

News Release

For Immediate Release

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Bexley's free stop smoking service expands

The Council's free stop smoking service will also be available via appointment at the Civic Offices in Bexleyheath from 5pm to 7pm every Monday from 7 January 2019.

Residents can already book appointments for the service at 12 GP practices across the borough, at Central Library in Bexleyheath, Erith Hospital, Danson Youth and Community Centre or the Mobile Quit Bus outside Morrisons in Erith.

The service, which is provided by Bexley's Public Health team, provides up to 12 weeks of free treatment and support, including expert advice and access to quit aids such as patches and tablets. The team can also give advice about switching to e-cigarettes, which according to Public Health are up to 95% safer than smoking tobacco.

Dr Anjan Ghosh, Bexley's Director of Public Health said: "The expansion of our service with the arrival of a new evening clinic means that our award-winning stop smoking service can help even more residents to quit for good in 2019. If you're thinking about finally calling time on smoking in the New Year, give our team a call or sign up online. You're twice as likely to give up completely if you do."

Residents can self-refer for the service online without having to see their GP. The service begins with an introductory 20-minute appointment with an advisor, followed by a minimum of four, weekly consecutive follow-up appointments.

Signup for the service by calling Bexley's Public Health team on 020 3045 3833 or visit www.smokefreebexley.co.uk

ENDS

Please contact: Jane Parson on 020 3045 4868
communications@bexley.gov.uk