

TAKE 7 STEPS OUT

WIN A FAMILY DAY OUT

at an attraction in the North West (up to the value of £150)

- Have you taken steps to make your home smokefree?
- Or have you supported a friend or family member to make their home smokefree?

If so, we'd love to hear your story ... and you could win a family day out! Simply complete the form overleaf and hand it to your SureStart centre or Smokefree Homes advisor.

All stories will be entered into the competition and a winner and runner up will be picked from each of the five counties in the North West.



By entering the competition, you agree to be bound by these terms and conditions. 1. Entrants must reside within the 5 counties of the North West of England. 2. The competition is not open to employees (or members of their immediate families) of the NHS or any third parties associated with the Take7Steps Out campaign. 3. Entrants must be over the age of 18. 4. Competition closes on 23/07/10, winners will be selected by 28/07/10 and notified by telephone by 30/07/09. 5. Entries will be judged by Smokefree North West and a panel of health care professionals. 6. There will be, per North West county, one top prize (worth up to £150) and one runner up prize (worth up to £25). 7. Prizes cannot be substituted for cash, are subject to availability and must be claimed by 31st August 2010. 8. Competition winners and runners up shall be required to be interviewed about their stories, photographed and filmed and be willing to speak to media about their experiences. For full terms & conditions please visit www.smokefreenorthwest.org.uk

TELL US YOUR STORY



What made you or your friend decide to make your home smokefree?

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What did you do to make your home smokefree or help your friend make their home smokefree?

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Was there anything that you found difficult? And how did you deal with this?

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WHAT TOP 3 TIPS WOULD YOU GIVE A FRIEND WANTING TO KEEP A SMOKEFREE HOME?

- 1.
- 2.
- 3.

PLEASE PROVIDE YOUR CONTACT DETAILS

Name:
Address:
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Telephone:.....
Email:

Use of your personal information: By providing your details you are agreeing to Smokefree Northwest contacting you to talk about your experience. Smokefree Northwest will not pass on this information to any other party without your consent.