

## INFORMATION FOR PATIENTS

# The Phoenix Team

The Phoenix Team understand how scary and difficult the thought of stopping smoking can be, especially during pregnancy.

The team are available to answer any questions you may have and offer free, specialist support.

Stopping smoking is the best thing you can do for your baby and for you.



### Who are we?

The Phoenix Team are trained tobacco dependence treatment practitioners. We can provide you with support to help you stop smoking in pregnancy.

### What do we do?

We will talk with you about what treatment is available for you. You can talk about your past smoking and quitting experiences. We can answer any questions or worries you may have. Then you can make a personalised plan to help you quit and stay smoke free.

### Risks of smoking and second-hand smoke in pregnancy

There are serious risks of smoking during pregnancy. These could be premature birth, increased risk of miscarriage, stillbirth or sudden infant death.

	<b>Maternal smoking</b>	<b>Second-hand smoke</b>
Low birth weight	Average 250g lighter	Average 30-40g lighter
Stillbirth	Double the likelihood	Increased risk
Miscarriage	24-32% more likely	Possible increase
Preterm birth	27% more likely	Increased risk
Heart defects	50% more likely	Increased risk
Sudden Infant death	3 times more likely	45% more likely

Stopping smoking helps your baby to develop healthily before and after birth.

### Can't decide?

Please use the time to talk to your advisor about any worries you have and then decide. Our team can also support a partner or other family member to stop with you. It's never too late in your pregnancy to stop smoking.

## Contact details

The Phoenix Team is based in Antenatal Clinic, in the Women and Children's outpatient department, which is to the right side of the main entrance at King's Mill Hospital.

Your midwife or doctor can refer you and we will contact you. Or you can ring us on the numbers below, between 8am and 4pm, if you have any questions or would like to book an appointment:

- **Lisa:** 07501 496864 (Monday/Tuesday/Wednesday/Thursday).
- **Amy:** 07501 496785 (Tuesday/Wednesday/Thursday).
- **Linzi:** 07917 557721 (Monday/Wednesday/Friday).

You can also email us at: [sfh-tr.tobaccodependency-maternity@nhs.net](mailto:sfh-tr.tobaccodependency-maternity@nhs.net)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202601-03-PT  
Created: February 2022 / Revised: January 2026 /  
Review Date: January 2028