

## Order your free Pregnancy Support DVD today

This DVD features five short films that explain the free NHS support options available, and real people just like you who have used them. To get more of a feel for what support could work for you, order your free copy today.

For your free Pregnancy Support DVD call the NHS Pregnancy Smoking Helpline:

**0800 169 9 169** or visit  
**www.nhs.uk/smokefree**



Or fill out your details below, cut out and post the coupon to:  
FREEPOST RRTE-SHEX-ARJT, Smokefree, Bristol, BS1 6EN.

## WE VALUE YOUR COMMENTS

If you have any suggestions or concerns you can speak to any member of staff or practice manager, alternatively you can speak or write to: **Head of Patient Support Services, NHS Rotherham, Oak House, Moorhead Way, Bramley, Rotherham S66 1YY.**

For general information on Rotherham's health services, please contact the Patient Advice & Liaison Service (PALS) on 01709 423030.

For more information about how we use and protect your information see "The Protection and Use of Patient Information" leaflet available from NHS Rotherham sites and GP surgeries.

This leaflet can also be supplied in braille, audio format, PDF, large print and other languages on request.

"هذا المنشور يمكن توفيره أيضاً في البرaille، شريط كاسيت سمعي، قرص، طبعة كبيرة و لغات أخرى عند الطلب."

这份资料亦可提供盲文、录音带、磁碟、大字印刷和其它语文译本。

درخواست دینے پر یہ کتابچہ بریل، آڈیو کیسٹ ٹیپ، ڈسک، بڑے حروف اور دیگر زبانوں میں بھی فراہم کیا جاسکتا ہے

NHS Rotherham is the Rotherham Primary Care Trust



When you have finished with this leaflet please recycle it

Title: \_\_\_\_\_ First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

If you would prefer not to be contacted again by post after we have sent your Pregnancy Support DVD, please tick here

If you are happy for the NHS to contact you by phone, email or text please fill in your details below.

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**YOUR UNBORN  
BABY NEEDS  
YOUR PROTECTION  
FROM SMOKING**

**We can help you quit**

## STOPPING SMOKING IS GOOD FOR YOU

Your baby may seem little more than a bump at the moment, but being a dad starts right now.

Although it's not easy to kick the habit, if you stop smoking your breathing will improve. And you'll be less likely to fall ill. So you'll have more energy to keep up with your little one.

## FOR YOUR PARTNER

When you smoke around your partner, she's exposed to the smoke you exhale. She also breathes the poisonous smoke from your burning cigarette, containing chemicals like hydrogen cyanide and carbon monoxide. If your partner smokes, the best thing you can both do is to stop smoking together.

## AND YOUR BABY

Most of all, smoking isn't good for your baby. Every time your partner inhales smoke it restricts the oxygen that's essential for your baby's growth and development.

Because cigarettes restrict their oxygen supply, their tiny heart has to beat harder every time your partner smokes.

## BE UP TO 4 TIMES MORE LIKELY TO STOP SMOKING WITH LOCAL NHS SUPPORT

Now's the perfect time to quit. And you're up to 4 times more likely to quit successfully with the NHS support explained on our free 'Get Support' DVD.

The moment you stop smoking you'll be protecting the health of your baby and everyone in your growing family. We know it can be difficult, but if you order the free DVD you'll see the support that's available, so you can make the right choice for you.

## CALL THE NHS ROTHERHAM STOP SMOKING SERVICE

- Our Smoking in Pregnancy team will help you prepare and plan to stop smoking. You can choose from a free weekly programme of group or one-to-one sessions in your area. We'll give you easy to understand advice on prescription medicines that can help you quit and offer support and advice to reduce stress and make managing those cravings easier. Call NHS Rotherham Stop Smoking Service on **01709 42 2444 (9am - 5pm, Monday to Friday)** or visit **[www.smokefreerotherham.co.uk](http://www.smokefreerotherham.co.uk)**
- For additional advice you can call the NHS Smoking Helpline on **0800 169 0 169 (7 days a week, 7am to 11pm)**.

## ADVICE ON STOP SMOKING MEDICINES

- There's a range of different treatments you can get on prescription, so it doesn't have to cost you a fortune to stop smoking. Your stop smoking adviser, GP or pharmacist can advise you. If you do not pay for prescriptions then you will be entitled to free stop smoking medication.

## NHS ROTHERHAM PREGNANCY STOP SMOKING SUPPORT

- If your partner smokes then please tell them about the specialist NHS Rotherham Pregnancy Stop Smoking Service where you and your partner can stop smoking together. You can get specialist support designed just for you by calling **01709 42 2444 (9am to 5pm, Monday to Friday)**.

