

**For more advice and support  
to stop smoking contact:**

**Hartlepool Borough Council's  
Community Connectors**

**Roz Charlton**

124 York Road, Hartlepool, TS26 9DE  
07500 999524  
roz.charlton@hartlepool.gov.uk

**Steve Gaffney**

West View Advice & Resource Centre,  
Hartlepool, TS24 9JQ  
01429 402814  
07747 856700  
steve.gaffney@hartlepool.gov.uk

**Denise Murphy**

Wynyard Road, Hartlepool TS25 3LQ  
01429 402815  
07748 112784  
denise.murphy@hartlepool.gov.uk

**You can also liaise with your Health Visitor/School Nurse  
/Family Support Worker by calling (01429) 293888**



# Stop Smoking Support Services in Hartlepool



A new approach is being taken by Hartlepool Borough Council to support people who want to stop smoking.

The integrated community-based model for providing stop smoking support aims to reach out to greater numbers of people.

It involves building expertise and capacity in the community by creating a wide and varied pool of trained staff working together.

We aim to ensure support is tailored to smokers' particular needs and circumstances, with support being based on the most up-to-date research which acknowledges that combining brief intervention and the use of e-cigarettes is the most successful way of stopping smoking.

## Use of e-cigarettes (vaping)

E-cigarettes (vaping) are now the most popular aid for people trying to give up smoking, and they are proving effective in supporting quit attempts. Vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits.

Please see below a list of e-cigarette retailers in Hartlepool who have been visited by Trading Standards to check that the products they are selling are legitimate and of the correct strength. (Trading Standards do not recommend any specific retailer).

<b>Smooth Vapourz</b>	158 York Road, Hartlepool TS26 9DT
<b>Vaporized</b>	121 York Road, Hartlepool TS26 9DL
<b>Ecigwizard</b>	12 Market Hall, Middleton Grange Shopping Centre, Hartlepool TS24 7RX
<b>Fumus Electric Cigarettes</b>	87 Stockton Road, Hartlepool TS25 1SJ
<b>Nova Vapes E Liquid Ltd</b>	Unit 2 Enterprise Court, Queens Meadow Business Park, Hartlepool TS25 2FE
<b>Apostle Vapes</b>	23 Church Street, Hartlepool TS24 7EU
<b>Liquid Vapez</b>	119 York Road, Hartlepool TS26 9DL
<b>SVape</b>	25 South Road, Hartlepool TS26 9HD
<b>Smooth Vapourz</b>	15 Victoria Road, Hartlepool TS24 7SE
<b>#Tag</b>	119 York Road, Hartlepool TS24 7SE
<b>VIP Electronic Cigarettes</b>	Middleton Grange Shopping Centre TS24 7RX
<b>Vape Solutions</b>	Kiosk 4, Middleton Grange Shopping Centre TS24 7RX

Source gov.uk: e-cigarettes: regulations for consumer products (updated 10th May 2018)



## A reputable e-cigarette retailer will:

- Only sell to those over the age of 18
- Limit nicotine concentration (no more than 20 mg/ml)
- Provide tamper-proof child resistant refill containers
- Include information on safe use, contraindications and adverse effects
- Offer ingredients which are of high purity and not a risk to health
- Not make unproven health claims

## Quit smoking websites and apps

To assist you in your quit attempt an app or website can provide practical advice, encouragement and support. The following websites can offer you access to information on how to download an app to assist you in your journey towards a healthier you.

[www.smokefree.gov](http://www.smokefree.gov) (A website offering support to all smokers)

[www.nhs.uk](http://www.nhs.uk) ([www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)) (This offers support via a smartphone app, email programme, text messages and facebook page)

[www.ash.org.uk](http://www.ash.org.uk) ASH (Action on Smoking and Health)

[www.quit.org.uk](http://www.quit.org.uk) QUIT (A national charity that provides telephone and online support)

[www.nhs.uk/start4life](http://www.nhs.uk/start4life) (Smoking in pregnancy website)

Call the free Smokefree National Helpline on **0300 123 1044**.

## Nicotine Replacement Treatment

Some people find nicotine cravings the hardest thing to handle about going smoke-free. If that sounds like you, then no need to worry. Nicotine Replacement Therapy (NRT) will give you the extra support you need to beat the addictions.

NRT doubles your chances of successfully going smoke-free by helping you manage your withdrawal symptoms. You can buy NRT at pharmacies and many supermarkets and it is suitable for most adults. However, if you have a heart or circulatory condition, or are on regular medication, you should check with your doctor or pharmacist before commencing use. Similarly, if you are pregnant you should ask your doctor, pharmacist or midwife before using NRT.

Available products from pharmacies and supermarkets include chewing gum, patches, inhalators, lozenges, mouth sprays and nasal sprays.