

Want to give up smoking?



Think of the benefits to your health and your wallet!!

Here at lakeside we offer one to one consultations with specially trained nurses; they offer advice on the different treatments available on the NHS to help you give up as well as regular support and encouragement.

We have an exciting new venture to offer – GROUP SESSIONS, where you will meet with others who are also trying to quit and be supported by specialist smoking cessation advisors.

These sessions will be held over 5 weeks at Lakeside but if you are interested in the GROUP sessions contact Bexley Stop Smoking Service on 0208 298 6147 and register your interest.

For individual support phone Lakeside Reception and ask for an appointment with one of our nurses trained in Smoking Cessation.
