

Newcastle Stop Smoking+ Service

The Newcastle Stop Smoking+ Service helps people living, working or registered with a GP in Newcastle to quit smoking. This is a 12-week programme to help and encourage you to stop smoking. They can provide free or cheap products to help manage your nicotine cravings, like patches and gum. They support adults and young people aged 11 and over who live or work in Newcastle. They will support you to reduce or stop smoking safely. They can send e-vouchers to your local pharmacy where you can collect products to help you stop smoking.

They can support you by:

- phone
- email
- video call
- local drop in sessions at community venues

[Change Grow Live](#) is commissioned by Newcastle City Council to run this service.

Last updated: December 21, 2023

Telephone: 0191 269 1103

Website: <http://www.changegrowlive.org/stop-smoking-plus-service-newcastle>

Email: newcastle.stopsmoking@cgl.org.uk

Twitter: https://twitter.com/Quit_Newcastle

Facebook: <https://www.facebook.com/newcastlestopsmoking/>

Youtube: <https://www.youtube.com/channel/UCsoxcY1-9wsfebdllt-1UwQ>

Opening Hours: See their website for details of the sessions they run in community venues across Newcastle

Cost: Free

Address:
Room 35, Floor 2, The Grainger Suite
Dobson House, Regent Centre
Regent Farm Road

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