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Stub it out

by Helen Clifton

SMOKING cigarettes could have endangered her child's health – but now pregnant Nadine Smith has used the cash she saved by quitting to pay for the first few months of her baby's life.

The 27-year-old from Newton Heath decided to stop smoking after finding out she was expecting her first child last December.

Since quitting in January, Nadine, who lives on Leng Road with her partner Les Hampson, has saved a whopping £50 a week – a total of £1,200.

She has now put the cash aside as a baby fund.

She said: "The amount of money I have saved is amazing. It will pay for the baby, the cot, the basket, and the clothes. We haven't had to dip into our own wages at all."

Nadine, a public support officer for the NHS, first picked up the habit when she was 13 and became a heavy smoker for almost 15 years, smoking 20 to 30 a day.

"I definitely enjoyed it," she says. "I had my first cigarette as soon as I woke up with a cup of tea. When I went out to the pub, I had a drink in one hand and a cigarette in the other."

Nadine thought about quitting when the new smoking ban came into force last summer. But when she found out

she was expecting, she decided it was finally time to kick the habit.

Knowing she couldn't do it all on her own, Nadine sought help from her local stop smoking adviser at Newton Heath Sure Start centre, who spent two weeks working with Nadine to consider her options.

Because she is pregnant, Nadine couldn't be prescribed tablet-based nicotine replacement therapies or Champix, a popular drug that helps suppress cravings in smokers.

But she was able to use patches and lozenges, and relied on good old-fashioned willpower and the support of her adviser, whose idea it was to introduce the piggy bank.

Nadine says: "She was brilliant, really, really helpful. Even though I only saw her once a fortnight, she rang me throughout the week."

"She found out I was struggling a bit, and she was just so supportive. I wouldn't have been able to do it on my own."

Nadine admits it was tough coping with the cravings and mood swings but has now chucked away her ashtrays in preparation for her new arrival, due on 12 August.

She said: "I did have a couple of weeks where my lungs were cleaning themselves out and I was coughing a lot. But since then I feel much better."

"I can now walk up the stairs without getting out of breath – even though I am eight months pregnant!"



Pregnant Nadine Smith has saved a fortune since quitting smoking.

MANCHESTER'S Stop Smoking Service is searching for the city's first smoke-free street. Put yours and your neighbours' names forward as North Manchester celebrates the first anniversary of the smoking ban on Tuesday, 1 July.
 Advisers will be on hand at North City Shopping Centre, Rochdale Road, Harpurhey, (8.30am - 2pm) to offer help and support to anyone who wants to quit. People who register their homes smoke-free will be entered into a prize draw to win £250 worth of gift vouchers.
 For more information contact Manchester Stop Smoking Service on 0161 205 5998 or visit www.stopsmokingmanchester.co.uk



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