

UXBRIDGE & WEST DRAYTON CONTINUED

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| Joshi Pharmacy | 315 Harlington Road, Hillingdon, Middx UB8 3JD | 01895 443245 |
| Lawton Pharmacy | 8-9 Crescent Parade, Hillingdon, Middx UB10 0LG | 01895 232876 |
| Mango Pharmacy | 3 The Parade, Cowley, Middx UB8 2EP | 01895 233706 |
| Mcparland Chemists | 118/120 Cowley Road, Uxbridge, Middx UB8 2LX | 01895 233668 |
| Oakleigh Pharmacy | Uxbridge Rd, Hillingdon Heath, Middx UB10 0LU | 020 8573 0285 |
| Orchards Pharmacy | 6 Laurel Lane, West Drayton, Middx UB7 7TU | 01895 444103 |
| Phillips Pharmacy | 84 High Street, Yiewsley, Middx UB7 7DS | 01895 443695 |
| Winchester Pharmacy | 64 Swan Road, West Drayton, Middx UB7 7JZ | 01895 442788 |

HAYES & HARLINGTON

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| Boots The Chemists | 28-30 Station Road, Hayes, Middx UB3 4DD | 020 8573 0096 |
| Boots The Chemists | 1266 Uxbridge Road, Hayes, Middx UB4 8JF | 020 8573 2549 |
| Boots The Chemists | 236 Yeading Lane, Hayes, Middx UB4 9AX | 020 8845 2024 |
| Daya Pharmacy | 750 Uxbridge Rd, Hayes, Middx UB4 0RU | 020 8573 3084 |
| Grosvenor Pharmacy | 788 Uxbridge Road, Hayes, Middx UB4 0RS | 020 8848 4612 |
| H A Mcparland Ltd | 522 Uxbridge Road, Hayes, Middx UB4 0SA | 020 8848 8447 |
| Kasmani Pharmacy | 6 Northfield Road, Hayes, Middx UB3 4JA | 020 8573 0679 |
| Lansbury Pharmacy | 102 Lansbury Drive, Hayes, Middx UB4 8SE | 020 8573 0837 |
| Medics Pharmacy | 11 Dawley Road, Hayes, Middx UB3 1LS | 020 8573 1799 |
| Nuchem Pharmacy | 24 Coldharbour Lane, Hayes, Middx UB3 3EW | 020 8561 0020 |
| Pick Ups Chemists | 20/21 Broadway Parade, Coldharbour Lane, Hayes, Middx UB3 3HF | 020 8573 1322 |
| Sainsbury Pharmacy | Coldharbour Lane, Hayes, Middx UB3 3EQ | 020 8848 9112 |
| Tesco Pharmacy | Glencoe Road, Hayes, Middx UB4 9SQ | 020 8210 7247 |
| Vantage Chemists | 1 Park Parade, Barra Hall Circus, Hayes, Middx UB3 2NU | 020 8573 4689 |
| Vantage Chemist | 252 Kingshill Avenue, Hayes, Middx UB4 6BZ | 020 8845 5967 |
| The Village Pharmacy | 218 High Street, Harlington, Middx UB3 5DS | 020 8759 9658 |

Clinic Timetable

(Clinic times and dates maybe subject to change, please phone to confirm, 0800 169 7541/020 8573 8283)

| Day | Clinic | Time |
|-----------|---|-----------------|
| Monday | The Warren Medical Centre, Uxbridge Road, Hayes, Middx UB4 0SF | 4:30 – 6.00pm |
| Tuesday | Harefield Health Centre, Rickmansworth Road, Harefield UB9 6JY | 4:30 – 6:30pm |
| Wednesday | Uxbridge Health Centre, PCT Seminar Room, 1st Floor, George Street, Uxbridge, Middx UB8 1UB | 4:30 – 6.00pm |
| Thursday | The Hesa Primary Care Centre, 52 Station Road, Hayes Town, Middx UB3 4ZZ | 1:30 – 3.00pm |
| Thursday | Phillips Pharmacy, 84 High St, Yiewsley, Middx UB7 7BY | 12.00 – 2.00pm |
| Saturday | Sainsburys, Coldharbour Lane, Hayes, Middx UB3 3EQ | 10.00 – 12.00pm |

Had enough of smoking? We're here to help

SMOKEFREE
HILLINGDON

Hillingdon
Primary Care Trust

NHS

Your **FREE** supportive Hillingdon Stop Smoking Services. You are 4 times more likely to give up with our friendly, convenient and local service.
Call now on Freephone 0800 169 7541 or 020 8573 8283

Are you ready to stop smoking?

Our service offers treatment services to smokers which can double their chances of making a successful quit attempt. We have an amazing 67% success rate! This free service is available to all smokers in Hillingdon.

The NHS's stop smoking programme involves:

Session 1 The Information session where we explain the treatment programme, answer your questions, and provide information on preparing to quit, along with advice on nicotine replacement therapy (NRT), Zyban and Champix.

Session 2 The day you quit! And how to cope.

Session 3-8 Offer support during the most difficult stages of withdrawal and cover various topics, which may include controlling weight gain, cravings and how to make sure NRT, Champix and Zyban are working properly.

These sessions provide an opportunity for people to raise their own particular concerns, and also to share their experience with the advisors and others through difficult times.

We run programmes very local to you all year round! Give us a ring on **0800 169 7541** or **020 8573 8283** to enroll to one of our programmes.

Are you pregnant and want to give up?

If you are pregnant and want to stop smoking we also have a midwife stop smoking advisor who will provide visits by appointment.

Community Pharmacy Stop Smoking Service

This service is designed to bring a stop smoking service to your local community. You can visit or ring up your nearest Pharmacist Community Advisor to arrange an appointment at mutually convenient times. Please find a list of participating pharmacists in this leaflet.

So why wait? Come and join our support programme. For registration and information just ring **FREE** on:

0800 169 7541 or 020 8573 8283

Community Pharmacy Stop Smoking Service

The following pharmacies provide a Stop Smoking Service:

| HAREFIELD | | |
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| Harefield Pharmacy | 12e High Street, Harefield, Middx UB9 6BU | 01895 822273 |
| Malthouse Pharmacy | Breakspear Road North, Harefield, Middx UB9 6NF | 01895 824782 |
| NORTHWOOD | | |
| Boots The Chemists | 32 Joel Street, Northwood, Middx HAG 1PF | 01923 820841 |
| Boots The Chemists | 11 Maxwell Road, Northwood, Middx HA6 2XY | 01923 825365 |
| Carter Chemists | 114 High St, Northwood, Middx HA 6 1BJ | 01923 825753 |
| Ross Pharmacy | 28 Joel Street, Northwood Hills, Middx HA6 1PF | 01923 821596 |
| Sharman Chemist | 3-4 Clive Parade, Maxwell Road, Northwood, Middx HA6 2QF | 01923 825288 |
| RUISLIP | | |
| Alliance Pharmacy | Waitrose Supermarket, 9 Kingsend Ruislip, Middx HA4 7DS | 01895 672008 |
| Ashworths Pharmacy | 64 High Street, Ruislip, Middx HA4 7AA | 01895 632101 |
| Boots The Chemists | 716 Field End Road, Ruislip, Middx HA4 0QP | 020 8422 0543 |
| Boots The Chemists | 116-118 High Street, Ruislip, Middx HA4 8LS | 01895 632527 |
| Boots The Chemists | 210 Whitby Road, Ruislip, Middx HA4 9DY | 020 8868 6555 |
| Chimsons Ltd | 29 Victoria Road, Ruislip Manor, Middx HA4 9AB | 01895 675705 |
| Cheerglow/Bouti-Care Pharmacy | 81 Howletts Lane, Ruislip, Middx HA4 7YG | 01895 674881 |
| Dallas Pharmacy | 67 High Street, Ruislip, Middx HA4 8JB | 01895 639991 |
| Dana Pharmacy | 100 Victoria Road, Ruislip Manor, Middx HA4 0AL | 01895 639022 |
| Hopkins Pharmacy | 292 West End Road, Ruislip, Middx, HA4 6LS | 01895 632883 |
| Ruislip Manor Pharmacy | 53 Victoria Road, Ruislip Manor, Middx HA4 9BH | 01895 632409 |
| Sainsbury Pharmacy | 11 Long Drive, Ruislip, Middx HA4 0HQ | 020 8845 5585 |
| ICKENHAM | | |
| Hopkins Pharmacy | 1 Swakeleys Road, Ickenham, Middx UB10 8DF | 01895 632576 |
| EASTCOTE | | |
| Boots The Chemists | 123 Field End Road, Eastcote, Middx HA5 1QH | 020 8866 1366 |
| Boots The Chemists | 171 Field End Road, Eastcote, Middx HA5 1QR | 020 8866 3191 |
| Carters Pharmacy | 41 Salisbury Road, Eastcote, Pinner, Middx HA5 2NJ | 01895 636697 |
| Greenlight Pharmacy | 111 Field End Rd, Eastcote, Middx HA5 1QG | 020 8866 2572 |
| Superdrug Pharmacy | 143 Field End Road, Eastcote, Middx HA5 1QL | 020 8868 7979 |
| UXBRIDGE & WEST DRAYTON | | |
| Adell Pharmacy | 392 Long Lane, Hillingdon, Middx UB10 9PG | 01895 256394 |
| Boots The Chemists | 380 Long Lane, Hillingdon, Middx UB10 9PG | 01895 237266 |
| Boots The Chemists | 14-16 Station Road, West Drayton, Middx UB7 7BY | 01895 442589 |
| Boots The Chemists | 128 The Chimes, Uxbridge, Middx UB8 1GA | 01895 233526 |
| Brunel Pharmacy | Unit 3a Hamilton Centre, Brunel University Cleveland Rd, Uxbridge, Middx UB83PH | 01895 257187 |
| Carewell Chemist | 10 Mulberry Parade, West Drayton, Middx UB7 9AE | 01895 443329 |
| Flora Fountain | 283 High St, Uxbridge, Middx UB8 1LQ | 01895 258000 |