A new smoking cessation clinic in East Ayrshire is due to be launched on Monday 1 June. The Fresh Air-shire clinic will provide people who want to quit smoking, with support and access to Nicotine Replacement Therapy (NRT), such as nicotine patches and Champix®.

This clinic joins two other existing clinics which run every week in the Cumnock and Doon Valley area. Anyone looking for support can go along to:

- Auchinleck Health Centre, every Monday at 2pm – 3pm (starts 1 June);
- Cumnock Health Centre, every Wednesday at 6pm – 7pm; and
- East Ayrshire Community Hospital, every Thursday at 12noon – 1pm.

Dr Carol Davidson, Director of Public Health, explains: “Smoking continues to be the biggest single preventable cause of ill health and early death in our community.

“Approximately 1,000 people in Ayrshire die prematurely each year from the effects of smoking. Lung cancer, chronic obstructive lung disease and coronary heart disease are the three diseases most commonly associated with smoking. UK-wide, smoking accounts for one fifth of all deaths each year.

“I would strongly encourage anyone who would like to stop smoking, to visit one of our friendly clinics where we will be happy to provide you with the right support to help you quit for good.”

To talk about any aspect of smoking including help to stop or the effects of second-hand smoke, call free on 0800 783 9132, or email freshair-shire@apct.scot.nhs.uk

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