

Smoke Free Homes Programme Registration Form

Simple changes in smoking habits in your home can make it a healthier place to live.

Why not sign up to either *Gold Promise*, *Silver Promise* or *Bronze Promise*.

To enter in the draw and win a 'One For All Voucher' from €50 up to €200 and make your promise please complete this form and return to Charlene Dolan. (charlene.dolan@dublincitycommunitycoop.ie).

NAME: _____

PHONE NUMBER: _____

EMAIL: _____

ADDRESS: _____

Are there children between the ages of 1 and 16 years in your house? Yes No

Are there any children under one year old in your house? Yes No

Are you a smoker? Yes No

Number of smokers in your household _____

Before registration, where was smoking allowed in your home:

Nowhere One room only Most rooms Everywhere

Before registration was smoking allowed in a car? Yes No

I promise to (tick all that apply):

- Make the bedrooms of my house smoke free
- Create a smoke free zone in my house, for example in the kitchen or living room
- Never smoke around children, especially in the car
- Make a car I travel in a smoke free zone
- Keep my cigarettes where children can't see them
- Make meal times smoke free
- Ask my smoking visitors to support my smoke free home by smoking outdoors
- If someone minds my children in their home, ask them to keep it smoke free
- Remove all ashtrays from inside my house
- Make my home a smoke free zone

To make your promise you need to achieve the following:

10 promises = "Gold Promise"

6 promises = "Silver Promise"

3 promises = "Bronze Promise"

Prize draw:

3 x €200 voucher for Gold Promise

3 x €100 voucher for Silver Promise

2 x €50 voucher for Bronze Promise



Scan QR code to register
online

What happens after I sign up?

You will receive weekly information leaflets and advice on keeping your home and car smoke free over the four weeks from 27th June to 24th July. You will be supported throughout your commitment.

Remember, 'Smoke Free Homes' is not about stopping smoking, it's about making a commitment to work towards the goals of making your home and car smoke free.