

# give it up for baby

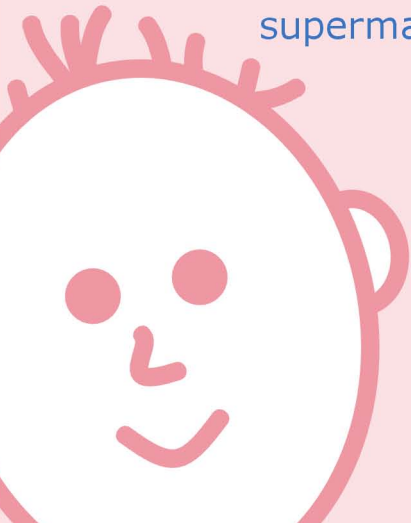


**Are you pregnant?  
Do you smoke?  
Want to quit?**

If you could give up, you  
and your baby would  
get off to a better start.

We can help you and give you a  
hand with buying your food and  
groceries up to £50 per month  
at your local participating  
supermarket.

See over  
for details



## This is how:

**Step 1:** Go to your local pharmacist.

**Step 2:** Your pharmacist will explain about giving up smoking. They can offer appropriate medication to help you give up.

**Step 3:** When joining the scheme you may need a National Entitlement Card (we will let you know how to apply for one). You need the card to receive your £50 per month.

**Step 4:** Visit the pharmacist every week for 12 weeks and for every week you are smoke free, you will receive £12.50 credit for your local participating supermarket. This £12.50 will not affect any benefits you might be claiming.

**Step 5:** After 12 weeks, continue going to your pharmacist every 4 weeks. Remain smoke free and each time you will receive a £50 credit for your local participating supermarket. You can continue to receive your reward for 3 months after giving birth.



**Tayside Smoking Helpline:**  
**0845 600 999 6**

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