

The Informer

The newsletter for the residents of
Irish Centre Housing

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No Butts ... Quit Smoking!

We are almost at the start of another year and many of us take this time to reflect on how things have been during the year and make *New Year Resolutions* to improve our lives. One common resolution is to stop smoking. If you are a smoker and would like to stop then help is at hand.

Every week at Conway House, Camden Primary Care Trust runs a "Stop Smoking" workshop. These are currently attended by residents, and one member of staff, who receive free nicotine patches, gum and peer support to help them on their way to a smoke free future.

The program was instigated by John Gleeson, a Trainee Project Worker at Conway House, and is run by Becky Hirst of the Camden PCT.

Becky says, "I am very excited to be offering support to residents and staff at Conway House. Stopping smoking can be very hard to do, but by getting support from me, smokers chances of quitting are *four* times more likely than trying to quit on their own!"

The program usually runs in the games room for an hour or so and has recently moved to a new slot on a Wednesday afternoon, rather than the old time on Thursday morning (John hopes that making it a little later in the day might encourage greater participation.)

Do YOU want to stop smoking?

With the smoking ban already in place in Ireland and being implemented in England in July, now is the perfect time to stop smoking.

This life-changing opportunity is now available to other ICH residents not living at Conway House.

If you would like to *quit the fags* in 2007, ask your keyworker, warden or housing manager to arrange this with John at Conway House.

Good luck to everyone who is stopping smoking.

P.S. You can see John and Becky on page 5 of the December 16 edition of The Irish Post.



Fay Douglas from St Louise received "Best Newcomer" in this year's Employee of the Year awards.

Full story on page 2.