

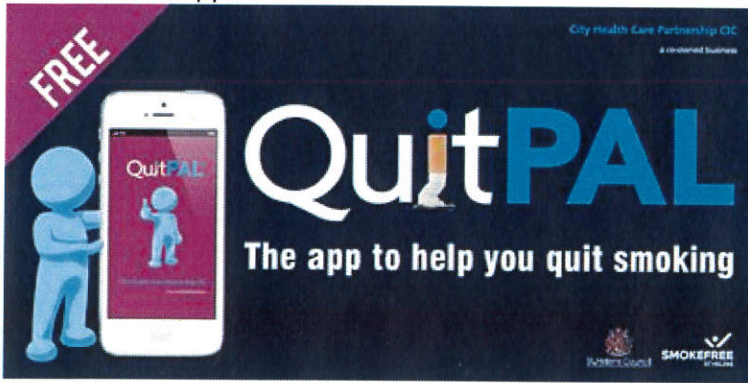
Stop Smoking Support Smokefree St Helens

The Smokefree St Helens service can offer you advice and support to quit smoking. The service provides:

- One-to-one sessions
- Group sessions
- Stop smoking support for pregnant women
- Telephone, text and online services

The service also offers a number of drop-in sessions across St Helens

FREE QuitPAL App



The QuitPAL App can also help you to quit smoking by offering practical daily advice and support and a range of interactive tools. Search 'QuitPal' in the Google Play or Apple Store to download the app for FREE.

Smokefree St Helens Hub

The Smokefree St Helens service is located in the Hardshaw Centre in St Helens Town Centre, making it even easier to access support!

Hub Opening Hours

Monday-Friday: 9am-5pm

Saturday 10am-2pm

Hub Contact Details

Unit 2, The Hardshaw Centre

Church Street

St Helens

WA10 1EB

Call Smokefree St Helens on 01744 586247 or text QUIT to 61825

Smokefree St Helens- Drop in Sessions

Day	Venue	Drop-in Times
Monday	Smokefree St Helens Hub , Unit 2, The Hardshaw Centre, TOWN CENTRE	9am-5pm
	Crownway Community Centre , Crown Street, NEWTON-LE-WILLOWS	2pm-5pm
Tuesday	**Smokefree St Helens Hub , Unit 2, The Hardshaw Centre, TOWN CENTRE	9am-5pm
Wednesday	Haydock Library , Church Road, HAYDOCK	10am-12noon
	Smokefree St Helens Hub , Unit 2, The Hardshaw Centre, TOWN CENTRE	9am-5pm
	Fingerpost Park Health Centre , Atlas Street, FINGERPOST	2pm-4pm
	Thatto Heath Library , Thatto Heath Road, THATTO HEATH	2pm-3pm
Thursday	Smokefree St Helens Hub , Unit 2, Hardshaw Centre, TOWN CENTRE	9am-5pm
	Billinge Clinic , Rainford Road, BILLINGE	10am-11am
	Parr Library , Fleet Lane, PARR	2:30pm- 4:30pm
Friday	Smokefree St Helens Hub , Unit 2, The Hardshaw Centre, TOWN CENTRE	9am-5pm
	Newton Hospital , Bradlegh Road, NEWTON-LE-WILLOWS	10:30am-12 noon
Saturday	Smokefree St Helens Hub , Unit 2, The Hardshaw Centre, TOWN CENTRE	10am-2pm

****Closed 1pm-3:30pm second Tuesday of each month**

No appointment needed for drop-in sessions.

Please allow 30 mins when attending first session.

Call **01744 586247** or visit www.readytostopsmoking.co.uk