

The Garth Surgery – Smoking Cessation Information

Stopping smoking is the single most important step you can take to reduce the risk of having a heart attack and live longer. So if you have made that all important decision to stop smoking WELL DONE! You are more likely to have a successful quit with help from local stop smoking services. Please see below a list of local Pharmacies who provide a smoking cessation service, patients can self refer.

Sunnyfield House	Sunnyfield House, 36 Westgate, Guisborough TS14 6BA Tel: 01287 634595 Walk In Session Only: Fridays 1pm till 2:30pm	Redcar Library	Redcar Library, Coatham Road, Redcar TS10 1RP Tel: 01642 489292 Walk In Session Only: Wednesdays 2:30pm till 4pm
Boots The Chemist Ltd	Rectory Lane, Guisborough TS14 7DL Tel: 01287 632120 Drop In During Normal Open Hours	Old Coop Community Building	Old Coop Community Building High Street, Loftus. TS13 4HW Walk In Session Only: Fridays 9:30am till 11:30am
CR Kime	53 Birchington Avenue, Grangetown TS6 9HX Tel: 01642 466256 Drop In During Normal Open Hours	Boots The Chemist Ltd	9 -11 Station Street, Saltburn TS12 1AE Tel: 01287 622820 APPOINTMENT ONLY MONDAY - FRIDAY
Cooper and Kime	1, South Bank Terrace, South Bank TS6 6HW Tel: 01642 452968 Drop In During Normal Open Hours	Coopers Chemist Marske Ltd	112 High Street, Marske By The Sea TS11 7BA Tel: 01642 485651 Drop In During Normal Open Hours
Scott Chem	15 Roseberry Square, Redcar TS10 4NY Tel: 01642 486186 Drop In During Normal Open Hours	Park Avenue	Park Avenue, Redcar TS10 3JZ Tel: 01642 484363 Drop In During Normal Open Hours
Lloyds Pharmacy	26, High Street, Loftus Saltburn By The Sea TS13 4HA Tel: 01287 640301 Drop In During Normal Open Hours	Cleve Chem Pharmacy	Health Centre Pharmacy, Redcar Primary Care Hospital, West Dyke Road, Redcar TS10 4NW Tel:01642 471316 Drop In During Normal Open Hours
Boots The Chemist Ltd	High Street, Redcar TS10 3BZ Tel: 01642 482172 Drop In During Normal Open Hours (Except Sunday)	Whale Hill Pharmacy	256 Birchington Avenue, Eston TS6 8BL Tel: 01642 454078 Drop In During Normal Open Hours

Boots The Chemist Ltd	Cleveland Retail Park Skippers Lane Industrial Estate Middlesbrough TS6 6UX Tel: 01642 465058 Drop In During Normal Open Hours	New Marske Pharmacy	1 Beacon drive New Marske Redcar TS11 8ES Tel: 01642 489246 Drop In During Normal Open Hours
Asda Pharmacy	2 North Street South Bank Middlesbrough TS6 6AB Tel: 01642 443810 APPOINTMENT ONLY TUESDAYS	Boots the Chemist Ltd	21, High Street Normanby TS8 ONH Tel: 01642 452777 Walk In Sessions: Mon-Fri 9am till 12pm Mon – Fri 2pm – 6pm Saturdays 9am till 12pm