

# EVERYONE IS HERE TO HELP



To find out more about other **FREE** services provided by Everyone Health in Cambridgeshire, please visit our website [www.everyonehealth.co.uk/cambs](http://www.everyonehealth.co.uk/cambs)



**NHS**

# EVERYONE

## WANTS TO STOP SMOKING

**FREE** stop smoking support  
available in Cambridgeshire

# CAMQUIT



For more information please call:

# 0800 018 4304

everyone **HEALTH**  
**CAMBS**



# WHAT SUPPORT IS AVAILABLE?

Your local Cambridgeshire Stop Smoking service, CAMQUIT offers **FREE** support to local people who are thinking of stopping smoking.

Our specially-trained experts provide completely **FREE** advice, support and encouragement on how to go about quitting smoking completely. Something which is four times more likely if you make use of the support and medication we offer.

We know how difficult quitting smoking is, which is why we offer a programme of **FREE** support for twelve weeks. You will be assigned a stop smoking expert who will work with you to design a plan that is tailored to your needs. This will include advice on choosing a suitable stop smoking medication and information on how to manage cravings and withdrawal symptoms.

Appointments with the CAMQUIT team are available at GP practices and community locations across Cambridgeshire, putting the service easily within your reach. Meanwhile, support is also available via the telephone on **0800 018 4304**

## HOW TO GET INVOLVED

To find out how to get involved with this **FREE** service, you can get in touch with us in the following ways:

Telephone

**0800 018 4304**

Email:

[eh.camquit@nhs.net](mailto:eh.camquit@nhs.net)

 @ChangePointCambridge

 @eh\_cambs

[www.everyonehealth.co.uk/cambs](http://www.everyonehealth.co.uk/cambs)

**EVERYONE**  
**WANTS TO**  
**BE HEALTHY**

## SERVICE AVAILABLE IN THE FOLLOWING AREAS

City & South Cambridge	Huntingdon & East	Fenland
Meadows Community Centre	St Ives	Wisbech
Orchard Park	St Neots	Parson Drove
Brookfields Hospital	Huntingdon	March
Woodlands Surgery	Ramsey	Chatteris
Addenbrookes Hospital	Yaxley	Whittlesey
Queen Edith Surgery	Ely	Wimblington
East Barnwell Health Centre	Soham	Manea
Nuffield Road Medical Practice	Littleport	
Comberton Surgery	Haddenham	
Cambourne	Somersham	
	Warboys	
	Kimbolton	