



MAKING EVERY CONTACT COUNT (MECC)

Olivia is 38 years old and currently unemployed having left her last job as a cleaner. Most of her family smoke, including her partner, parents and brothers. She started smoking when she was 15 years old. She finds smoking relieves stress and she is of the view that because she is still young she doesn't need to consider quitting smoking as any ill health that might occur will be many years in the future. She also feels that she would be seen as unsociable by her friends if she quit smoking. She knows about e-cigarettes but she thinks they look weird.