

| NO: | NAME  | ADDRESS | POST CODE | CONTACT DETAILS  | SERVICES  |
|-----|---|---------|-----------|--|---|
| 1   | European COPD (Chronic Obstructive Pulmonary Disease) Coalition |         |           | <a href="http://www.copdcoalition.eu/">http://www.copdcoalition.eu/</a>  | Educational videos about Chronic Obstructive Pulmonary Disease (COPD)   |
| 2   | FRANK   |         |           | 0800 776 600, <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a> ,<br><a href="http://www.talktofrank.com">www.talktofrank.com</a>                 | Friendly, confidential drug advice  |
| 3   | Kick it, Stop Smoking Service                                   |         |           | <a href="http://www.kick-it.org.uk/index.php/find-your-local-stop-smoking-service/#kc">www.kick-it.org.uk/index.php/find-your-local-stop-smoking-service/#kc</a> | Provides with six, free, weekly sessions of help and support to get through the hardest part of quitting. You can expect top quality advice on medications that can help along with support on the really difficult bit - changing your behaviours and habits |
| 4   | SMOKEFREE   |         |           | <a href="http://www.nhs.uk/smokefree">www.nhs.uk/smokefree</a>   | Free, local and effective. NHS Stop Smoking Services offer support that works   |
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