

livewell

**get free support to be
healthy and well during
your pregnancy**



stopping smoking during pregnancy

livewell's free programme supports mums-to-be to stop smoking in a friendly and supportive environment.

who can join?

Women who smoke and are registered to a Derby GP practice.

Women registered to a Derby GP practice who have recently quit and would like further support to stay smoke free.



how can they join?

Women can apply at any stage of their pregnancy at livewellderby.co.uk, by calling **01332 641254** or through their health professional.

Women can be referred by their midwife at/after their first appointment.

Smokers that share a home with a pregnant woman can self refer for free support and treatments at livewellderby.co.uk or by calling **01332 641254**.

what we offer

Our free 12 month programme includes:

- A supportive one to one appointment with a trained pregnancy smoking advisor to get started. This is followed by optional weekly group support sessions and friendly drop-ins just for pregnant women wanting to stop smoking.
- Free Nicotine Replacement Therapy (patches/lozenges/gum/spray) that could save you up to £180.
- Support to quit using your e-cigarette/vape.
- Invaluable tips and guidance to beat cravings and prevent setbacks.
- Free swim membership at Queen's Leisure Centre for 12 months once you've been smoke free for 4 weeks.

benefits of stopping smoking in pregnancy

stopping smoking will benefit both you and your baby immediately. it's never too late to stop and we'll give you all the encouragement and support you need to do it.

When you stop smoking:

- You will reduce the risk of pregnancy related illness and complications.
- Your baby is less likely to be born underweight.
- You will reduce the risk of stillbirth and cot death.
- Your baby is less likely to be born too early and face breathing, feeding and health problems.
- You will benefit the health of your baby in later life.
- You will save around **£250** each month or **£3000** in a year.

self help

relying on willpower alone or going 'cold turkey' is the least effective way to stop. getting some support will boost your chances of success. if you don't feel ready to join livewell, here are some tips to help you quit:

set a quit date

Pick a date within the next month and circle it in your diary. Once you've set your date, decide on a plan and prepare. Get rid of all cigarettes and ashtrays.

my quit day is

set up a support system

Telling those close to you about your quit will enable them to support you. A friend or family member that has already successfully quit may be willing to help you and share their tips and advice.

change your routine

Avoid people who are smoking and situations where the urge to smoke is strong. Stay busy and make changes to your routine – eat different foods, use a different route to get to work/shops, go for a gentle walk/swim.

Making a list of your triggers including potential stressful situations will help you identify changes you could make.

my triggers are

find distractions

Beat cravings by making a list of distractions. These could include keeping your mouth busy – chew sugar free gum or drink more water, making a playlist to last the length of your craving, taking slow, deep breaths, going for swim or walk or visiting a public place where you can't smoke.

my distractions

free digital support tools

Get a free personalized quit plan by searching One You or Stoptober.

Livewell's Facebook Messenger chatbot – Will Power offers personalised replies, the opportunity to receive daily tips, quirky distraction videos and games for beating cravings. Scan the code to talk to Will.



review your reasons

Reminding yourself of why you want to quit is a powerful motivator. Create a simple poster or write it below and stick it to your fridge or somewhere prominent. Look at this whenever you're at a low point.

my reasons for quitting

work out the savings

Cigarettes are expensive. Add up all the money you'll save and keep it in a separate jar/bank account. Plan how to treat yourself, your baby/family.

each day i will save

each week i will save

each month i will save

each year i will save

how i will use my savings

stay clear of second hand smoke

Second hand smoke is highly toxic and more than 80% is invisible and doesn't smell. Opening windows and doors or smoking in a different room does not make it safe for you or your baby.

If you are worried about the amount of second hand smoke you may be taking in, ask your midwife for a Carbon Monoxide test.

Four tips to avoid secondhand smoke

- Persuade smokers in your household to quit. Livewell can support them for free.
- Avoid places where you know people will be smoking indoors.
- Ask people not to smoke in the car or take a different form of transport.
- Tell visitors to smoke outside with the door closed behind them, ensure windows are also closed.

managing your weight during pregnancy



being overweight increases the risk of complications for you and your baby.

livewell supports pregnant women with a bmi of 30 or over to gain the right amount of weight by eating healthily and keeping active.

who can join?

Pregnant women registered to a Derby GP practice with a BMI of 30 or over at their first midwife appointment.

how can they join?

Women who have had their 12 week check/scan can apply at livewellderby.co.uk for our weight management programme.

Women can be referred by their midwife at/after their first appointment.

what we offer

Our free 12 month programme includes:

- 4 weekly meetings to get you started on a tailored weight management plan.
- Regular support and encouragement through weekly Health Hubs and drop-ins.
- An 8-week weight management course accredited by the Royal Society for Public Health.
- Free swim membership at Queen's Leisure Centre for 12 months.

fun and safe exercise during pregnancy

- **Warm up and cool down** to ensure all your muscles are warm for any activity.
- **Drink plenty of water** and other fluids to keep you and baby well hydrated.
- **Stretch out** – general stretching two to three times a week helps with any stiffness.
- **Step it up** – brisk walking for 30 minutes every day if possible. Why not walk the school run or join a friend in the park?
- **Take the weight off** – gentle swimming takes the stress off joints, limits weight gain and is good for you and your baby.
- **Unwind with yoga**, gentle exercise that can benefit you and your baby. Yoga strengthens muscles, boosts flexibility and is a great way to relax.

eating well during pregnancy

- **Eating a healthy balanced diet** from each of the four main food groups (fruit and vegetables, starchy carbohydrates, meat and vegetable protein, milk and dairy) will provide you and your baby optimal nutrition for optimal health!
- **Eating for two is a myth** – you only need an additional 200 calories in your last trimester. Try getting these extra calories from nutritious snacks rather than a chocolate bar or packet of crisps.
- **Large portions are not necessary** – try using a smaller plate to help you eat less at meal times.
- **Food hygiene has never been more important** – ensure all hot food is cooked well before eating, wash fresh fruits and vegetables before preparing meals and throw away foods past their use by date.
- **Eat a variety of fruits and vegetables** in most of your meals and snacks – each offers specific vitamins and minerals to fight disease and maintain health; fibre to fill you up and keep you ‘regular’ and all are wonderfully low in calories.
- **Keep hydrated** – drink at least six to eight glasses a day and more on hot days or when being active. Remember, your baby needs to drink too! Try water or low calorie squashes rather than sugary fizzy drinks. Alcohol is a no-go.
- **Tea and coffee fans** should drink no more than two or three cups. Even better switch to decaf.
- **Vitamins and supplements** recommended by your midwife. You may be eligible for Healthy Start vouchers for free vitamins, fruit and veg, formula milk and milk. Visit healthystart.nhs.uk to check if you qualify.



websites and helplines

Livewell

livewellderby.co.uk / 01332 641254

Healthy Start (free vouchers)

healthystart.nhs.uk

NHS pregnancy and baby guide

nhs.uk/conditions/pregnancy-and-baby/

Quitline

0800 00 22 00

Smokefree helpline

0300 123 1044

notes



livewellderby.co.uk

call 01332 641254 or
email livewell@derby.gov.uk
minicom 01332 640666

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livewell

HELPING PEOPLE IN
DERBY LIVE BETTER

A Derby City Council Project