

Runnymede Smoke Free Charter Website

The Mayors Smoking Blog



I started smoking when I was 14 years old, it was the done thing. One was an outcast if you didn't light-up, not like nowadays when it is the smoker who is the outcast and hides away behind the bike-sheds. All the film stars smoked and made it look sophisticated. In the 1960's everyone seemed to smoke including members of my family. I am now 62 years old and have been smoking everyday for nearly half a century, so Giving up is not going to be easy!

Why am I taking the challenge to break the habit of a lifetime? Basically for health reasons, I have been coughing a lot and I am mindful that I am getting older, and that my health really matters. My husband smokes but he is supportive, and will be proud of me if I manage to kick the habit. I decided to give up on National No Smoking Day the 8th March 2006, the same day Runnymede Borough Council launched the Runnymede Smoke Free Charter, to encourage individuals to give up smoking and support organizations to become smoke free.

Blog

My first day was a real struggle. I usually get up and have my first cigarette with a cup of tea and my breakfast I got through the morning and then had a dentist appointment to have a crown fitted. The crown came off, just as I arrived at home!! A very stressful situation you can imagine! I just had to have a cigarette – so yes I did have a cigarette on my first day of giving up but usually I would most probably have had 20!!!!!!!

10/03/06

Good and bad news for yesterday. I went right until 10.00 last night without one. Then I couldn't stand it any longer and lit one up. Had a couple of puffs, felt ill, and put it out. So far this morning haven't even wanted one, so looking good for today. Crunch time will come this evening when I go out and will be socialising.