

**Protect Children From Passive
Smoking**
28.02.001

A set of 4 A3 Laminated posters, providing a display, explaining the risks to babies and children of second-hand smoke. Encourages adults to protect children from tobacco smoke in the home, car and when out in public places. Set includes a limited supply of Protect children from passive smoking leaflets.

How Smoking Affects Your Lungs

28.03.001

Lung cancer is the leading cause of cancer death in both sexes, and these visuals of a "good lung" and a "bad lung" show why. A colour photo of a normal lung is contrasted with that of a cancerous, emphysematous lung in this framed chart 18" x 24".

Smoking And Your Health

28.03.002

This folding table-top display deals with the dangers associated with smoking; Chronic Bronchitis; Emphysema; Lung Cancer; Poisons in Tobacco Smoke; Heart Attacks; Phlebitis; Strokes; Cavities; Peptic Ulcers; Birth Defects; Oral Cancer; Cancer of the Larynx and Cancer of the Urinary Bladder. Duplicate copy of this display in minitext format is available on request, includes ten True/False Test Questions.

The Abc's Of Smoking

28.03.003

Medical photography and detailed text combine to describe dozens of conditions and diseases associated with tobacco use. Includes a booklet and flipchart, which can be used together or separately, are effective tools for use in smoking cessation programmes, health fairs, clinics, and more. Flipchart is six panels, 12" x 17".

Occaboton Clinic

28.04.001

This new simulation game that harnesses the power of experiential learning in the fight to prevent pupils from starting tobacco habits. In the first phase the game students play the role of doctors at the world famous Occaboton Clinic (Occaboton is "No tobacco" spelled backwards). Many of their patients improve and recover, but the students soon discover that tobacco use is responsible for their inability to save the lives of patients who have contracted lung cancer, emphysema, and other diseases caused by tobacco. Students make these discoveries on their own; the teacher never needs to lecture the students on the dangers of tobacco. In the second phase students prepare a report that will convince other students not to use tobacco. The game also focuses on physical attractiveness problems, such as bad breath, discoloured teeth, and reduction in athletic ability. Aimed at Ages 14 - adult.

Smoke Rings

28.04.002

Smoke Rings is an interesting, interactive and fun way for children (aged 9+), young people and adults to learn about smoking issues. Smoke Rings enables them to increase their knowledge about smoking, the personal and health effects, the impact on the environment and role of the tobacco industry and governments. Smoke Rings contains 48 question and answer cards (total of 96 cards) and a series of trigger question for further discussion. It is an excellent way of raising awareness about smoking related issues and engaging people in lively discussion and debate.



Smokefree Bingo

28.04.005

Classic bingo game raises awareness about the effects of tobacco on health and the environment. Informative, and enjoyable. 8 x

Game boards and 72 cards



Smoker's Roulette

28.04.004

This game shows that smoking is a high-risk, no-win gamble. With satiric artwork that lampoons popular cigarette brands, the roulette wheel demonstrates that smoking dangers include more than lung cancer, emphysema, and heart disease. Comes with teacher's guide. 20½" x 28".



Smoking Prevention Bingo

28.04.003

Take a unique approach to smoking prevention by using this bingo game as a teaching resource. Sixteen large laminated bingo cards address five important topics: why youngsters smoke, the effects of smoking, the facts about tobacco, ways to say no and smoking prevention activities. Five sets of calling cards provide additional facts and ideas that can serve as a springboard to class discussion. Includes: 16 bingo cards, 5 sets of calling cards, bingo chips, photocopyable handouts on 'Choosing Not to Smoke', facilitator's notes. Suitable for 13+ Up to 16 Players



A Pack Of Toxic Tar
28.07.003

Many people give little thought to the amount of dangerous tar found in cigarettes. This realistic display contains two removable cigarettes filled with gooey tar. The tar in these two cigarettes represents the amount of toxic tar that a smoker receives from smoking one pack of cigarettes. Display is 2 1/8" x 7/8" x 3 5/8".



A Year's Worth Of Tar
28.07.021

This graphic, sealed exhibit, which contains a cigarette package and cigarette butts submerged in gooey "tar". Tar is a residue that can be found in the smoke produced by burning tobacco. The thick, sticky substance in the jar represents the approximate amount of tar a smoker puts into his or her lungs each year if he or she smokes only half a pack of cigarettes a day. Bad breath, high blood pressure, bronchitis, emphysema, lung cancer, and more are caused by more than 4,000 chemicals found in tobacco smoke, including:

| | |
|------------------|----------------|
| Carbon Monoxide | Vinyl Chloride |
| Hydrogen Cyanide | Arsenic |
| Formaldehyde | Acetone |
| Toluene | Mercury |
| Methanol | Butane |
| | DDT |
| | Ammonia |



Benefits Of Not Smoking
28.07.032

Combining handpainted, 3-D models with informative text, this display graphically demonstrates the serious benefits of not smoking. Each swiveling panel features a normal organ (skin, brain, heart, and lung) on one side, and the flip side features the same organ damaged by smoking. Can be used as a tabletop display or mounted on a wall. 26 1/2" x 13" x 5 1/4".

Cigarette Tar Measurement Kit
28.07.004

This apparatus offers an efficient way to demonstrate the amount of tar that is inhaled into the lungs with each cigarette. The amount of tar produced by different cigarettes can be investigated, as can the effects of filters, only smoking part of the cigarette, etc.



Clem's Phlegm Model
28.07.023

Graphically demonstrating one of the nasty consequences of smoking, this attention-getting, sealed jar contains about 2 weeks of the phlegm that would be coughed up by a smoker with chronic obstructive pulmonary disease. Great discussion starter for any anti-smoking lesson or program.



Co Monitor: Bedfont Micro Smokerlyzer
28.07.005

This CO Monitor is designed to give an immediate indication of the amount of carbon monoxide present in an individual's bloodstream. An excellent resource for use in smoking cessation classes and any discussions about the effects of passive smoking. Cardboard tubes are required when using this CO monitor and can be purchased on a Sale/Return basis @ 10p each.



Co Monitor: Micro Medical Smoke Check
28.07.020

This CO Monitor is a hand held battery operated device used to measure the concentration of carbon monoxide, CO, on the breath. It is used for instructional purposes in smoking cessation programmes and to check on the clients' progress and compliance. It is accurate, easy to use, and has many features designed to simplify its operation. These include: ~ Auto zero function~ Smoking level colour light indicators~ High CO alarm~ Simple calibration



Consequences Of Smoking
28.07.010

This display features 3D models that show the diseases and conditions that can result from smoking; cancer, heart disease, ulcers, emphysema, and more. Presented in a wooden carrying case which can be set up in seconds, measures 28" x 27" when opened.



Death Of A Lung
28.07.008

This display shows a realistic model of lung tissue affected by smoking. Cast from real specimens, these three hand painted models represent a normal lung, a lung with emphysema, and a lung with cancer. This unique display illustrates the dangers of smoking. Measures 9" x 12".



Disgusting Smell: Tobacco
28.07.033

This fun display counts down the most rotten smells imaginable and then allows viewers to smell the worst, foulest, nastiest smell of all: tobacco smoke. Reminds viewers that the rancid smell of tobacco smoke (full of formaldehyde, benzene, and other poisonous chemicals) is absorbed into the hair, clothes, and skin of smokers. An excellent way to present one of the more repellent aspects of smoking without using real cigarettes. 7" diameter 'round tin'. IMPORTANT: The tobacco smell will remain strong for a longer time if the pouch is kept enclosed in the plastic bag and stored inside the can when not in use. Avoid leaving the pouch exposed for extended periods of time

Giant Cigarette Action Display

28.07.006

The health benefits of quitting smoking are identified in this interactive display, which details the positive effects of smoking cessation in time spans ranging from a few minutes to several years after a smoker's last cigarette. The user simply turns the outer sleeve to progressively reveal the stages of improved health that results from quitting smoking. An informative and engaging teaching tool. 3" x 24"/



Giant Cigarette Model

28.07.025

This model provides a striking demonstration of the dangers of cigarette smoke. Instead of smoke, this cigarette contains a banner that lists more than 100 poisonous or cancer-causing chemicals contained in cigarette smoke. Banner may also be hung on the wall. Cigarette is 36" tall. Banner is 18" x 34 1/2".



Harry's Scary Tongue

28.07.030

Perfect for showing what tobacco use can do to the tongue, this display encourages children to say no to cigarettes. Harry's giant, two-sided tongue is made of BIOLIKE 2™ and portrays hairy tongue on one side and leukoplakia and tongue cancer on the other. Text on the display explains each condition. 15" x 13 1/2" x 16 1/2".



Mechanical Smoker

28.07.001

This smoking device channels the tars and nicotine from a lighted cigarette into a plastic Mini-lung. The stained Mini-lung remains as a permanent record of the residues in tobacco smoke. Because smoke paralyzes the cilia, the tar seen in the Mini-lung accurately represents those entering the lungs of a smoker.



Peak Flow Meter

28.07.007

Peak Flow Meter's maybe used to measure the strength of an individuals lungs. Can be used to monitor asthma by measuring your peak flow. Also an excellent resource for use in showing how smoking can affect your health, can also be used in smoking cessation courses to highlight how a smokers lungs can improve through giving up smoking. Includes a Low Range Peak Flow Meter for children and Peak Flow Meter for adult use. Cardboard tubes are required when using the Peak Flow Meter and can be purchased on Sale/Return basis @ 10p each



Puffing Poisons Chemistry Set

28.07.028

www.gasp.org.uk

This is a 'chemistry set' with a difference! It is deliberately full of the most dangerous and poisonous chemicals present in tobacco smoke. It contains a set of 30 labelled jars each containing relevant objects, liquids, and gases to represent the 4000 deadly chemicals. E.g. jars contain - wax (stearic acid), flies (DDT), caterpillar and leaf (arsenic), battery (cadmium), lead, acetone (nail varnish), barbecue lighter (hexamine), formaldehyde (preserved creature) sewer rat (methane), stinkbomb and peg (hydrogen sulphide), cancer (60 carcinogens), hundreds and thousands (4000 chemicals in smoke). The display comes with an A4 Poisons poster in an acrylic display stand and also a sheet of ideas for displaying and styling the set of poisons. You can add impact by displaying the jars on boxes, stands, on a chequer board, on a herb rack or add extra props such as a pestle and mortar and ashtrays and real products containing the chemicals such as ammonia and petrol cans etc.



Secondhand Smoke Demonstrator

28.07.009

This model shows how much smoke you breathe when you sit in a closed room with a smoker. As the mechanical smoker smokes a cigarette in the enclosed chamber, an electric fan pulls the smoke through a filter that represents the lungs of a non-smoker. (This model is fragile and we are unable to transport via the courier system).



Shortness Of Breath Cigarette

28.07.014

Cigarette smoke is the leading cause of emphysema, a disease that damages the lungs' air sacs and reduces their ability to take in air. When the user breathes in and out through the hollow plastic "cigarette," is designed to simulate the shortness of breath that many smokers experience. Comes in a set of 20 x 4" long cigarettes. For hygiene purposes please ensure that any used Cigarettes are washed in warm soapy water after use.



Skeletal Smoker

28.07.012

This display sets up anywhere draws a big crowd. Perfect size for classroom or exhibit. Tars may be collected directly on the smoking machine's washable surface or caught on disposable mini-lung sheets. Comes with metal easel stand.

Smoked Lung

28.07.011

This soft lung model lets viewers see just what cigarette smoking does to their lungs. When the top is opened, a greyish-white, fibrous-feeling cancer is revealed. Made from BIOLIKE synthetic tissue, this model of a right lung with emphysema and cancer is excellent for individual and group instruction. 5" x 9" x 4".



Smokers' Accessories
28.07.027

This boxed display looking like a lifestyle retro display shows the effects of smoking with a humorous but hard-hitting twist. It focuses on the 'must have' accessories that all smokers shouldn't be seen without, this season - or any other. These include wrinkle cream, Viagra, a 330 day calendar, breath mints, dentures, a tracheal tube, nasal cannula, stacks of money, a clothes repair kit etc. A sideways look at smoking and its effects. The frame is ready to hang and can be used in an educational setting or for stop smoking campaigns and publicity events.



You've Been Warned
28.07.016

This boxed display and fact sheets present a full set of the new government health warnings found on all cigarette packs. An excellent tool for promoting discussion about the dangers of smoking by focussing on these stark warnings. Ready to hang or display and protected by an acrylic cover. Supplied with a acrylic A5 leaflet holder with factsheets giving supporting information about each warning.



What's In Tobacco Smoke?
28.07.019

This fascinating and eye-catching visual display represents some of the 4000 chemicals found in tobacco smoke. Designed by a creative collage artist, it contains a mix of chemicals in jars, insects, cars, objects and photos. It has witty depictions of the commonly known chemicals - Hydrogen sulphide (stink bombs) with a peg, methanol (jet fuel) with a Marlboro paper plane, toluene (solvent) with silver spray paint, acetic acid with a pickled creature, butane with a lighter, acetone with nail varnish and false nails, methane with a sewer rat, and carbon monoxide and benzene with a car at a petrol station. Other carcinogens are shown as a 3D-lung cancer and thousands of other chemicals with a jar of hundreds and thousands! Really sparks interest and discussion. For use with adults and children in all health education settings or to create a talking point anywhere! The display is a wooden box with 30 sections and it has a acrylic cover to protect it.

Burning Money

28.09.003

An interactive CD-Rom to use with smokers of any age. It asks questions about how many a smoker smokes a day and how much money the smoker spends daily. You can also enter your personal CO monitor reading. It then gives a personal printable feedback to the smoker about the cost of smoking to their pockets, health and life expectancy. Great resource for use in one to one counselling, stop smoking groups, roadshows and talks. provides a good, individual, starting point for talking to a smoker.

Clearing The Air!

28.09.001

This interactive CD Rom explores smoking issues: fats; history, smoking and sex; environmental effects, ingredients of tobacco smoke, low tar cigarettes, health effects, pregnancy and smoking, costs, cigar smoking, cannabis smoking and passive smoking and its effects on asthmatics. For those smokers wanting to quit it has 5 steps to stopping and 15 quick tips to quitting. It has information on Nicotine Replacement Therapy, Zyban and other aids, benefits quitting and smoking and weight control. It also has a useful contact list with phone numbers and website listings.

George's Great Tobacco Challenge

28.09.002

George is a young wizard who has been sent by the School of Magic to investigate tobacco smoking. Unfortunately he knows nothing about smoking! Can you help George in his quest? This multimedia programme has been written and produced by a practising smoking prevention officer to enable other health promotion specialists, teachers and youth workers to present smoking prevention and education in a fun and interactive manner.



The Abc's Of Smoking: Cd-rom

28.09.004

Based on the flipchart The ABCs of Smoking , this PowerPoint covers each of the conditions and diseases that are associated with tobacco use. Slides contain text about each condition and feature graphic medical images. Final slide details ways to quit smoking, making this presentation ideal for tobacco cessation programs.



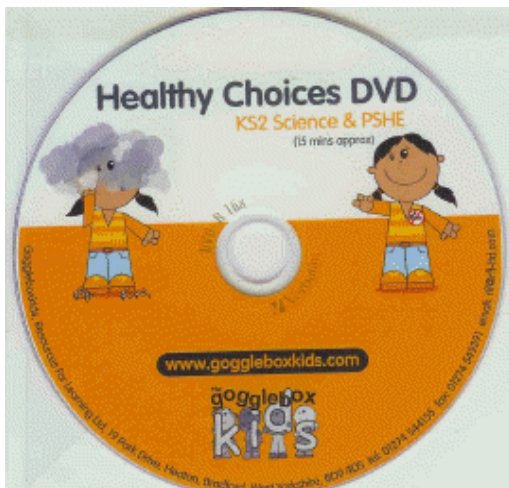
Get Support: Stop Smoking
28.10.007

Essential Guide and DVD outlining the free support available such as local NHS Stop Smoking Groups, NRT and the Together Programme in order to stop smoking.



Kick It: Smoking
28.10.002

A short, sharp video that hits the mark of promoting the benefits of being a non-smoker. Based around the theme of soccer techniques this video delivers a powerful anti-smoking message for both boys and girls. The video could be effectively used in class assemblies or as part of a PHSE programme. "Kick It" - Smoking has been previewed to three thousand pupils in Essex with phenomenal reaction. A worksheet accompanies the video to facilitate follow-up work and curriculum links. Also on DVD.



Healthy Choices
28.10.006

Goggleboxkids

Healthy Choices KS 1/2 This video is all about smoking and alcohol and learning how to make the types of healthy choices that help us to look after our bodies and keep ourselves safe. Healthy Choices replaces current Don't Smoke You Make Me Choke and Think Before You Drink, providing updated information and content which meet with QCA Schemes of Work: QCA ? Science 2A Health and growth 5A Keeping healthy Includes Accompanying A4 Notes



Butt Out!
28.11.011

British Heart Foundation and QUIT have brought their expertise together in the fields of heart disease and smoking issues, to develop this project. BUTT-OUT! is a cross-curricular pack about smoking which is designed for teachers of 11-16 year olds. The original idea for this pack was set up as a competition. Young people developed their creative competition entries as their understanding of the issues broadened in response to the class project. The ideas and materials in this pack can be used for single class, year group or whole school projects or presentations, or organised as a competition.

Inside Info
28.11.013

Roy Castle introduces four modules involving young people and tobacco - tobacco and the environment, how smoking affects fitness, cigarette advertising, and the benefits of being a non-smoking - in order to increase pupils' resistance to smoking.

Kick It: Smoking
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No Smoking No Butts
28.11.019

Fast moving and funny with hard hitting visuals and wacky characters, the surreal delivery of this programme stands out from anything you've seen on the subject of tobacco and smoking. Featuring Wheezer Geezer, Top Tips and White Room, the moving pictures provide an alternative delivery to the usual assortment of masses of facts and figures.



Not Fatal Butt...
28.11.005

This great video presents the clear message that every cigarette smoked does significant damage. Especially aimed at young smokers who may feel that health problems are years away, the tests shown on this programme bring home the dangers of smoking for everyone. Teenage smokers are subjected to testing prior to smoking and then again immediately after a cigarette. The results are quite an eye-opener. Excellent trigger material for group discussion.



Quit
28.11.003

Five short, sharp films with one aim: to discourage and stop young people from smoking. These short films follow an operation to remove a smoker's cancerous tongue; a teenager and her mum both trying to kick their habit; a teenager who has battled with cancer; the ugly truth behind the tobacco industry; and an ironic look at hiding your habit from your parents. The films will appeal to teenagers' vanity, their sense of social injustice and their sense of humour. Please note that Programme 1 contains graphic scenes of an operation. Programme 1: A Hole in My Neck Programme 2: Family Habit Programme 3: Greg's Story Programme 4: A Breath of Fresh Air Programme 5: Dog End

Quit & Win
28.11.004

This video features TV presenter Anne Robinson going step by step through the process of breaking the smoking habit. It consists of three parts; Getting Ready, Quitting and Staying Stopped which all focus on the positive things you can do to become an ex-smoker.

Seven Ages Of Moron
28.11.015

This video, featuring Mel Smith & Griff Rhys-Jones perform comic sketches to provide information and raise issues about smoking in order to discourage young people from starting to smoke and to encourage them to stop if they have already started. Intended for children aged 12-14 years, though it could also be used for slightly older audience. Includes Notes for Teachers.

Smoke.chat!
28.11.018

This video is unlike most health awareness videos, it offers a softer, testimonial style approach that provides many triggers for discussion & reflection by viewers. It includes a variety of strong & interesting characters, all of whom have some experience with smoking. Some have successfully quit, some have tried but have started again, and others would like to quit in the future. It is also in accordance with the recent government white paper, 'Smoking Kill'. Also on DVD.

Smoking & Human Physiology
28.11.017

This powerful video uses dramatic statistic and "inner body" photography to show that cigarette smoking is a serious problem. Viewers will be riveted as a tiny camera follows cigarette smoke into the human lung to show the physical damage smoking causes. Discusses passive smoking, smoking related diseases and the addictive nature of cigarettes.

Smoking & You
28.11.010

This video seeks primarily to inform young people of the dangers of smoking and to supply them with the necessary information to protect themselves against the barrage of advertisements for tobacco products promising success, freedom and status. It is accompanied by a teacher's guide to facilitate its use in the classroom.



Smoking In Pregnancy

28.11.012

Smoking is an addiction. The strength of the addiction is thought to be similar, or exceeding that seen with drugs of abuse, such as heroin or cocaine. 66% of smokers say they would like to quit but only 0.5% to 3% succeed in stopping each year because most of them try to stop using willpower alone. Using nicotine replacement therapy can double the chances of quitting. Smoking is the biggest single cause of ill health and premature death in the UK. Smoking kills 120,000 people each year in this country. This Video examines the dangers of smoking in pregnancy and includes interviews with young pregnant women who are seeking to quit smoking before their babies are born.

Smoking..... It Isn't Me!

28.11.001

This video has been designed to stimulate and support smoking education. It has seven amusing and thought provoking scenes which may be viewed individually or together. Following on activities are provided within the video pack. Also includes ideas for activities around smoking?

Sooper Puppy: Puff Of Smoke

28.11.007

This video features Baxter, a puppy, who is taught the dangers of nicotine addiction by his grandpaw. The story combines puppets with animation to introduce young children to peer group pressures and how to say 'NO' to smoking.

Spark Up!

28.11.020

SPARK UP has been designed to run in small groups with 12-14 year olds. It is not limited to either smokers or non- smokers and has been produced by young people for young people. It is designed to open discussion around some of the issues surrounding smoking and young people today. Aimed to stimulate questions & trigger thoughts in a safe and accepting environment with other young people. There are no right or wrong answers. Also on DVD.

Terminal Boredom

28.11.009

This entertaining video is set in the 23rd century and uses cartoon animation, computer graphics and exciting live action sequences to deal with smoking issues in a lively and interesting way. The package can be used as a discrete element within the personal-social education syllabus or as a lesson content across the curriculum.

Up In Smoke

28.11.014

This video aims to encourage young people to see the positive outcome of not smoking. It provides information about health risks but also tries to place smoking in a social and economic context. The effect this addiction is having upon the environment and on people in the developing world is also addressed.

You've Come A Long Way Rene

28.11.008

This video addresses smoking and peer group pressure. It features Rene whose aim is to be a championship runner but she has to cope with pressure from her friends to join them in smoking cigarettes. In successfully resisting this pressure she achieves her aim and gains respect from her peers.



A Framework For Action On Tobacco Control In The South East

28.13.006

This document provides the framework and action plans for key stakeholders to work together to address tobacco control within the South East Region.



Choosing Health In The South East: Smoking

28.13.005

Andrew Hughes & Helen Atkinson

The main purpose of this report is to provide an overview of the impact of smoking and tobacco use in the South East region, and to present examples from the Tobacco Control Alliance Networks of action being taken at a local level to tackle smoking in the region.

Clearing The Air 2

28.13.002

Jennifer Pervical

Nurses remain the key to providing the individual help and support that is necessary to help people stop smoking. Success is possible, even for those smokers who are heavily addicted. All nurses can - and need to be involved, across every speciality and work environment. Helping adults and young people quit their tobacco addiction - or avoid it in the first place - is an important and rewarding part of nursing practice. Helping people to stop smoking saves lives. The information in Clearing the Air 2 is pertinent for all nurses across the four countries as it shows how to put the research evidence into practice.



Drug Use, Smoking And Drinking Among Young People In 2005

28.13.012

This annual publication contains headline figures from a survey of over 9,000 secondary schoolchildren aged 11-15 in England in the autumn term of 2005, focusing on monitoring prevalence of smoking, drinking and drug use. The National Centre for Social Research (NatCen) and the National Foundation for Educational Research (NFER) carried out the survey on behalf of the NHS Health and Social Care Information Centre and Home Office. A more detailed report will be published in August 2006. Each survey since 1998 has included a core section of questions on smoking drinking and drug use and, since 2000, has focused in alternate years on smoking and drinking or on drug use. The emphasis of the 2005 survey is on drug taking



Helping Smokers Stop

28.13.010

Dr Rob H Beaglehole & Dr Richard G Watt

This document, issued in June 2004, and produced jointly by the Health Development Agency and the British Dental Association, addresses the ways in which dentists and their teams can encourage and endorse smoking cessation. It emphasises smoking as a major contributory factor to cardiovascular and respiratory diseases and also considers the socio-economic aspects of the smoking problem. Dental teams are encouraged to use the Four As approach to cessation - Ask, Advise, Arrange, Assist - which they can implement for those motivated smokers who wish to stop smoking. Case studies are provided in the report as are appendices giving links to practical cessation resources and answering smokers' questions on aspects of cessation. Please note that as of April 2005 the National Institute for Health and Clinical

Excellence (NICE) has taken on the functions of the Health Development Agency.

Passive Smoking And Health

28.13.021

Passive smoking is a health hazard that can be avoided. This booklet highlights scientific evidence that shows why it is harmful, what has been done about it both here and abroad in terms of legislation and litigation, and what can still be one to protect both children and adults.

Smoke-free Schools: Seven Steps To Success

28.13.019

Professor Robert West & Dr Jonathan Foulds

What role can schools play in reducing these depressing statistics when teachers already have very demanding workloads. By following the 7 steps to success action plan described in this manual, schools can comprehensively integrate smoking issues & policy into the wider personal, social & health education being provided, so that pupils are better equipped to resist the pressures to smoke.



Smoking And Public Health

28.13.014

The aim of this compendium, published in January 2007, is to identify a wide range of material that might contribute to the development, design, implementation and impact of future initiatives on smoking behaviour in a broad range of socially disadvantaged population groups. Specifically, this compendium aims to: ~Identify smoking behaviour initiatives that focus on socially disadvantaged populations ~Incorporate evidence from as wide a range of published sources as possible (eg from randomised controlled trials through to qualitative studies and expert opinion pieces) ~Highlight cost-effectiveness data, conflicting findings, gaps in the findings and provide a steer for commissioning further research to address these issues.

Smoking Cessation Guidelines And Their Cost Effectiveness

28.13.018

These are the first professionally endorsed, evidence-based guidelines on smoking cessation for the English health care system. They have been written in parallel with guidance on the cost-effectiveness of smoking cessation interventions, which establishes the economic case for smoking cessation delivered through the NHS. Implemented nationally in primary care, these guidelines would lead to at least 75,000 extra smoker per year stopping.

Smoking In Adolescence: Images And Identities

28.13.026

Barbara Lloyd & Kevin Lucas

This book looks at smoking from adolescents own points of view, asking why more girls smoke than boys, at the factors' which influence adolescents to take up smoking.

Smoking Issues: A Quick Guide

28.13.008

Paul Hooper

This book clearly spells out the dangers of tobacco smoking whilst providing sympathetic and helpful suggestions for supporting those who are tempted to start smoking or those trying to give up.

Smoking Kills: A White Paper On Tobacco

28.13.023

This document presents the Governments strategy to deal with reducing 120,000 deaths caused by smoking each year. The strategy outlines objectives concerned with helping existing smokers quit the habit and ensuring that children and young people donot get addicted in the first place.



Statistics On Nhs Stop Smoking Services In England

28.13.011

The Information Centre

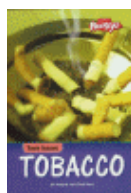
This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services (formerly known as the Smoking Cessation Services) for the period April to September 2006. The NHS Stop Smoking Services were set up in HealthAction Zones in 1999/00 and rolled out across all health authorities in England in 2000/01. The services offer support to help people quit smoking. This can include intensive support through group therapy or one-to-one support. The support is designed to be widely accessible within the local community and is provided by trained personnel such as specialist smoking cessation advisers, trained nurses and pharmacists. The services complement the use of smoking cessation aids nicotine replacement therapy (NRT) and bupropion (Zyban).



Statistics On Smoking: England, 2006

28.13.009

This statistical bulletin presents a range of information on smoking, drawn together from a variety of sources. The topics covered include: -hospital admissions and deaths attributable to smoking -smoking among adults and school children -smoking in pregnancy -behaviour and attitudes towards smoking -economic costs associated with tobacco The bulletin also summaries government plans and targets in this area.



Teen Issues: Tobacco

28.13.007

Jim Pollard, Chloe Kent

This book explains what tobacco is and how it affects your body and people around you. Facts are explained clearly and advice given by professionals

The Smoking Epidemic In England

28.13.003

This report by the Health Development Agency, in association with the University of Portsmouth, provides a local breakdown of national statistics for smoking-related fatalities, showing that different levels of smoking are a root cause of health inequalities between regions. It includes estimates of smoking prevalence for strategic health authorities and primary care trusts.



Tobacco Control Advocacy: Framing The Debate

28.13.015

Paul Hooper & Cecilia Farren

This pack sets out to explain what is meant by tobacco control advocacy and summarises the principles and practice involved. It also presents a range of questions and suggested answers and a selection of media bites on the key issues around tobacco control to assist the public health advocate to frame the issues.



Cars & Homes: Smokefree Zones Art Workshop Pack

28.15.014

Rita Platts & Rose Parry

An art resource manual for DIY smokefree car, home and family signs and posters and ideas. Lots of simple and colourful visual ideas and instructions for making fun signs made of paper mosaic, collage, drawings and no-smoking signs in fun shapes. The pages can be removed from the ring binder displayed in the plastic folder as ideas for children's art workshops. Comes with photocopyable Smoke Free Home and Car colouring sheets (3 designs). It has a discussion sheet about secondhand smoke and children and other activity ideas.

Help A Friend To Stop Smoking

28.15.011

Designed to help secondary school students give support & help to a friend or relative who would like to stop smoking. Can be used in the curriculum in PHSE and Science, at a lunchtime or after-school 'Stop smoking!' club, or by students working on their own. It will:~ help develop listening skills~ encourage confidentiality~ increase communication skills, and~ give factual information about tobacco and cigarette smoking. Contains three modules: Module 1: Student's perceptions of smoking.... and the health effects.~ enables students to express their personal knowledge and feelings about smoking~ gives teachers the opportunity to provide information and clarify misconceptions Module 2: The Social and ecological effects of tobacco.~ opens up the wider issues of smoking Module 3: Devising strategies to help a friend stop smoking.~ develops the skills of listening, confidentiality, encouragement & understanding different points of view

Helping Pregnant Smokers Quit

28.15.004

This training material will enable health care professionals to advise, guide and support pregnant smokers who wish to give up smoking. The training is aimed at health care professionals: GPs, practice nurses, midwives & health visitors. Can be used for a variety of courses, from a one-hour introduction to a two-day event. This a photocopyable resource.



Smoke Out: An Activity Pack On Smoking Issues For Teachers And Youth Workers

28.15.013

Fun and educational best selling pack, to help teachers and youth workers to explore issues about smoking with young people. Contains 100+ pages with 34 activities and 10 fact sheets about tobacco and smoking: health, why people smoke, costs, quitting, environment, politics, economics and advertising. The activities which include discussions, games, projects, drama, surveys, quizzes etc. are arranged as suitable for 8-12 and 12 - Adult in a step-by-step format. Easy to use and no expert knowledge needed. Recommended.

Smoke Screen

28.15.003

Julian Cohen

A smoking education pack for 11-18 year olds in schools, colleges and youth and community settings. Includes: Guidance on running a smoking education programme; guidance on running stop-smoking groups; A wide range of learning activities to use with young people; Factsheets.

Smoking Awareness Pack

28.15.008

A light-hearted visual resource to use with people with learning difficulties & young adults. The colourful teaching pack is designed to assist facilitators in describing the effects of smoking & methods to help people stop smoking. The handbook is logically structure into 22 sessions, each incorporating facilitator guidance notes including a key message, discussion pointers, briefing notes & statistics, and resources of further information.

Smoking Cessation & Young People

28.15.009

Smoking among young people is a serious health issues. Many smoking cessation programmes target adults. Often these are not suitable or difficult to access for young people. This manual describes an initiative specifically designed for use with young people. The manual explains in details how to set up a Smoking Cessation for Young People Programme within the school network. it provides guidance on all aspects of the Programme: making the initial contact with a school; designed and managing a referral system; the content of each core session; and suggestions for additional material. Includes a set of Playing Cards and copies of "Stopping's Hard, but it won't kill you!" An information and support pack for young people who want to give up smoking.

Smoking Cessation Groups Made Simple

28.15.005

Frank McGhee

This resource pack stems from work carried out by the Greenwich Young People's Smoking Project, which ran smoking cessation support groups with young people over a two year period. Therefore, the activities and ideas within this pack have been tried and tested with young people who smoke.

The No Smoking Project

28.15.010

This resource pack is aimed at health workers, teachers, youth workers, self-managed groups and others working with young people. It is a practical workshop manual that provides all the information needed to run a project to encourage young people not to smoke. The project includes 14 enjoyable workshops that can be used to produce your own video.~ Raises awareness and increases knowledge of smoking issues and how to quit.~ Stimulates discussion about smoking~ Explores and questions attitudes and behaviour ~ Relevant to the lives of participants~ Fun and creative ~ Encourages participation~ Provides a lasting resource~ Promotes health and self-confidencePart 1 provides the framework for the project with lots of ideas and examples for getting people actively involved. It includes a series of 14 practical workshops and can be used as a self-contained project if your don't want to produce a video. Part 2 shows groups how to produce their own short film based on their wo

The Primary School Smoking Education Pack

28.15.007

Julian Cohen

This pack take a whole school approach. It is based on the latest research about what works and addresses the smoking issue at the stage immediately before many children begin to smoke. The pack includes: Pupil activities for Key Stage 2; Staff training workshops; Curriculum guidance; Guidance about managing smoking-related incidents; Guidance on working with parents/carers; Teachers factsheets; Sources of support and information.

**The Really Helpful Guide To Running
Stop-smoking Group**
28.15.006

This pack brings together information and ideas from a wide variety of sources to form a user-friendly resources. It provides guidelines & session plans to help organise a group for smokers who wish to stop & who are making the choice to do so. It is designed to be used with or without additional training. It gives a framework & suggested session plans for 6 x 1 hours sessions & the relevant background materials. It can also be used on an individual basis.

The World Of Tobacco
28.15.001

This comprehensive resource aims to provide children with an opportunity to increase their knowledge and understanding of tobacco related issues, to explore attitudes, feelings and values, and learn practical life skill in relation to cigarette and tobacco. The development of this resource has been informed by recent research carried out by John Moores University, which shows that very young children have high levels of awareness and concern about cigarettes and smoking. The World Tobacco contains:~ 23 lessons including extension activities that encourage the involvement of family and carers~ Photocopiable classroom materials~ A series of workshop activities for use with the whole school community~ Background papers and information sheets to enable teachers to address this sensitive issues with confidence This resource has been written in collaboration with the Roy Castle Lung Cancer Foundation.



Risk Factor Smoking

28.16.002

Design and text: Wilfried Hennig

A2 colour poster highlighting the risks of smoking. Illustrations depict the consequences of smoking in the body:~Blood vessels~Heart~Brain~Pregnancy~Respiratory system~Gastro-intestinal tract.



The Harmful Effects Of Smoking

28.16.001

From the Bruce Algra Health & Drug Education Series, this informative and safety-filled chart shows the harmful effects of one of the most talked about subjects in schools today. Each chart highlights the harmfully affected areas in bold colours and explains in clear text. Laminated for durability. Size: 24" x 36"



Smoking

28.16.004

The Algra Corp

From the Health & Drug Education Series, this chart shows the harmful effects of smoking. Size: 24" x 36"



Smoking & Your Health

28.16.003

This laminated poster highlights the dangers associated with smoking, can be used as a teaching aid and/or a source of reference. Approximate size 60 x 90cm.

