

Our advisor can visit you at home for a 1-to-1 session to give you and your family advice on quitting and making your home smokefree for your new baby. Call 0300 029 0029 for more details and to book an appointment.

We're here for you at any time during your pregnancy.

Also ask about our free voucher scheme.

Below is a list of our regular drop in sessions. You can just call in or phone us if you'd like a 1-to-1 appointment.

We also offer 1-to-1 sessions at Halton Hospital on Friday afternoon, so if you're attending for your scan or other appointment, give us a call to book a session with one of our advisors.

Day	Venue	Drop in EXISTING clients	Enrolment NEW clients
Monday	Upton Community Centre, Widnes, WA8 4PF	10.30-11.30	9.30
	Widnes Indoor Market, WA8 6UE	12 midday - 2pm	
	Halton Direct Link, Shopping City, Runcorn, WA7 2ES	1.30-2.30	3.00
	Kingsway Leisure Centre, Widnes, WA8 7QH	4.45-6.30	
Tuesday	Castlefields Community Centre, Runcorn, WA7 2HR	10.30-12.00	10.00
Wednesday	Widnes Indoor Market, WA8 6UE	10.00-2.00	
	Halton Brook Community Centre, Runcorn, WA7 2DX	3.00-4.00	2.00
	Windmill Hill Children's Centre, Runcorn, WA7 6QE	5.00 -6.45pm	
Thursday	Widnes Indoor Market, WA8 6UE	10.00-2.00pm	
Friday	Widnes Indoor Market, WA8 6UE	10.00-12 midday	
	Murdishaw Community Centre, Runcorn, WA7 6JW	10.30-11.30	9.30
	Ditton Community Centre, Widnes, WA8 6DF	2.30-3.30	1.30

Your Stop Smoking Journey

Support for pregnant women and their families to quit smoking

Quit for you. Quit for baby. Quit for good.

YOUR STOP SMOKING JOURNEY

BOOKING APPOINTMENT WITH YOUR MIDWIFE

You will be asked if you smoke This will also include e-cigarettes.

Your carbon monoxide (CO) level will be measured.**

You will also be asked if there are any other smokers at home.

You will be given information on:
- Risks of smoking in pregnancy.
- Second-hand smoke and the benefits of a smokefree home.

IF YES
Well done! Your midwife will continue to monitor your smoking status at further appointments.

You will be asked if you attended the Halton Stop Smoking Service.

DATING SCAN

If you smoke or are exposed to second-hand smoke your midwife will refer you to the Halton Stop Smoking Service.

IF NO
Your carbon monoxide level will be measured and your smoking status will be recorded. Information about the risks of smoking whilst pregnant will be given and you will be referred to the Halton Stop Smoking Service.

If you are still smoking, you will be referred to the Halton Stop Smoking Service.

36 WEEK APPOINTMENT

Your carbon monoxide (CO) levels will be measured and your smoking status will be recorded.

At this point if you have not yet quit, you will be asked if you would like NRT (nicotine replacement therapy) for the birthing period, if you do not intend to quit during the pregnancy.

It will be explained that the hospital is a Smokefree site and smoking is not permitted on the hospital site or grounds.

HALTON STOP SMOKING SERVICE

Call
0300 029 0029

HIT@halton.gov.uk

** You'll simply be asked to blow into a tube connected to a small monitor, which measures the amount of carbon monoxide in your lungs and blood. You may get a positive reading as a non smoker if you have recently been around second hand smoke or in a polluted environment. It's also possible to record a zero reading if you do smoke, but it has been a while since your last cigarette.