

10 great reasons to have a smokefree home

1. My children will be healthier
2. My home will smell fresher and will be cleaner
3. Our pets will be happier and healthier



4. Smokers will find it easier to stop smoking
5. Ex-smokers will find it easier to stay stopped
6. My children will be less likely to start smoking
7. I will greatly reduce the risk of a fire in our home
8. I will save money by not having to re-decorate or use expensive air fresheners.
9. I won't make my children breathe the equivalent of five to tens packs a year
10. Its simple to say ' if you want to smoke – go outside'



Make your pledge today!

Environmental Projects Coordinator
Environmental Health & Housing
Food & Safety Team
Tonbridge & Malling Borough
Council
Gibson Building, Gibson Drive
Kings Hill, West Malling
ME19 4LZ

Telephone 01732 876295
foodandsafety@tmbc.gov.uk
www.tmbc.gov.uk



Tonbridge and Malling



Smokefree Homes Award

Protect children
from secondhand
smoke



10 great reasons to have a smokefree home

It's easy!



Fill in your pledge form online!

When we receive the completed form you will get your:

- pledge certificate;
- window sticker to display in your home, and;
- a smokefree homes goody bag

*make a
fresh Start*

- When you take the smokefree pledge, you make the choice not to smoke in your home or car, and you do not permit others to smoke in your home or car.
- If you must smoke, you pledge that you will smoke outside.

This project is funded by the Kent Alliance on Smoking and Health (KASH).

Book your free home safety visit

Almost all fires in the home can be prevented.

To make your home safer and to help reduce casualty and death from fire in the home, Kent Fire & Rescue Service is offering a **free** home safety visit.

The visit involves home fire safety advice from a fire officer and the installation of **free** smoke alarms, if required. The alarms have batteries that last up to **ten years** for added peace of mind.

To arrange a free home safety visit phone **0800 923 7000** or email hsv@kent.fire-uk.org

Calls are free from a BT landline, calls from through other companies and mobile phones may cost.



**Kent Fire &
Rescue Service**

Get support to stop smoking

West Kent NHS Stop Smoking Service

“Support for all, tailored to you”

For free, local advice on stopping smoking call:

01622 723836

smoking@westkentpct.nhs.uk

Services offered:

- Free personalised advice on giving up smoking
- Advice on available treatments
- Stop smoking groups
- One-to-one appointments
- Drop-in services
- Specialist pregnancy services

By getting support from the NHS Stop Smoking Service you are **four times** more likely to succeed than trying alone.


SMOKEFREE

NHS