

Smoking

Our most popular resources



These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

**Library and Health Promotion Resources,
Lynfield Mount Hospital,
Heights Lane,
Bradford,
West Yorkshire,
BD9 6DP**



A Year's Worth of Tar

B04853, B49007, B49889, B61226, B61228, B61462, B04963

The substance in this jar represents the approximate amount of tar smoker puts into their lungs each year if they smoke only 10 cigarettes a day.



Smoker's Foul Mouth Display

B43977, B48306

This model shows the effects that cigarette smoking can have on the lips, tongue, teeth and gums. This resource consists of a model of a mouth, a cigarette and an A4 information sheet.



Baby + Smoking? - No Tar

B48975, B61608

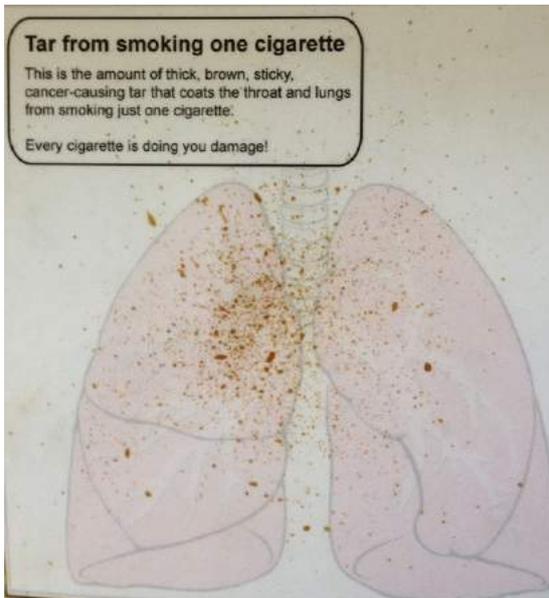
The baby bottle shows the approximate amount of tar a pregnant woman will put into her lungs if she smokes 10 cigarettes a day for nine months.



Tar Tainted Teeth

B61468

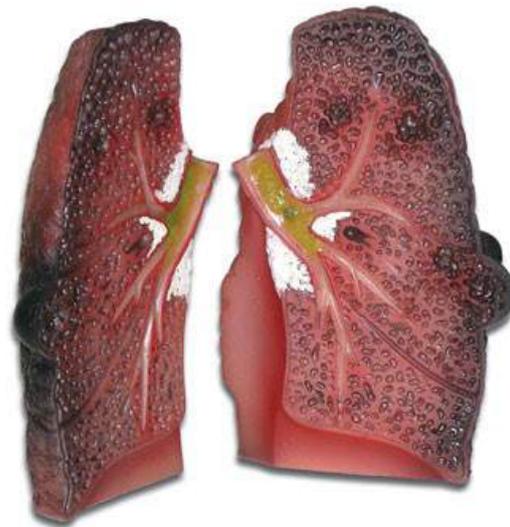
This model of tar tainted teeth in a jar, displays the tar staining effects of smoking on the teeth



Tar from Smoking One Cigarette

B49986

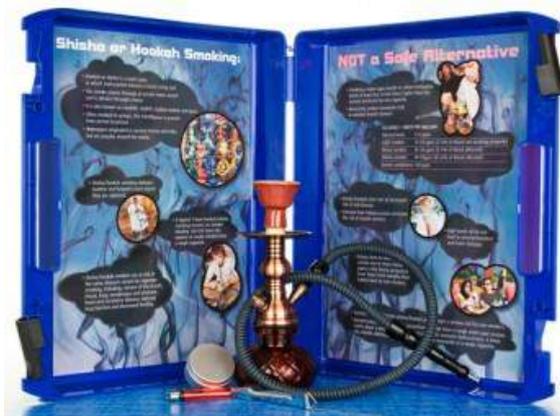
A small laminated card showing the amount of tar inhaled from smoking just one cigarette.



Cough-Up a Lung

B48495

This graphic model shows a lung damaged by COPD and cancer. Realistic model can be shown either whole or in two halves.



Shisha or Hookah Smoking

B49927

Tackles the myths around Shisha. Includes fold out information display and shisha pipe model. Display is contained its own carrying case.



Consequences of Smoking

B49493

A 3D display showing eight consequences of smoking including lung cancer, premature babies and brain damage. Display is contained in its own carrying case, 71cm x 69cm when opened.



What's in Tobacco Smoke?

B49924

A display case showing the different harmful chemicals in tobacco and their better known uses e.g. formaldehyde as embalming fluid. 39cm x 46cm.



What's in Cigarette Smoke?

B49981, B49982

Laminated A2 poster showing the different harmful chemicals which can be found in a cigarette.



Clem's Phlegm

B62206

This jar shows the amount of phlegm a smoker with COPD coughs up every two weeks.



Pot Pourri of Puffing Poisons

B49019

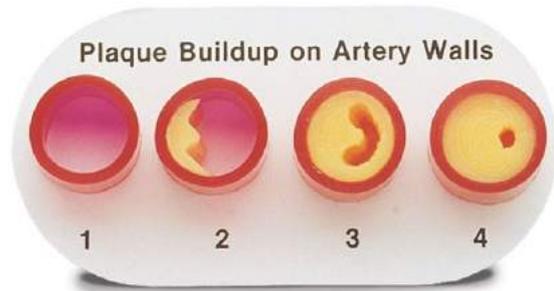
Thirty different jars representing the different toxic substances found in cigarette smoke and their better known uses. Also includes an A4 poster and document with display ideas. BEWARE GLASS



Smoking, blood and blood vessels

B40234, B61461, B61459

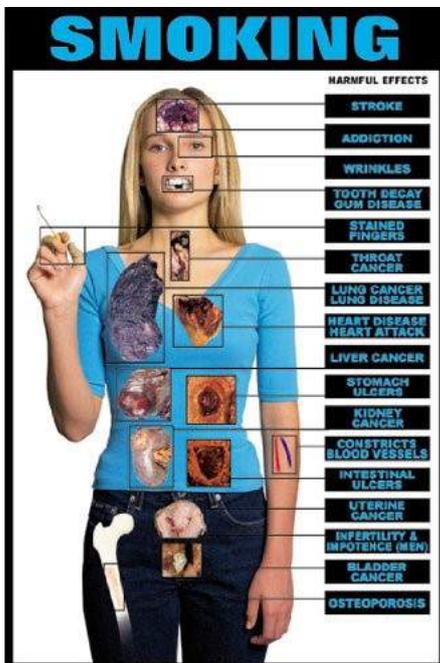
Small model to show how smoking tobacco blocks the arteries of the body.



Plaque Buildup on Artery Walls

B40184

Shows atherosclerosis, the build up of plaque deposits in arteries, which can occur from smoking. Arteries become narrowed and hardened and increase risk of heart disease.



Smoking

B61487, B48509, B48510, B49488

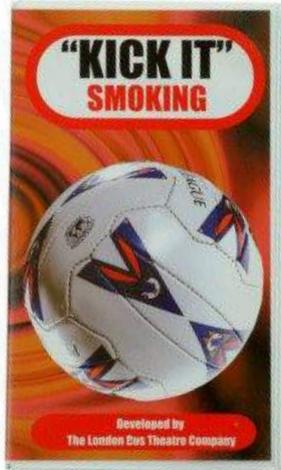
A2 size poster showing the potential harmful effects of smoking on the body in graphic detail.



Smoke Less Tobacco - 30 Information Cards

B60134

Set of 30 identical A5 laminated cards for tobacco identification. Shows snuff, paan, nisawar, gutkha and shisha, all are tobacco forms without the usual smoke.

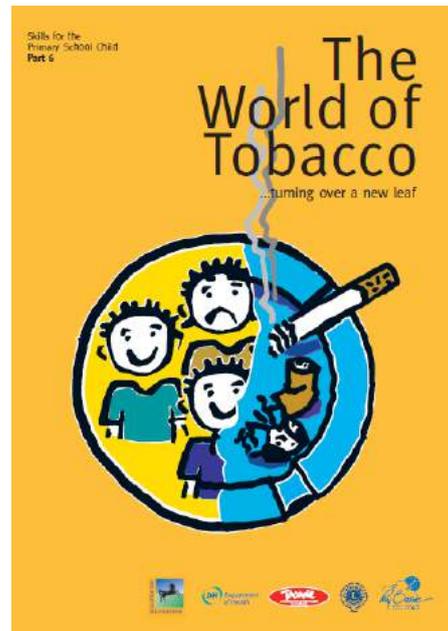


“Kick It” Smoking

B43575

A short documentary which explains the benefits of not smoking to teenagers in a football setting.

Running Time: 5 minutes



The World of Tobacco

B48995

Suitable and adaptable for KS1 and KS2 ages 5 to 11. Pack contains lesson plans, worksheets to photocopy, activity ideas and summary information to educate children about smoking.

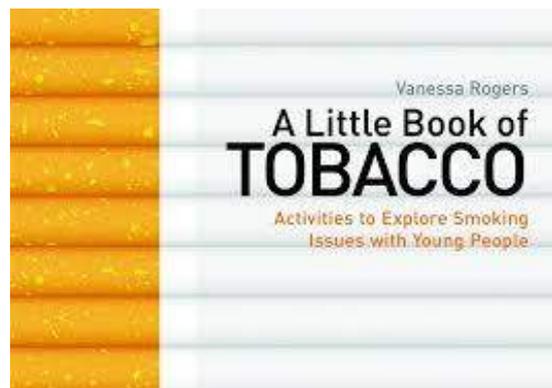


Tips to Help you Quit

B48833

A short DVD for adults and older teenagers containing practical tips to help people stop smoking. A mixture of interviews with ex smokers and health experts.

Running Time: 13 minutes



A Little Book of Tobacco

B61732

This resource provides a diverse collection of activities developed to assist informing young people about the decision of whether to smoke or not with the emphasis on exploring values and building skills which promote healthy choices.