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Ferdinand Street  
London  
NW1 8DQ



**What can I do if other people want to carry on smoking anywhere in the house?**

Discuss how important it is to protect your family from secondhand smoke. Try to find one of the Promises you can all agree to.

**Will I upset visitors, especially close friends and relatives, if I ask them not to smoke in my home?**

Explain to them that you want to protect your children from the harmful effects of tobacco smoke. Encourage them to smoke outside.

**When you sign up for the Smokefree Homes Promise, you will receive a goodie bag including friendly smokefree signs for your home.**



**Do you want help to stop smoking?  
Call Freephone: 0800 10 70 401**

# Smokefree Homes

**PROTECT  
YOUR FAMILY FROM  
TOBACCO SMOKE**



**Sign up and receive  
a FREE support pack**



## What is the Smokefree Homes Campaign?

Smokefree Homes is a new campaign in Camden to help parents protect their children from the harmful effects of secondhand smoke.

Smoke is harmful to everyone. When you breathe in tobacco smoke it gets deep down into your lungs and into every cell in your body. This is called passive or secondhand smoking.

Even when the smoke disappears, you can easily forget that harmful chemicals are still lingering in the air, sticking to clothes and furniture.

Babies and children are most sensitive to tobacco smoke because their lungs are not fully developed. They breathe faster and their immune system is less resistant to the toxic effects of smoke.

**For more info call the Smokefree Camden Freephone 0800 10 70 401.**



## How does the campaign work?

The campaign has four options to make your home smoke free.

The best thing you can do to reduce health risks to your family is to ban smoking in your home by signing up to the Gold or Gold Plus Promise. If you need time to prepare to make your home smoke free, you can start by signing up to the Silver or Bronze Promise.

**Gold Plus Promise** - make your home totally smoke free and stop smoking with help from Smokefree Camden. Call 0800 10 70 401.

**Gold Promise** - make your home totally smoke free.

**Silver Promise** - allow smoking only in one well-ventilated room and never in the presence of children.

**Bronze Promise** - never smoke in the presence of children.

## What happens after I sign up?

We will send you a free goodie pack. This includes friendly smoke free signs for your home, a tip sheet and certificate. We will see how you are getting on in 3 months time. You can also receive support from your local Sure Start Children's Centre.

**You can have a free fire safety check and free smoke alarm by calling the London Fire Brigade on 0800 02 84 428.**

## Smokefree Promise

**I/we promise to protect our family from tobacco smoke by signing up to** (please tick ✓ one)

**Gold Plus Promise**

**Gold Promise**

**Silver Promise**

**Bronze Promise**

Number of children in our home under 5

Number of children in our home over 5

Number of smokers in our home

Before making your promise, where was smoking allowed in your home? (please tick ✓ one)

Nowhere  Only in one room

In most rooms  Everywhere

Where did you hear about the smokefree homes promise?

I agree to my details being added to the Sure Start Children's Centre's database so that Sure Start can contact me to find out my views of the campaign. All families have the right to access information held about them on the database.

Name(s): .....

Address: .....

Postcode: ..... Tel: .....

Email: .....

Signature(s)

If you want to keep your contact details private you can insert this form into an envelope and write our FREEPOST licence number and address on the outside.

