

## Staying Smokefree for My Baby and Me

We recently received your contact details to say that you are interested in help to stop smoking. Congratulations on taking the first steps to becoming Smokefree!

We would like to talk to you about arranging an appointment with you where we can discuss the different ways we can help you to become smoke free.

Did you know... You may be eligible to join our shopping voucher scheme, where you could receive a £20 shopping voucher for every 4 weeks that you remain smokefree, up until your baby is 8 weeks old? Here's an example of what your voucher could buy...



If you would like some support to stop smoking we would really like to hear from you. **Please phone us on 01924 252174 or text us on 07813322726.**

Congratulations on taking this step – being smokefree is one of the best things you can do for your health, the health of your new baby and your family.

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