

# Ready to quit?

## Kirklees Stop Smoking Service programme of sessions

We provide free, confidential, practical, help and support from dedicated NHS professionals when you are ready to stop.

Below are the locations of our stop smoking sessions. Some of these are drop-in sessions and you are welcome to just turn up. If you would prefer a 1:1 appointment or are pregnant please contact us and we will do our best to arrange a convenient appointment for you.

### Daytimes - Huddersfield

#### Chestnut Community Centre (Maternity/relatives only)

Mondays 9am – 12pm *1:1 sessions*

#### Elmwood Health Centre, Holmfirth

Wednesdays 12pm *Drop-in session*

#### Fartown Health Centre

Wednesday 1 – 5pm *1:1 sessions*

#### Gateway to Care

Wednesdays 1pm *Drop-in session*

#### Huddersfield Royal Infirmary

Tuesdays 9am – 12pm *1:1 sessions*

Thursdays 4pm – 7.30pm *1:1 sessions*

#### Mill Hill Health Centre

Mondays 1pm – 7.30pm *1:1 sessions*

Tuesdays 1pm – 5pm *1:1 sessions*

Thursdays 1pm – 5pm *1:1 sessions*

Fridays 1pm – 4pm *1:1 sessions*

### Daytimes - Batley, Dewsbury & Spen

#### Batley Health Centre

Mondays 2pm *Drop-in session*

Tuesdays 9am – 1pm *1:1 sessions*

Fridays 1pm – 4.30pm *1:1 sessions*

#### Cleckheaton Health Centre

Tuesdays 2pm *Drop-in session*

Thursdays 1pm - 4pm *1:1 sessions*

#### Dewsbury Health Centre

Tuesdays 9am – 11am *1:1 sessions*

Wednesdays 2pm – 5pm *1:1 sessions*

Fridays 9am – 12pm *1:1 sessions*

#### Dewsbury & District Hospital (Antenatal only)

Tuesdays 10am – 12pm *Drop-in session*

Tuesdays 2pm – 4pm *Drop-in session*

#### Ravensthorpe Health Centre

Thursdays 2pm *Drop-in session*  
*1:1 sessions – please check availability*

### Evening drop-in clinics

**No need to book, just come along at the time stated and find out more.**

**Brian Jackson House, Huddersfield**  
Every Tuesday, 7pm

**Mill Hill Health Centre, Huddersfield**  
Every Wednesday, 6.30pm

**Cleckheaton Health Centre**  
Every Thursday, 7pm

**Dewsbury Health Centre**  
Every Wednesday, 7pm

Sessions are subject to change, please ring for up-to-date information.

For more information contact the Kirklees Stop Smoking Service on:

Huddersfield - 01484 344285

Batley/Dewsbury/Spen - 01924 351498

