

Do you want to stop smoking?



Newcastle and North Tyneside
NHS Stop Smoking Service

Evidence shows that you are up to four times more likely to quit if you use the help of NHS stop smoking services.

People who want to stop smoking can drop in to our FREE stop smoking sessions taking place across Newcastle and North Tyneside every week.

NEWCASTLE

The Kenton Centre, Hillsview Avenue NE3 3QJ
Mondays 5.30-7.30pm

Eldon Leisure Centre, City Centre NE1 7XY
Tuesdays 12noon-2pm

Molineux Street NHS Centre, Byker NE6 1SG
Tuesdays 5.30-7.30pm

St Martin's Centre, Roman Ave, Walker NE6 2RJ
Wednesdays 9.30-11.30am

Outer West Pool, West Denton Way NE5 2QZ
Wednesdays 5-7pm

Grainger Market, City Centre NE1 5AE
Thursdays 11am-1pm

Westgate Centre for Sport, Fenham NE4 9LG
Thursdays 5.30-7.30pm

Molineux Street NHS Centre, Byker NE6 1SG
Saturdays 10.30am-12.30pm
(This is appointments or group session only -
please ring to book)

For free and friendly support and
advice contact the Newcastle and
North Tyneside NHS Stop Smoking
Service on freephone:

0300 123 9290

NORTH TYNESIDE

Parks Leisure Centre, North Shields NE29 6TL
Mondays 5.30-7.30pm

Wallsend Library, Ferndale Avenue NE28 7NB
Tuesdays 12.30pm-2.00pm

Shiremoor Health Resource Centre,
Earsdon Road NE27 0HJ
Tuesdays 4-6pm

Howdon Children's Centre, Howdon Lane NE28 0AL
Tuesdays 5.30-7pm

YMCA, Bedford Street, North Shields NE29 0AB
Wednesdays 12noon-2pm

White Swan Centre, Killingworth NE12 6SS
Wednesdays 4-6pm

Wallsend Children's Centre, North Road NE28 8RH
Wednesdays 5.30-7pm

Oxford Centre, West Farm Avenue, Longbenton NE12 8LT
Thursdays 5.30-7.30pm

TyneMet College, Embleton Avenue, Wallsend NE28 9NJ
Thursdays 12noon-2pm

Meadowell Clinic, Waterville Road, North Shields NE29 6BT
Thursdays 3.00-5pm

One to One Centre, Brenkley Avenue, Shiremoor NE27 0PR
Thursdays 5.00-7pm



SMOKEFREE