

# How we can help both of you to quit smoking

  
*Fresh Start*  
A programme for smokers ready to stop



## What is it?

The service aims to provide friendly, practical information to pregnant women who want to stop smoking and would like help.

Support is offered on a one-to-one or group basis depending on your needs. You can be seen in a local community venue or at a local GP surgery or pharmacy. Home visits may be available depending on your circumstances.

All stop smoking help for pregnant women is free. If other family members or friends would also like to give up they will get their Nicotine Replacement Therapy (NRT) at the cost of a prescription or free if they don't usually pay for prescriptions.

## Who is it for?

Pregnant smokers and their families who live in Derby and would like to try to stop smoking. We can also help if you are planning to get pregnant or if you've just had a baby.

## How can we help?

Your midwife can refer you to one of our specially trained stop smoking advisors. The advisor will contact you and offer you an appointment to discuss your needs.

You will usually be seen every week for approximately six weeks and then from time to time until the birth of your baby. You will not be expected to give up smoking at the first appointment!

Your advisor will discuss whether you should think about using Nicotine Replacement Therapy, such as gum or patches, while you are pregnant.

## You can also expect:

- **personal advice and tips on how to stop smoking and stay quit**
- **ongoing support throughout your pregnancy**
- **help and support for your partner if they smoke**
- **advice on how to make your home smokefree**

## How can my family and friends help?

If they smoke, ideally they could try to stop with you. Other ways of helping could be:

- **not smoking in front of you**
- **not offering you cigarettes**
- **being supportive and giving you lots of encouragement**
- **buying you the occasional treat with the money you have saved from giving up smoking!**

## Why should I use Fresh Start?

- **We understand how difficult it can be to stop smoking**
- **We won't tell you what to do but we'll help and support you to stop smoking if you're ready**
- **We're not here to make you feel guilty or give you a lecture!**
- **You'll be more likely to give up successfully with our support**
- **We can give you advice on using Nicotine Replacement Therapy**

# How can I stay smokefree in the future?

Whether you quit smoking with Fresh Start's support or you stopped on your own you can get extra help to stay stopped in the future. Fresh Start has a Relapse Prevention Worker who can help you to continue to stay free from smoking throughout your pregnancy and after your baby is born. She can help you with the following:

- **coping with stress**
- **getting active**
- **healthy eating**
- **tailored advice and support**

# How do I contact Fresh Start?

Your midwife can refer you to Fresh Start or you can give us a call on:

**0800 707 6870**

**01332 861174**

**[www.freshstart.nhs.uk](http://www.freshstart.nhs.uk)**

# Benefits of stopping for you, your baby and your family

- **you'll be giving your baby the best possible start in life**
- **your chances of suffering problems during pregnancy will fall as soon as you give up**
- **you'll have more money**
- **your energy levels will increase**
- **you will be protecting your children from the harm caused by passive smoking**
- **your baby will be more contented after birth**
- **you will be less likely to suffer with morning sickness**



