

## SendOff\_Together\_Prog\_JaneHorricks.wav

- 4-Nail them to a remote tree*
- 7-Post them to the Galapagos*
- 1-Strap them to a log flume* ([http://en.wikipedia.org/wiki/Log\\_flume](http://en.wikipedia.org/wiki/Log_flume))
- 2-Toss them in a bullring*
- 5-Breakdance on them*
- 3-Frisbee them into a ravine*
- 6-Bludgeon them with a frozen turkey*

There's never been more ways to get rid of cigarettes...

The Together programme, a free service, offers a one to one support by phone, text ,email and information packs.

It's just one of the ways the NHS can help.

Call the NHS smoking helpline on 0800 169 0 169 or visit [gosmokefree.co.uk](http://gosmokefree.co.uk)

## 2\_SendOff\_NRT\_Craig\_Cash.wav

- Strap them to a Saturn rocket*
- Morris Dance on them*
- Smack them with a haddock*
- Pull on them with a nail hammer*
- Toss them in an icy Lock*
- Tie them to an anchor*
- Nudge them of a waterfall*

There's never been more ways to get rid of cigarettes...

Nicotine replacement nasal sprays, microtabs and inhalers as well as patches and gums are available through the NHS on prescription and can double your chances of quitting

It's just one of the ways the NHS can help.

Call the NHS smoking helpline on 0800 169 0 169 or visit [gosmokefree.co.uk](http://gosmokefree.co.uk)

## 3\_SendOff\_LSSS\_StevePemberton.wav

- Prune them with a chainsaw*
- Kill all the vermin*
- Do a vulcain stranglehold on them*
- Push them a under a steam roller*
- Waltz on them with leather diving boots*
- Pound them with a telephone directory*

There's never been more ways to get rid of cigarettes...

The NHS offers group and one to one support in your area. Combined with nicotine gum or patches you're up to four times more likely to quit this way than going cold turkey.

**cold turkey** noun [U] SLANG

the period of extreme suffering which comes immediately after a person has stopped taking a drug on which they are dependent:  
*Six years ago she **went** cold turkey on (= stopped completely) a three-pack-a-day smoking habit.* (from [Cambridge Advanced Learner's Dictionary](#))

## II – Recording :

- **Open** Audacity
- **Record** your voice on your favourite radio spot
- **Save** the file on your personal disk
- **Present** it to your teacher for correction

## III– Videos :

### I Watch “1 Mum Street without hook non agency vsn 40.mpg”

- **Make notes** of what you can recall
- Watch it again and **outline** (make a plan of ) the different film sequences
- **Prepare an oral account** of your notes & outline
- **Record yourself** with Audacity
- **Save** the file on your personal disk
- **Present** it to your teacher for correction

### II Do the same activities with “1 Office without hook rev non agency vsn 40.mpg”

- **Bonus question** : How many cigarettes a year does an average smoker need ?

**Answer : Over 5000 cigarettes a year.**