

# Support to stop smoking in pregnancy

**Stopping smoking during pregnancy is the single most important step a mother can take to benefit her health and her baby's health.**

North Yorkshire Stop Smoking Service NHS provides one-to-one or group sessions with trained stop smoking advisors. We also have pregnancy stop smoking specialists who can offer advice about dealing with stress, weight gain and the nicotine replacement therapy available to help manage cravings.

**Frances Astin**

## **Craven**

To find out more or to make a referral, contact Frances direct on **01756 701737** or North Yorkshire Stop Smoking Service NHS on **0300 303 1603**

Frances is a Specialist Stop Smoking Advisor based in Skipton. She offers a range of one-to-one and group sessions in the Craven district.

**Jo Rollerson**

## **Harrogate and rural district**

To find out more or to make a referral, contact Jo direct on **01423 553009** or North Yorkshire Stop Smoking Service NHS on **0300 303 1603**

Jo is a Smoking in Pregnancy Advisor. Jo offers a one-to-one service to pregnant women who smoke and their partners. She is based at Harrogate Hospital.

**Christiane Adams**

## **Hambleton and Richmondshire**

To find out more or to make a referral, contact Christiane direct on **01609 764814** or North Yorkshire Stop Smoking Service NHS on **0300 303 1603**

Christiane is a Midwife and Smoking in Pregnancy Advisor who offers a one-to-one service to pregnant women who smoke and their partners. Christiane is based at the Friarage Hospital in Northallerton but also offers ante natal services in Catterick.

**Sue Cullen**

## **Scarborough, Whitby and Ryedale**

To find out more or to make a referral, contact Sue on **01723 342877** or North Yorkshire Stop Smoking Service NHS on **0300 303 1603**

Sue and Maureen are Smoking in Pregnancy Advisors offering a one-to-one service to pregnant women who smoke and their partners at a range of community and health centres in the Scarborough district.

**Siobhan Farnsworth**

## **Selby and York**

To find out more or to make a referral, contact North Yorkshire Stop Smoking Service NHS on **0300 303 1603**

Siobhan is a Smoking in Pregnancy Advisor who offers a one-to-one service to pregnant women who smoke and their partners at community and health centres in York and Selby.

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For further information and advice on smoking in pregnancy call the NHS Pregnancy Smoking Helpline on 0800 169 9 169 or visit [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)