



North East Stop Smoking Services

Stopping smoking is one of the biggest steps anyone can take to improve their health and smokers are up to four times more likely to quit successfully with NHS support than with willpower alone. NHS Stop Smoking Services have helped over 200,000 smokers in the North East to stop smoking in the last decade.

NHS Stop Smoking Services provide a variety of options for smokers who wish to quit; from individual to group sessions, workplace sessions to community drop-ins. There is something for everyone.

For further information about the services that are available in your area contact the relevant Stop Smoking Service below:

Northumberland Stop Smoking Service

Alison Nichol - Stop Smoking Service Manager

Epsom Drive

Ashington

NE63 8BD

Tel: 01670 813135

Helpline: 01670 813 135

Fax: 01670 813042

Newcastle & North Tyneside Stop Smoking Service

Christine Dryden - Stop Smoking Service Manager

Newcastle & North Tyneside PCT

Floor 3

New Croft House

Market Street

Newcastle Upon Tyne

NE1 6ND

Tel: 0191 2292910

Helpline: 0300 123 9290

Fax: 0191 229 2992

Email: stopsmokingservice@newcastle-pct.nhs.uk

South of Tyne & Wear Stop Smoking Service (Gateshead, South Tyneside & Sunderland)

Maria Williams - Team Lead - Smoking

South Tyneside Primary Care Trust

Monkton Hall

Bedewell

Monkton Lane

Jarrow

NE32 5NN

Helpline 0191 283 1145 (Gateshead/South Tyneside) or 0191 283 2240
(Sunderland)

County Durham & Darlington Stop Smoking Service

Carole Dudley - Health Improvement Lead (Tobacco Control)

Health Improvement Service

County Durham and Darlington Community Health Services

The Centre for Health

Whitehouse Business Park

Peterlee

Co. Durham

SR8 2RU

Tel: 0191 569 2874

Helpline: 01207 523624

Fax: 01207 523601

Email: julieannbrown@nhs.net

North Teeside Stop Smoking Service (Hartlepool & Stockton)

Pat Marshall - Stop Smoking Service Manager
Stockton and Hartlepool Stop Smoking Service
Helmsley House
University Hospital of North Tees
Hardwick
Stockton-on-Tees
TS19 8PE
Tel: 01642 383821
Helpline: 01642 383819
Website: <http://www.northoftees-stopsmokingservices.nhs.uk/>

South Teeside Stop Smoking Service (Middlesbrough, Redcar & Cleveland)

Joan Chapman - Stop Smoking Service Manager
Langbaugh House
Bow Street
Guisborough
Cleveland
TS14 7AA
Tel: 01287 284 403
Helpline: 0800 952 44 33

Other routes to quitting are available:

National Smokefree Helpline: 0800 022 4 332

National Smokefree Website: www.smokefree.nhs.uk/ways-to-quit/

Order a Quit Kit: <https://smokefree.nhs.uk/quit-tools/quit-kit/>

Smokefree Together programme: <https://smokefree.nhs.uk/ways-to-quit/motivational-messages-at-home/>