


Smoke Free Homes




What does smoke free homes mean?

The Government wants all homes to be smoke free by 2030. A smoke free home is a home where people don't smoke indoors. In line with the Government's aim, Samphire Homes is supporting tenants to quit smoking and promoting the benefits that come with this.



What are the benefits?

Stopping smoking is one of the best things you can do for your own health and to protect those around you. As well as the range of benefits to your overall health and wellbeing, quitting smoking could save you around £300 per month.



What help is available if I want to become smoke free?

We have our own Stop Smoking Practitioners who can have an informal chat with you and offer advice. We can talk about alternatives to smoking tobacco and your best route for support.

We also work closely with the Local Authority and can arrange for you to be referred to their free and personalised Stop Smoking Services.



Why do Samphire support smoke free homes?

We want the best for our tenants, and we know that a smoke free home is a healthier home. Being smoke free can enhance your health and quality of life and reduce the risk of a fire in the home.



What is secondhand smoke & is it harmful?

When you smoke a cigarette, a large amount of the smoke goes into the air around you and can be breathed in by others. There are no safe levels of secondhand smoke, and overtime this can impact the health of your friends and family.

We're here for you

If you've decided you want to quit smoking or vaping, then we're here to support you. Please call **0808 169 9301** or visit samphire-homes.co.uk/supportandwellbeing

You can also find out more about the benefits of going smoke free by visiting nhs.uk/better-health/quit-smoking/