

SMOKE-FREE HOMES FOR NEW BABIES WITH EVERYONE HEALTH

Everyone Health, the provider of the free Staffordshire Stop Smoking in Pregnancy service, has now increased its offering to support the wider family in creating a smoke-free home for new-borns.

Whilst there is a lot of focus on supporting mums-to-be in their quit attempts, research shows that 80% of second-hand smoke is invisible and odour-free, meaning unborn babies can still develop smoke-related complications from second hand smoke.

With this in mind, Everyone Health now offers a free 12 week programme aimed at helping pregnant smokers and their partners - or other household members who smoke - to quit for good. Led by our friendly in-house midwife, Jo George, our team of dedicated practitioners are able to provide stop smoking support at any stage of the pregnancy.



Stop Smoking Midwife, Jo George

Our free, non-judgemental service is available to pregnant smokers, as well as smokers (such as partners or parents) who live within the same household as a pregnant smoker, who is partaking in the programme. Working flexibly to ensure the safety of our clients during the Covid-19 pandemic, the service consists of weekly telephone appointments and free nicotine replacement products (NRT) delivered through the post.

Zoe's Story

Zoe joined everyone health's stop smoking in pregnancy service in the early stages of her pregnancy with her first child.

Zoe says, "My goal was to stop smoking for my new baby. I knew I'd miss smoking but it was the right thing to do. I clicked with Jo, the stop smoking midwife, straight away. She spoke to me about anything and everything when I was so nervous about everything that could go wrong. This service is definitely a fantastic aid for pregnant women and if you've got the right mind-set it's the perfect way to quit without any of the extra unneeded stresses of going cold turkey."



To find out more about Everyone Health's free Staffordshire stop smoking in pregnancy service, visit www.everyonehealth.co.uk/Staffordshire. To make a referral, call **03330050095** or email eh.staffs@nhs.net.