

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: _____

EVERY CIGARETTE HARMS YOUR BABY

We can help you quit

EVERY TIME YOU SMOKE IT HARMS YOUR BABY

Most mums know smoking whilst pregnant isn't good for them or their baby. But that doesn't make it any easier to kick the habit. But then, you may not be aware of the harm cigarettes are doing to your baby.

When you smoke you inhale over 4,000 chemicals from the cigarette. One of these is a dangerous chemical called carbon monoxide, which gets into your bloodstream. This restricts the oxygen that's essential for your baby's healthy growth and development.

And because cigarettes restrict their oxygen supply, their tiny heart has to beat harder, every time you smoke.

STOPPING SMOKING IS THE BEST THING FOR YOU BOTH

It's never too late to stop smoking. When you do, both you and your baby will feel the benefits immediately. You'll also have more energy to keep up with your little one.

We know it can be difficult, which is why NHS Rotherham offers a wide range of free pregnancy-specific support services to help you stop smoking.

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

There are a range of options available to help you stop smoking. If you get local NHS support and Nicotine Replacement Therapy you will be up to 4 times more likely to stop smoking successfully.

CALL THE NHS ROTHERHAM PREGNANCY 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 telephone support, one-to-one sessions, home visits or group support as and when you need it. We'll give you easy to understand advice on prescription medicines that can help you stop smoking and offer support and advice to reduce stress and make managing those cravings easier. If you do not pay for prescriptions then you will be entitled to free stop smoking medication. Call NHS Rotherham Pregnancy Stop Smoking Service on **01709 42 2444 (9am to 5pm, Monday to Friday)** or visit **www.smokefreerotherham.co.uk**
- For additional advice and out of hours support you can call the NHS Pregnancy Smoking Helpline on **0800 169 9 169 (7 days a week, 12pm to 9pm)** and speak to a specialist adviser.

Order your free Pregnancy Support DVD today



We're here to help, and the Pregnancy Support DVD will show you how. You'll see that there's a range of free, specialist support available to suit you. Turn over to find out how to order your free copy.

