Quit Smoking with Smokefree Homes

Nicole Shackley from Mexborough, has managed to kick a 20 a day habit and says signing up to Smokefree Homes has helped her stay stopped.

Smokefree Homes is a voluntary initiative aimed at encouraging Rotherham households to avoid the hazards of tobacco smoke by keeping their homes and cars smoke free. NHS Rotherham, South Yorkshire Fire and Rescue Service, Rotherham 2010 and Voluntary Action Rotherham are working in partnership to ensure the success of the scheme.

Nicole, aged 26, and a smoker for nine years, signed up to make her home smokefree to protect her son from tobacco smoke.

Nicole said: “I was decorating the house one day and noticed how stained the ceilings were from the tobacco smoke so thought if that’s what it’s doing in my home, what’s it doing inside our bodies?”

Since not allowing smoking in her home Nicole has noticed the house is cleaner and smells fresher. Since stopping smoking Nicole has also lost an impressive three stone in weight. Due to feeling fitter she has been walking more and she has also been spending the money she has saved from cigarettes on fresh ingredients and cooking books to make healthy meals. The increased confidence also helped her to decide to start a business studies degree course.

Nicole continued: “Having a smokefree home has really helped me to stop smoking and stay quit. It has also helped my mum and friends as they can’t smoke in my house anymore so they are cutting down and will hopefully stop altogether one day. My advice for people who want to stop smoking is to sign up to Smokefree Homes, tell everyone you have quit, buy lots of mints and keep busy.”

Kaye Mann, NHS Rotherham Smokefree Homes Coordinator said: “Stopping smoking can be hard, but having a Smokefree Home can help. You are four times more likely to stop smoking and stay stopped if you make your home smoke free, so signing up to the scheme could be your first step towards stopping smoking.”

For further information on Smokefree Homes and Smokefree Rotherham visit www.smokefreerotherham.co.uk.
For support to stop smoking contact the Rotherham Stop Smoking Service on 01709 422444 or visit the 'Quit-Stop' at 16 Bridgegate. No appointment is needed you can just call in, or if you prefer, appointments are available.

**Ends**

**Picture attached:**
Nicole and her son Joe in their Smokefree Home.

**Supporting information on Smokefree Homes**

- The home and the car are the major source of children’s exposure to tobacco smoke.
- Tobacco smoke contains over 4,000 toxic chemicals too small for the eye to see or the nose to smell. Over 50 of these chemicals cause cancer.
- 90% of these chemicals stick to the walls, clothes, furniture, hair, and skin for up to two weeks.
- Children and babies exposed to tobacco smoke in the home and car inhale the equivalent of 60-150 cigarettes a year.
- Over 100 children are admitted into hospital in Rotherham every year because of illnesses made worst by tobacco smoke.
- Tobacco smoke increases the risk of Sudden Infant Death.

**Note to Editors:**

1. NHS Rotherham leads the borough’s health service by investing £420 million of your money into local health services. Our aim is Better Health and Better Lives for everyone in Rotherham. NHS Rotherham pays for the services provided by all the health services in the Borough, including all GPs, dentists, and pharmacists, community health services, Rotherham Hospital and Rotherham’s mental health services.

2. NHS Rotherham also provides a range of community health services through Rotherham Community Health Services, including Health Visiting, District Nursing, Podiatry and Contraception and Sexual Health services.

3. Our vision for the next five years is for:
   * Babies to be born healthy and have the best start in life
   * Children and young people to be fit and active
   * Quick and convenient access to excellent services for all
   * People with long term conditions will be supported to manage their health and access services
   * Easy access to services for people with mental health problems
   * People to be able to choose where they die

4. NHS Rotherham is still legally a Primary Care Trust.

For further information please contact Sarah Baygot, NHS Rotherham Communications Officer on 01709 302026 or sarah.baygot@rotherham.nhs.uk