

## 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](mailto: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 27<sup>th</sup> June to 24<sup>th</sup> 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.***