

CYC Health Trainers

 **FREE**
stop smoking
support

Up to £170 financial
incentive scheme for
women who stay quit
up to 3 months
post-natal



Quit Smoking
and feel better

Weekly  
personalised stop
smoking sessions

Personal,
confidential
advice

We are your local Health Trainers. A team of qualified NCSCT stop smoking advisors who are here to help you feel better and healthier for you and your baby.



We will work with you to help you quit smoking during pregnancy and beyond. We will support you through:

- ★ Weekly stop smoking support sessions.
- ★ Guidance around the habit, addiction and the social and emotional effects of smoking.
- ★ 12 weeks free Nicotine Replacement Therapy (NRT).
- ★ Up to £170 financial incentive scheme for pregnant women who stay quit up to 3 months post-natal.

www.york.gov.uk/CYHealthTrainers

We offer all of our appointments either over the phone, virtually or face-to-face (restrictions allowing) to fit around you. To book your first appointment, call or email our Health Trainer team today or visit our website for more information.

Choose to have your appointments either over the phone, virtually or in person.

Our service is completely **FREE**, personal and confidential. It is available for all women over 16 years of age who want support to quit smoking.

Book your first appointment today.

Call: 01904 553377

Email: cyhealthtrainers@york.gov.uk

