

Quit Your Way

Information for service users

Your local Quit Your Way team are looking forward to supporting you to stop smoking.

By working with this service for support you are agreeing to be contacted by your local Quit Your Way team for weekly support and follow-up about your quit attempt. Follow-ups will normally take place at 4 and 12 weeks after your quit date.

We will contact your doctor or pharmacist about your treatment and progress with giving up smoking. This will include requesting prescriptions for stop smoking medication if suitable. We will let you know in advance if we need to discuss your treatment with any other health professional that you currently work with (such as a midwife, a physiotherapist or community mental health worker).

Your information will be stored on a confidential database and held securely by NHS Scotland. Anonymous information will be used for statistical and audit purposes only.

We can text you with appointment reminders if these would be helpful but please note that we would be unable to reply to any text that you send to us.

If you are unable to attend an appointment, Quit Your Way will telephone you to continue to give you support. If we are unable to contact you by telephone we will send you a letter asking you to contact us.

You can withdraw your consent to take part in this programme or for us to send you text reminders at any time by contacting us by letter or phone (contact details below). However your details will still be held within a confidential database and held securely by NHS Scotland.

A copy of the NHS Lothian Privacy notice is available on our website at the following address:
<https://www.nhsllothian.scot/YourRights/DataProtection/Pages/default.aspx>

We wish you all the best in your attempt to quit smoking. All our best wishes,

Quit Your Way



West Lothian

Bathgate Primary Care Centre
Whitburn Road
Bathgate, EH48 2SS

Telephone: **01506 651829**



South Edinburgh

Sighthill health Centre
Calder Road
Edinburgh, EH11 4AU

Telephone: **0131 537 7154**



North Edinburgh

Pennywell All Care Centre
1D Pennywell Gardens
Edinburgh, EH4 4UA

Telephone: **0131 286 5113**



Midlothian and East Lothian

Bonnyrigg Health Centre
109-111 High Street
Bonnyrigg, EH19 2ET

Telephone: **0131 537 9914**