

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NMUH AMU Ward support</b> <b>13:30 – 17:00 Ward</b> Sterling Way N18 1QX	<b>Wood Green Library</b> <b>9:30-12:30</b> High Road, N22 6XD	<b>Tottenham Health Centre</b> <b>10:00-13:00</b> 759 High Road, Tottenham N17 8HA	<b>Wood Green Library</b> <b>9:30 – 17:00</b> High Road, N22 6XD	<b>Whittington Hospital</b> <b>Bedside support</b> <b>09:00 – 12:00 Ward</b> <b>13:00 – 15:00 Clinic</b> Magdala Avenue, N19 5NF	<b>Hornsey Vale</b> <b>09:30 – 12:30</b> <b>High Road</b> <b>N17 8AD</b>
<b>Chestnuts Community Centre</b> <b>18:00 – 20:00</b> 280 St Ann's Road, N15 5BN	<b>Hornsey Library</b> <b>14:00 – 17:00</b> Haringey Park N8 9JA	<b>Bridge House Medical Centre</b> <b>(registered patients only)</b> 14:00-17:00 96 Umfreville Road,N4 1TL	<b>SHINE Enterprise Centre</b> <b>4:30- 7:30pm</b> 89-91 Turnpike Lane N8 0DY	<b>Pembury House Children Centre</b> <b>10:00 – 13:00</b> Lansdowne Road, N17 9XE	
<b>Tynemouth Road Medical centre</b> <b>09:30 – 13:00</b> Tynemouth Road N15 4RH	<b>Broadwater Farm Health Centre</b> <b>10:00-12:00</b> <b>(registered patients only)</b> 2A Willan Rd, N17 6BF	<b>The Grove (Closed Clinic)</b> <b>13:30 – 15:30</b> 9 Bruce Grove, N17 6RA	<b>Marcus Garvey Library</b> <b>14:00-17:00</b> 1 Philp Lane, N15 4JA	<b>St Ann's Hospital (Patients Only)</b> <b>10:00 – 13:00</b> St Ann's Road N15 3TH	
<b>Whittington Hospital</b> <b>Bedside support</b> <b>09:00 – 12:00</b> Magdala Avenue, N19 5NF	<b>Marcus Garvey Library</b> <b>14:00-18:00</b> 1 Philp Lane, N15 4JA			<b>North Middlesex University Hospital</b> <b>13:30-17:00</b> Sterling Way N18 1QX	
<b>YMCA North London</b> <b>13:30- 15:30</b> 184 Tottenham Ln, Ground floor, London N8 8SG					

There are lots of good reasons to stop smoking. And you're four times more likely to quit with our support than if you go it alone.

We offer one to one support as well as group sessions. Appointments with our expert advisers are weekly and then move to fortnightly until we can help you reach three months without tobacco.

We can also support you through text messages and calls.