

- **Want to stop smoking?**
- **Not sure where to go for help?**
- **Sheffield Stop Smoking Service can help you!**

The Stop Smoking Service, in collaboration with the Centre for HIV and Sexual Health, is running a quit programme for the lesbian, gay and bisexual community.

Come along to The Circle building on Rockingham Lane (off Division Street) on Wednesday May 12th or Wednesday May 19th at 6.30pm to find out more.

An experienced stop smoking adviser will be there to talk to you about smoking cessation medication like patches and gum (if you want to use them), and talk to you about taking the step to stop smoking.

You don't have to quit there and then! The adviser will help you to set a date to quit when you are ready and help you to deal with your cravings and stay quit for good.

The quit programme runs every Wednesday at 6.30pm from May 12th for about 7 weeks at the Circle. This is a free, friendly and non-judgemental service. You will be setting a date to quit alongside other smokers who are also quitting.

See you at the Circle!

If you want to know more, please call the Stop Smoking Service free phone helpline 0800 068 4490 or visit our website: www.sheffieldstopsmoking.org.uk

