

The Radiotherapy Department

# Stopping smoking – support and advice services

Smoking while you are having radiotherapy treatment can cause your side effects to:

- develop earlier
- possibly be worse than usual
- be harder for you to cope with.

We strongly advise you to try to give up smoking. We know this is often difficult, so recommend the following services who can advise and support you.

**Here for Health** is a drop-in service at the Churchill Hospital, which provides information and advice on giving up smoking and healthy living. It is open from 9.00am to 5.00pm, Monday to Friday.

Tel: 01865 222 958

Email: [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk)

## **NHS National Smoking Advice Service**

Helpline: 0300 123 1044

Website: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## **Oxfordshire Smoking Advice Service**

Helpline: 0800 246 1072 or 01869 814 216

Website: [www.smokefreelifeoxfordshire.co.uk](http://www.smokefreelifeoxfordshire.co.uk)

## **Smokefree Wiltshire**

Helpline: 0300 003 4566

Website: [www.wiltshire.gov.uk/public-health-stop-smoking](http://www.wiltshire.gov.uk/public-health-stop-smoking)

## **Buckinghamshire Live Well Stay Well**

Website: [www.livewellstaywellbucks.co.uk/service/29/stop-smoking](http://www.livewellstaywellbucks.co.uk/service/29/stop-smoking)

## **Smokefreelife Berkshire**

Helpline: 0800 622 6360 or 0118 449 2026

Website: [www.smokefreelifeberkshire.com](http://www.smokefreelifeberkshire.com)

## **How to contact us**

Please contact Radiotherapy Reception on **01865 235 465**.

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.



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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

INFORMATION SHEET

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