

## Wellbeing Service Clinics in GP surgeries

The Wellbeing Service run free clinics in GP surgeries to support people to 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. Patients of the Portsdown Practice Group can attend any of the clinics with an asterisk.

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	10.00am - 12.00pm
Sunnyside Medical Centre	Tuesdays	9.00am - 3.45pm
Lake Road Surgery (John Pounds Surgery patients can also attend)	Tuesdays Thursdays	3.00pm - 6.00pm 8.30am - 10.30am
Cosham Park House *	Tuesdays	3.00pm - 6.00pm
Cosham Health Centre (GP)	Wednesdays	9.00am - 5.00pm
Paulsgrove Surgery (Allaway) *	Wednesdays	9.30am - 12.30pm
Kingston Crescent Surgery *	Thursdays	10.00am - 1.00pm
Somerstown Health Centre *	Thursdays	3.00pm - 5.00pm
Kirklands Surgery	Thursdays	1.30pm - 4.00pm

Correct as of September 2018

For details of drop-in clinics run by the Wellbeing Service at community venues visit: <https://www.portsmouth.gov.uk/ext/documents-external/wellbeing-service-clinics-in-community-venues-sept-2018.pdf>