

## Resources for working with pregnant women, their families & friends.

Smoking & pregnancy leaflet  
Smoking & pregnancy information pack  
Information pack to help you stop smoking  
Nicotine replacement therapy protocol for smoking & pregnancy  
Pregnancy posters – with service details  
Pregnancy posters – with space for local midwifery contact details  
Bookmarks – with service details  
Tear-off pads – with service details – English/Urdu  
General posters – fill in local details  
'Business cards' – with service details  
Congratulatory certificates  
Manchester's smokefree homes scheme – posters, registration forms – English/Urdu



All available free from Manchester Stop Smoking Service, Manchester Public Health Development Service, Victoria Mill, Miles Platting, M40 7LJ  
0161 205 5998

We can also help you develop relevant local resources – give us a ring.

CO monitors & other resources available to borrow from the Public Health Development Libraries – Victoria Mill: 203 4101 & Withington Hospital: 611 3642.

National leaflets available free from Department of Health  
0800 169 0 169 or [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)



### Useful contacts

Smoking & Pregnancy: (training, resources, information, support, ideas...)  
Ali Reid/Faye Carole: Stop Smoking Service: 205 5998

Specialist Advisors:

North: Faye Carole (pregnancy & general)/Denny Wood/Vee Morris

Central: Anne Marie Riley (general & acupuncture service)/Vee Morris

Refer via Stop Smoking Service: 0161 205 5998

South Asian Outreach Worker (Gujarati, Urdu):

Aurangzaib Amirat: 07967 441 813

South: Eve Mannerings/Debbie Smith (pregnancy & general): 291 5030

St. Mary's Health Education Team: 276 6914 (X6914 from inside the hospital)

Smoking Cessation Pager: 07659171834 (dial 9 first from inside the hospital)

Breastfeeding Pager: 07659160112 (dial 9 first from inside the hospital)

Remember that there may also be intermediate trained stop smoking advisors in your local Sure Start project, health centre, school...

Note: Some women of South Asian origin chew tobacco. Research suggests that this also has an effect on birth weight and gestational age at birth.

Women may need help to stop, including behavioural support and possibly NRT. Please fill in a monitoring form, marking it 'chewing tobacco'/'paan'.