

**FOR  
HACKNEY  
CARERS**



# **SMOKEFREE Hackney**

## **SMOKEFREE HACKNEY INFORMATION WORKSHOP**

**FRIDAY 28TH SEPTEMBER 2018**

**Time: 10.30 am - 12.30 pm**

**Ment House,  
1C Mentmore Terrace,  
London E8 3DQ**

- **Advice on the best way to quit with the Hackney Stop Smoking Service**
- **Training which will give you the knowledge, skills and confidence to raise the subject with a family member or friend**
- **Become a local champion and support others through their stop smoking journey**

**Are you thinking of quitting  
for Stoptober?**

**Would you like advice on  
how to support a family  
member or friend to stop  
smoking?**

**Whittington Health** 

**Carers are  
the bedrock**

Carers Coordination Service  
Ment House,  
1C Mentmore Terrace,  
London E8 3DQ

**CALL US: 020 8533 0951**

**E:CCSADMIN@HACKNEYPARERS.ORG.UK**

**WEB: WWW.CARERSARETHEBEDROCK.COM**