

Do you want to stop smoking? Do you or someone you know need advice or support to do this?

Hartlepool Support Hub is always here to help.

**You can contact the Support Hub
by:**

Telephone:

01429 272905

(10am - 4pm Monday to Friday)

Email:

helping@hartlepool.gov.uk

**(please provide your contact details and
we will get back to you)**

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).

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

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

www.ash.org.uk ASH (Action on Smoking and Health)

www.quit.org.uk QUIT (A national charity that provides telephone and online support)

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.