

Walsall Primary Care Preconception Support Webpages

Preparing for pregnancy

Topics to include on Practice webpages (more detail and suggested text below)

Suggested campaigns for the practice to support are listed below

- The whole family quitting smoking preconceptually
- Support for mental health
- Healthy lifestyles – support to become a healthy weight before pregnancy
- Vitamin and mineral supplementation eg. Healthy Start
- Healthy Start Food Vouchers for eligible families

1. Stopping Smoking

<https://www.tommys.org/pregnancy-information/blogs-and-stories/im-pregnant/pregnancy-news-and-blogs/new-planning-pregnancy-tool-launched-support-safe-and-healthy-pregnancies>

Provide link to Tommys site above and point below but webpages need to have a specific reference to the importance of quitting smoking preconceptually without the reader being required to click another link

It is ideal if you and your partner can stop smoking at least four months before getting pregnant but stopping at any point really helps. For local help to quit smoking, please call [One You Walsall | Mytime Active](#)

01922 444 044 Mon to Fri 9am to 6pm

For more information about how smoking affects both the mother, father and baby please see

[How smoking affects female and male fertility | Tommy's \(tommys.org\)](#)

<https://www.tommys.org/pregnancy-information/im-pregnant/smoking-and-pregnancy/risks-secondhand-smoke> -

2. Mental Health Support

Pregnancy can be a time of joy and expectation but can bring feelings of anxiety. You do not need to struggle alone. It is important to talk to friends, your midwife, the Health in Pregnancy team, your GP or to the below;

a) Walsall Talking Therapy Service (NHS Talking Therapies)

NHS talking therapies can help you if you're struggling to cope with feelings of anxiety or depression. Rest assured it's totally confidential. You can self-refer by calling **0800 953 0995**, emailing talkingtherapies.walsall@nhs.net, or complete a form online at <https://www.blackcountryhealthcare.nhs.uk/walsall-talking-therapies> Find out more: www.nhs.uk/talk

b) Walsall Pregnancy Help (WPH)

WPH offer a specialist service relative to pregnancy (Walsall Pregnancy Help) and a general counselling service and educational service (WPH Counselling and Education Services). Their services are totally unbiased and are there to meet the needs of all, Appointments can be arranged either through direct referral from statutory organisations or by telephone contact or email. Telephone: 01922 649000 Email: wphcounselling@btconnect.com

<http://www.wphcounselling.org/>

For further information about supporting your mental health before, during and after pregnancy, see

<https://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/mental-health-during-and-after-pregnancy>

3. Healthy Lifestyles Services

(includes support for healthy weight, safe alcohol intake, quitting smoking before pregnancy)

1. One You Walsall is a **free healthy lifestyle service** dedicated to improving the health and wellbeing of all residents across Walsall. Our services are here to help you make great choices in your lifestyle including: physical activity; healthy eating; weight loss; emotional wellbeing; welfare; alcohol reduction; quitting smoking; NHS Health

Checks. The team can support everyone – adults, families and workplaces – and are also here to help you to find the right support. For more information:

[One You Walsall | Mytime Active](#)

01922 444 044 Mon to Fri 9am to 6pm

www.mytimeactive.co.uk/one-you-walsall

<https://www.oneyouwalsall.com/>

Online resources

<https://www.nutrition.org.uk/healthyliving/fuller.html>

<https://www.nutrition.org.uk/healthyliving/hydration.html>

4 Healthy Start Vitamins and Food Vouchers for eligible families

If you're pregnant or have children under the age of 4 you can get free vouchers or payments every 4 weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses
- [Get help to buy food and milk](#)

You can also get free Healthy Start vitamins.

Healthy Start Vitamins and Vitamin Supplementation

Eating a healthy, varied diet in pregnancy will help you get most of the vitamins and minerals you need. But when you're pregnant, or there's a chance you might get pregnant, it's important to also take a folic acid supplement. It's recommended that you take:

- 400 micrograms of folic acid every day – from before you're pregnant until you're 12 weeks pregnant

This is to reduce the risk of problems in the baby's development in the early weeks of pregnancy.

It is also recommended that you take a daily vitamin D supplement.

<https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>

Healthy Start vitamins contain both folic acid and Vit D. It is possible to buy these even if you are not eligible to the free vitamins

Your midwife can direct you to the national site to claim your vitamins. Your local pharmacist will be able to provide and advice on vitamins required when planning a pregnancy

Targeted Engagement – suggested campaigns for each practice to publicise

Date	Campaign Supported	Suggested target group engagement
October	Stoptober – Smoke Free Homes	Parents to emphasise the importance of baby being in a smokefree home even is visiting grandparents or friends
November	pre-xmas for pre-conception or Movember Mens Health Month	Men of child bearing age
January		
February	Valentines Day 14 th February World Cancer Day 4 th February	To all parents – be kind to yourself and family To known smokers
March	No Smoking Day 10 th March	To known smokers

*Further information for interest and use but **not for website***



09.2022 Briefing
MM 1.pdf

Black Country Child Death Overview Panel – not for website but for sharing with partners

Better Health Quit Smoking | Campaign Resource Centre (phe.gov.uk) – ongoing provision of information – must be registered to gain resources
With links to resources, posters; animations, key messages