

Pregnancy Stop Smoking Service



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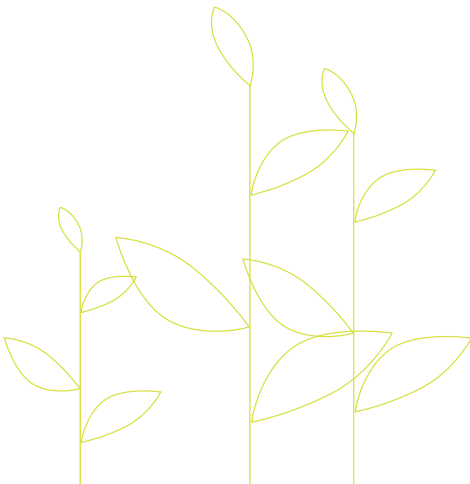
What is the Pregnancy Stop Smoking service?

The Pregnancy Stop Smoking service aims to provide accessible, friendly, practical information to local pregnant women and their families throughout Sunderland who want help to stop smoking. There is no charge for the help which can be offered on a one-to-one or group basis, depending on your needs.

You can be seen in your own home, local GP surgery or community venue, if preferred. It is aimed at women who are planning a pregnancy, who are pregnant, or who are breast feeding and any family members who want to quit with them. For a referral to the service, please speak to your midwife, health visitor, GP or staff at you local Sunderland Children's Centre.

What can it offer you and your baby?

- One-to-one or group support from our Pregnancy Stop Smoking advisor.
- Advice and information on how to stop smoking.
- Advice on using nicotine replacement therapy (NRT), such as patches or gum, which will be supplied free of charge, as appropriate.
- Information packs on stopping smoking.
- On-going support throughout your pregnancy and after your baby is born.
- Telephone support, if required.
- Help and support for your partner/family members if they smoke and want to stop with you.



What are the benefits for you and your baby?

- You and your baby will be healthier.
- You will have more money to spend on other things.
- You will feel more comfortable in public places where smoking is now banned.
- It will mean an end to nagging by older children who have become aware of the dangers of smoking and its unpleasant smell.
- You will meet other new parents/carers and build new relationships.

To find out more about the Pregnancy Stop Smoking Service, please speak to your midwife, health visitor, GP or staff at your local Children's Centre – contact details overleaf.

To arrange an appointment phone the service on 0800 587 4865.



Where to find your local Sunderland Children's Centre

Sunderland Children's Centre Thorney Close

Thorney Close Action and Enterprise Centre
Tel: 0191 553 4127

Sunderland Children's Centres Washington

Rainbow Family Centre, Concord
Tel: 0191 219 3995
Wessington Primary School, Glebe Village
Tel: 0191 219 3720
Oxclose Primary and Nursery Schools
Tel: 0191 219 3770

Sunderland Children's Centre Austin House

Austin House Family Centre, Southwick
Tel: 0191 566 2650

Sunderland Children's Centre Bunny Hill

Sunderland Customer Service Centre
Tel: 0191 561 8126

Sunderland Children's Centre Monument

Barnwell Primary School, Penshaw
Tel: 0191 553 6576
Dubmire Primary School, Houghton
Tel: 0191 382 3071

Sunderland Children's Centre Highfield

Highfield Community Primary School,
Ford Estate
Tel: 0191 561 2050

Children's Services

The Sandhill Centre
Grindon Lane
Sunderland
SR3 4EN

Tel: 0191 520 5505

Fax: 0191 553 8886

Minicom: 0191 525 0075

Email: fis@sunderland.gov.uk

www.sunderlandchildrenscentres.co.uk

Sunderland Children's Centre Pennywell and South Hylton

Pennywell Early Years Centre
Tel: 0191 553 6820

Sunderland Children's Centre New Silksworth

New Silksworth Infant School
Tel: 0191 553 6190

Sunderland Children's Centre Hendon

Valley Road Community Primary School
Tel: 0191 553 7750
Hudson Road Primary School
Tel: 0191 553 7675

Sunderland Children's Centre Ryhope

Ryhope Infant School
Tel: 0191 553 6206

Sunderland Children's Centre Hetton

Hetton Lyons Nursery School, Four Lane Ends
Tel: 0191 553 6735

Sunderland Children's Centre Houghton

Houghton Community Nursery School
Tel: 0191 553 6557

Sunderland Children's Centre Millfield

Millfield Community Nursery School
Tel: 0191 553 2775
Diamond Hall Infants School
Tel: 0191 553 7620

Sunderland Children's Centre Grangetown

Grangetown Primary School
Tel: 0191 553 7650

Sunderland Children's Centre St Peter's

Dame Dorothy Primary School
Tel: 0191 553 7618

This information can be made available in large print, Braille, audio and other languages. Please contact the Families Information Service on 0191 520 5505 or email fis@sunderland.gov.uk for help.

All information correct at time of going to press.
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