



DO YOU SMOKE? ARE YOU THINKING ABOUT TRYING TO STOP?

Come to any of our Family Hubs for free resources and support to quit, or call us to make an appointment.

Tuesday
9.30 - 11.30am

Thorney Close
Family Hub
0191 5614127

Tuesday
1 - 3pm

Rainbow
Family Hub
0191 5613995

Thursday
9.30 - 11.30am

Coalfield
Family Hub
0191 5616625

Friday
9.30 - 11am

Winnibell
Family Hub
0191 5612850

Friday
1pm - 3pm

Bunnyhill
Family Hub
0191 5618126