

# Smoking Cessation Team

## Description

### Service Description

The public health aspiration is to continue to drive down the use of tobacco in the borough:

- stopping people starting smoking
- helping people quit smoking
- protecting people from the harmful effects of second hand smoke

Stopping smoking is amongst the most important measures that an individual can take to improve their health. Within a year, an individual's chance of heart disease is halved and in five years the risk of lung cancer is halved.

Tower Hamlets has amongst the highest level of premature death from smoking related diseases in the country and this is why offering universal smoking cessation services has been such a priority. Services support 1500-2000 to stop smoking each year in Tower Hamlets.

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## Additional Information

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Why quit?

Using tobacco in any form is very harmful to your health. If you smoke tobacco through a cigarette or shisha, you are at increased risk of health problems such as cancer, heart and respiratory disease. Chewing paan/betel nuts can cause oral cancer and have a significant impact on your health.

There are lots of ways to quit, from using nicotine replacement therapies or e-cigarettes, to free quit tools and expert support from local NHS stop smoking services. You can put together a package that fits into your lifestyle as you are up to four times more likely to quit successfully with free expert advice and help from your local stop smoking service.

Your local pharmacy or GP:

You can drop into your local pharmacy or speak to your GP at any time for free support and advice.

Quit Right Tower Hamlets

Quit Right Tower Hamlets offers a 6-8 week support programme for smokers and smokeless tobacco users who wish to quit. Our expert advisors have many years' experience of helping users to beat their addiction. Using our programme, which combines state of the art medications with expert support in group and one-to-one settings, is proven to give you the best chance of becoming smoke-free and tobacco free.

## Suitable for ages

### Age of Users

All Ages

## Costs

### Cost

Free

## Questions & Answers

Has A Service Description? Yes

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## Further Information

### Provider Type

Health Services |

### Delivery Channels

In Person |

### Referral Criteria

None (Self-referral) |

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### Provider

**Health Services**

Royal London Hospital

## Contact Details

### Telephone No

020 8882 8230

### Website

<http://www.quitrightth.org>

### Email Address

[clinicbookings@gmul.ac.uk](mailto:clinicbookings@gmul.ac.uk)

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## Address Details

### Street Number

Health & Lifestyle Research Unit

### Street

2 Stayners Road

### Town

London

### Postcode

E1 4AH

## Opening Times

**Monday** from 09:00 to 17:00

**Tuesday** from 09:00 to 17:00

**Wednesday** from 09:00 to 17:00

**Thursday** from 09:00 to 17:00

**Friday** from 09:00 to 17:00

[Visit service website](#)

## Similar Organisations

East One Health

St Katherine's Dock Practice

Cgl - Young People's Drug & Alcohol Service In Tower Hamlets