilmarnock</b> – Central Clinic, Old Irvine Road, 1-1 Support	1.30pm – 4.30pm
Wednesday	<b>Muirkirk</b> – Farren Pharmacy, 45-47 Mains Street, 1:1 support	10.30am – 11.30am
Friday	<b>Dalrymple</b> – GP Practice, 6 Portland Street, 1-1 support	3pm – 4.30pm
Friday	<b>Catrine</b> – Ballochmyle Practice, Institute Avenue, 1-1 support ***	8.30am – 12.30pm
Friday	<b>Mauchline</b> – Ballochmyle Practice, The Loan, 1:1 support *** Clinic Runs Fortnightly	2pm – 5.30pm
Friday	<b>Dalmellington</b> – 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

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

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