

## **Wellbeing Service Clinics in GP surgeries**

To help people quit smoking, lose weight and reduce how much alcohol they drink. You need to be a registered patient at the surgery to be able to attend the Wellbeing Service Clinic there. Contact the Wellbeing Service for more information: [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk) / 023 9229 4001.

<b>Clinic</b>	<b>Day</b>	<b>Time</b>
Heyward Road Surgery	Mondays	10am - 12pm
Sunnyside Medical Centre	Tuesdays	9am - 11:45am
Guildhall Walk Surgery	Tuesdays	10am - 1pm
Lake Road Surgery	Tuesdays Wednesdays Thursdays	3pm - 6pm 3pm - 6pm 8.30am - 10.30am
Cosham Park House	Tuesdays	3pm - 6pm
Cosham Health Centre (GP)	Wednesdays	9am - 12pm
Paulsgrove Surgery (Allaway)	Wednesdays	10am - 12pm
Kingston Crescent Surgery	Thursdays	10am - 1pm
Somerstown Health Centre	Thursdays	9.30am - 11.30am
Kirklands Surgery	Thursdays	1.30pm - 3.45pm

Correct as of January 2018