Make your home Smokefree!

Make the pledge today to make your home Smokefree to start experiencing the benefits.

Name	
Address	
Postcode	
Telephone Number	
and the second	

How many smokers are there in your home? _ How many children live in your home?

Does anyone living in your house have a respiratory or heart condition? Yes / No (delete as appropriate) If yes, would you like to know more about how pollutants found in indoor air can affect their condition? Yes / No (delete as appropriate)

Before making this pledge, where was smoking allowed in your home? (delete as appropriate)

- a) Nowhere inside
- b) Only in one room
- c) In most rooms
- d) Everywhere

Would you like the London Fire Brigade to carry out a free Home Fire Safety Visit at your home? A free smoke alarm will be fitted where required. Yes / No (delete as appropriate)

Would you like the help of the NHS free Stop Smoking Service to guit smoking? Yes / No (delete as appropriate)

Please note - If you have selected 'Yes' for the NHS Stop Smoking Service or the London Fire Brigade Home Fire Safety Visit, or to receive further information on indoor air pollutants, you must provide your contact details above so someone can contact you to organise this.

Where did you hear about the Kensington and Chelsea Smokefree Homes Pledge?

Can we contact you with a follow up questionnaire to see how your Smokefree home is going? Yes / No (delete as appropriate)

For free help and advice to stop smoking, contact the Kensington and Chelsea NHS Stop Smoking Service on free call **08000 85 91 47.**

Brigade on **08000 28 44 28.** A free smoke alarm will be fitted where required.

For more details on the effects of air pollution, including secondhand smoke on asthma, contact the Air Quality Promotion Officer at the Royal Borough of Kensington and Chelsea on 020 7341 5683.

If you would like anymore information, or have any questions on Smokefree Homes, contact the Smokefree Homes Officer at the Royal Borough of Kensington and Chelsea on 020 7341 5721 or 020 7341 5716.

This publication is available in other languages and formats on request.



KENSINGTON AND CHELSEA





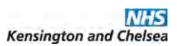


Kensington and Chelsea **Smokefree Homes**

Take the Smokefree Homes challenge and protect your family from tobacco smoke



AND CHELSEA



Who is smoking with you?

When you smoke inside your house, everyone in there is exposed to harmful secondhand tobacco smoke, including children, babies and other adults.

cannot see or smell any smoke, it is probably still there.

Cigarette smoke contains over 4000 chemicals.

People that breathe in secondhand smoke are at risk from the same diseases as smokers, including cancer and heart disease.

Babies and children are at a much greater risk from the dangers of secondhand smoke, as they breathe faster and deeper than adults.

They can be at higher risk of developing:

- asthma and chest infections
- cot death and meningitis
- glue ear (middle ear infection)
- behaviour and learning difficulties.

If you smoke around your children, they can inhale the equivalent of 150 cigarettes per year.

In addition, pregnant women exposed to secondhand smoke can pass on the harmful chemicals to their unborn child.



The best thing you can do is ban smoking in your home

The home is the biggest source of tobacco smoke. Make a Smokefree Homes pledge today and protect you and your family from the dangers of tobacco smoke!

Benefits of making your home smokefree

- Your children will be healthier and less likely to miss school through illness
- · If you smoke you may find it easier to give up
- · You and your children's eyes and nose will no longer be irritated by smoke
- Your children will be less likely to start smoking
- Your home will be cleaner and fresher, and it will not need decorating as often
- · You will be less likely to have a house fire
- · Your pets are likely to be healthier and live longer

How do I convince other people living in my house to stick to the pledge?

Discuss with them how important it is to protect your family's health by limiting their exposure to tobacco smoke. If people do want to continue to smoke, ask them to do it outside.

Will I upset visitors if I ask them not to smoke in my house?

friends and family will understand and support you.

Please fill out the form on the reverse, cut it off and return it to:

The Smokefree Homes Officer The Royal Borough of Kensington and Chelsea 37 Pembroke Rd London W8 6PW

You will receive a Goody bag with information and advice to help you achieve your Smokefree Home and protect you and your family from the dangers of tobacco smoke.

Data Protection Notice

The Royal Borough of Kensington and Chelsea will handle your personal information responsibly and in line with the Data Protection Act 1998, and it will only be used for the purposes of evaluating the Smokefree Homes project.

If you have been kind enough to indicate your agreement, we may contact you with a follow up questionnaire, or more information on indoor air quality, or refer your details to the London Fire Brigade, or the Kensington and Chelsea NHS Stop Smoking Service.

To make your Smokefree Home pledge

"Take the Smokefree Homes