GASP was founded in 1980 and has evolved from a pressure group campaigning for smokefree public places to the current day one-stop-shop of over 500 public health, smoking education and tobacco control resources. GASP supplies products to you, our valued customers, in the UK and worldwide and we always welcome your feedback about any products or customer service.

Meet the team...
GASP CONSULTANCY | GASP DESIGN
WELCOME TO GASP CONSULTANCY

GASP Consultancy specialises in delivering projects within tobacco control, smoking cessation and public health.

At GASP Consultancy we understand that everyone has different needs. We get to know our clients, be they stop smoking specialists, educators, health professionals or campaigners. GASP Consultancy has close ties to those responsible for tobacco control policies. So when it comes to helping you, we are clued up on what’s what and understand all the jargon. GASP knows the issues and what’s hot topics. No matter what area you work in; cessation, prevention, campaigning or policy making, we’ve got it covered.

We can engage, motivate and recruit those responsible for tobacco control, smoking cessation and public health.

GASP Consultants have a wide range of relevant qualifications including physiology, public health, health promotion, adult education, European languages, media and marketing.

GASP Design

GASP offers a design service to help you deliver customised local projects and campaigns. We can supply bespoke resources or adapt any of our existing designs to suit your needs. We work with a range of high quality and competitively priced suppliers to ensure you meet your deadline and budget.

Contact GASP to discuss your needs. Call 0117 955 0101 or email gasp@gasp.org.uk

Please contact GASP Consultancy to discuss your requirements by calling Cecilia Farren at GASP on 0117 955 0101 or 0777 3222 075 or email Cecilia@gasp.org.uk
An interactive display which tests the participants’ ability to estimate the number of units of alcohol in each drink they pour. Included are a selection of bottles representing beer, wine, spirits and alcopops, as well as a glass and unit measuring guides for each bottle. The participant is asked to pour what they believe would represent a unit, and then use the measuring guide to see how accurate they have been. Comes with measuring cards and coloured dyes.

**PHYSICAL EFFECTS OF ALCOHOL DVD**

WM148 PHYSICAL EFFECTS DVD  £78.85 (+ VAT)

This programme examines research on alcohol, showing its immediate and long-term consequences on the body. Contains discussions on pregnancy, fetal alcohol syndrome, cirrhosis, addiction and statistics cover UK and worldwide alcohol use and abuse and its impact on society, health services and the economy. Ideal for group or individual training in schools, clinics, or health fairs. Suitable for ages 11-Adult.

**ALCOHOL AND THE BRAIN DVD**

WM149 ALCOHOL AND THE BRAIN DVD  £78.85 (+ VAT)

Including important research on how alcohol affects various parts of the brain, this programme explores the short- and long-term consequences of alcohol abuse. Illustrations, colourful pictures, facts and figures cover how the brain works, the hormones involved and the damage alcohol can do. Suitable for ages 11-Adult.

**ALCOHOL BREATH TESTER**

WM150 ALCOHOL BREATH TESTER  £142.50 (+VAT)

The Accusense Slim is a highly accurate compact alcohol breath tester. A gentle nose hit for 2-4 seconds is all that’s needed for the LCD display to provide an accurate measurement of your breath alcohol concentration (%BAC). The folding tube can be used with a mouthpiece for multi-person use. The large bright display is easy to read and shows results instantly.

**HAZARDS OF ALCOHOL 3D FRAMED CHART**

WM152 HAZARDS OF ALCOHOL 3D  £121.50 (+ VAT)

3D models illustrate the risks associated with alcohol abuse, from violent crime to family breakdown. The frame is ready to hang and has a protective acrylic cover.

**CONSEQUENCES OF ALCOHOL ABUSE 3D FRICTION CHART**

WM153 CONSEQUENCES OF ALCOHOL ABUSE 3D  £85.00 (+ VAT)

Combining informative text and colourfully illustrated 3D models, this flip chart discusses the physical, social and emotional effects of alcohol use. Ideal for group or individual training in schools, clinics, or health fairs. Features presenter’s notes on reverse panels.

**ALCOHOL UNITS CALCULATOR WHEEL**

WM151 UNITS CALCULATOR WHEEL  £7.75 (+ VAT)

An accurate and convenient tool. It allows users to work out how many units of alcohol are in each of their favourite drinks. Measures 24cm in diameter.

**WHAT IS A UNIT?**

WM154 WHAT IS A UNIT?  £142.50 (+VAT)

This boxed display examines the effects of excessive drinking with a humorous but hard-hitting feel. It focuses on the ‘must have’ accessories that heavy / irresponsible drinkers may find they need. These include items such as extra money, bandages, trachael tube, a sick bag, and headache pills. A sideways look at the impact of heavy drinking. The frame is ready to hang and has a protective acrylic cover.
**Visualize Your Portion Size Display**

*NEW* 30cm x 24cm

This visual display includes 30cm x 24cm cards showing a range of common foods in various portion sizes. The cards are designed to help individuals understand the size of portions they typically eat, promoting healthier eating habits.

**Nutrition Folding Display**

*NEW* 51cm x 36cm x 9cm

A folding display that provides a comprehensive overview of nutrition basics. The display includes information on energy, macronutrients, micronutrients, and health effects. Ideal for educational purposes.

**Nutrition Fanzine**

*NEW* 25cm x 32cm

An informative, reproducible handout that covers essential nutrition topics. Suitable for use in schools and medical settings.

**Fat Chance: A Closer Look at Fat**

*NEW* 30cm x 17cm

A set of models that represent different types of fat, including real fat, making the concept of fat more tangible and easier to understand. Great for classroom use.

**Fat Chunk Models**

*NEW* 19cm x 9cm

Models of fat chunks (1lb and 5lb) provide a realistic representation of body fat. The models are ideal for health education events.

**Hazardous Waist Display**

*NEW* 71cm x 69cm

A display that visually represents hazardous waist measurements, emphasizing the importance of maintaining a healthy waist circumference.

**Consequences of Obesity Display**

*NEW* 71cm x 69cm

An educational display highlighting the risks associated with obesity, including its impact on heart disease and other health issues.

**Vat of Fat Model**

*NEW* 11cm x 12cm

A display that visually represents the amount of fat gained when consuming excess calories, helping to emphasize the importance of portion control.

**Fat Chunks & Mighty Muscles Set**

*NEW* 8cm x 8cm

Models of fat and muscle that allow for comparisons, emphasizing the difference in composition and health impact.

**M253 Talking Can**

*NEW* £5.95 (+VAT)

A fun way to educate about calorie intake, with a talking can that provides a visual representation of calorie content.

**M249 EatWell Plate Magnet**

*NEW* £0.50 (+VAT)

A fridge magnet with an EatWell Plate, promoting balanced eating habits.

**M246 Body Mass Calculator**

*NEW* £1.50 (+VAT)

A compact device for measuring body mass, essential for tracking weight and managing health.

**M216 Know Your Fats (Pack of 20)**

*NEW* £4.00 (+VAT)

A set of booklets designed to educate about different types of fats and their impact on health.

**M217 What You Eat Fridge Magnet**

*NEW* £0.60 (+VAT)

A small magnet that helps users keep track of their food intake, promoting mindful eating.

**M219 You are What You Eat Magnets**

*NEW* £2.65 (+VAT)

Magnetic cards that promote healthy eating habits, ideal for display in schools and medical settings.

**M214 Exercise and Prevention of Coronary Heart Disease**

*NEW* £12.95 (+VAT)

A display that focuses on the importance of exercise and heart health, encouraging regular physical activity.

**M213 You Are What You Eat: Fridge Magnet**

*NEW* £2.65 (+VAT)

A magnetic card emphasizing the importance of diet, suitable for kitchen displays.

**M209 EatWell Plate**

*NEW* £0.75 (+VAT)

A visual tool for promoting balanced eating habits, featuring information on food groups and portion sizes.

**M206 Exercise and Prevention of Obesity**

*NEW* £235.00 (+VAT)

A large display that addresses the risks and prevention strategies associated with obesity.

**M205 Consequences of Obesity**

*NEW* £235.00 (+VAT)

A detailed display that explores the consequences of obesity, including health risks and preventive measures.

**M204 Visualize Your Portion**

*NEW* £129.75 (+VAT)

A display that helps users visualize their portion sizes, promoting healthy eating habits.

**M203 Fast Food Display**

*NEW* £125.00 (+VAT)

A display that highlights the high calorie content and potential health risks associated with fast food.

**M201 VAT of Fat**

*NEW* £47.30 (+VAT)

A display that provides information on the calorie content of fat, promoting awareness of dietary choices.
**WHAT MUMMY DOES BABY DOES**

**INTERACTIVE DISPLAY**

**APRIL AGE PROGRESSION SOFTWARE**

**New addition to the APRIL Age™ software product range**

APRIL Age™ is easy-to-use software, which has appeared on numerous TV programmes. It is a powerful and innovative way of demonstrating the harmful effects of smoking. It can also be used to show how free and excessive sun exposure can impact on facial appearance.

APRIL is based on a study of more than 7000 faces of different ages, ethnicities, and the actual physical characteristics of aging and effects of individual lifestyles. APRIL uses a scanned photo taken by digital camera connected to the computer. The user enters basic information and can add a combination of the effects of smoking, sun exposure, and other factors to create a lifelike image of what the user will look like at any age, as well as any future software upgrades at no extra charge.

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MODELS AND 3D DISPLAYS

**TAR TAINTED TEETH**
**ORDER CODE**
**SIZE**

A sealed jar containing a model graphically illustrating the effect of smoking on the teeth and gums. Comes with fact sheets describing the effects of smoking on oral health and chemicals in tobacco smoke.

**DEATH OF A LUNG**
**ORDER CODE**
**SIZE**

A 3D models and displays that demonstrate health-related risks of breathing second-hand smoke. Comes in a wooden carrying case.

**DANGERS OF SMOKING – MYBODYBOARD**
**ORDER CODE**
**SIZE**

A pad of 100 A5 fact sheets to accompany the 'Dangers of Smoking' display using over 60 picture magnets & text descriptions. Each picture allows a user or class to discuss key issues relating to the dangers of smoking. The 'Dangers of Smoking' magnetic pack is accompanied by a lesson plan.

**THE CIGARETTE SMOKE BOX**
**ORDER CODE**
**SIZE**

A 3D boxed display providing an insight into how tobacco poisons air, water, soil and causes deforestation, fires and litter. Protected by an acrylic cover.

**Tobacco & the Environment Display**

A 3D model that demonstrates the effects of tobacco on the environment. From growing tobacco, to disposal of the butts the whole life cycle of cigarettes takes a toll on our planet.

**TOBACCO & THE ENVIRONMENT FACT SHEETS**

A pad of 100 fact sheets designed to accompany the Tobacco & the Environment Display.

**WHAT’S IN TOBACCO SMOKE?**
**ORDER CODE**
**SIZE**

A pad of 100 A5 fact sheets designed to accompany Smoker’s Tar in a jar and Tar Wars Display. Gives key information on the harm caused by the brown, sticky, cancer-causing tar on the lungs and the rest of the body.

**SMOKER’S TAR IN A JAR**
**ORDER CODE**
**SIZE**

A pad of 100 fact sheets designed to accompany Smoker’s Tar in a jar and Tar Wars Display. Gives key information on the harm caused by the brown, sticky, cancer-causing tar on the lungs and the rest of the body.

**SMOKER’S TAR FACT SHEETS**

A pad of 100 fact sheets designed to accompany Smoker’s Tar in a Jar and Tar Wars Display. Gives key information on the harm caused by the brown, sticky, cancer-causing tar on the lungs and the rest of the body.

**SULPHUR DIOXIDE**

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 pig, methanol (jet fuel) with a Moraboe paper plane, toluene (acetone with silver spray paint, acetic acid with a vinegar sachet, formaldehyde with a postcard cigarette, butane with a lighter, ammonia with nail varnish, methane with a sewer rat, and carbon monoxide and benzene with a car at a petrol station. Really sparks interest and discussion. It has an acrylic cover to protect it and hanging loops on the back.

**SULPHUR COMPOUNDS**

This box designed to accompany Smoker’s Tar in a jar and Tar Wars Display. Gives key information on the harm caused by the brown, sticky, cancer-causing tar on the lungs and the rest of the body.

**TOBACCO CLEVER CATCH™ BALL**
**ORDER CODE**
**SIZE**

A pad of 100 A5 fact sheets designed to accompany Tobacco Clever Catch™ ball with questions relating to the dangers of smoking and smokeless tobacco. Answers sheet and play instructions included. Suitable for school years 4-8.
A simple but effective way of showing how smoking damages your smile. This 3D mouth model has 4 cross sections of the teeth, gums, and lips showing smoking and its effects. Comes with a handout telling Megan’s story.

**Megan’s Lungs Key Ring**

AS SEEN ON TV

www.gasp.org.uk

**3D SMOKEFREE ABC**

ORDER CODE M159

PRICE £95.00 (+ VAT) SIZE 61 x 48.5 x 4CM

A colourful, light-hearted collage display of tobacco and associated health issues, promoting the Smokefree ABC. It starts with – A is for Active, B is for Breathe easy, C is for Clean clothes down to x is for x-Ray is Okay, Y is for Years of life, and Z is for Zest. The leaflet gives more explanatory facts and figures for each letter. The model can be shown either whole or in two halves. Comes with an acrylic cover ready to hang.

**SMOKESCREEN AND SMOKER’S MOUTH**

82 x 15 x 13CM

This 3D model of a lungs is for years of life and has fat deposits on the wall of the artery – or fatty deposits in the blood vessels. The model can be shown either whole or in two halves. Comes with information on the differences between the smokefree and smoker’s lungs. Comes with a handout called ‘love your lungs’. With an acrylic cover and ready to hang.

**ARTERY SECTIONS WITH BLOCKAGE**

ORDER CODE M177

PRICE £48.00 (+ VAT) SIZE 45 x 38 x 4CM

A sealed jar containing the equivalent amount of phlegm as would be coughed up by smoker with lung disease or Chronic Obstructive Pulmonary Disease (COPD) in approximately 2 weeks. Just flip the lid to see the ‘fat’ deposits as the blood flows. The model can be shown either whole or in two halves. Comes with information on the health risks associated with smoking, and tips to help with quitting successfully.

**Coughing Up a Lung™ Model**

ORDER CODE M182

PRICE £65.00 (+ VAT) SIZE 45 x 38 x 4CM

A great hands-on tool for helping viewers understand the dangers of smoking. This graphic model shows a lung damaged by COPD (chronic bronchitis and emphysema) and cancer. Realistic model can be shown either whole or in two halves. Comes with information on the health risks associated with smoking, and tips to help with quitting successfully.

**SMOKING BLOCKS YOUR BLOOD VESSELS**

ORDER CODE M204

PRICE £47.00 (+ VAT) SIZE 45 x 38 x 4CM

Visual demonstration of how smoking contributes to blocked arteries. The model has fat deposits on the wall of the artery and the red blood cells catch on the fat deposits. The artery may turn black or brown. Comes with a written explanation describing how smoking causes blocked arteries and what health problems this can cause.
A fold-out display with a giant tongue made of rubber, depicting three scary conditions that can result from tobacco use: hairy tongue, leukoplakia (white spots) and tongue cancer. The mouth is mounted on a base representing the lit end of a cigarette.

A box of ready-to-use tobacco education resources suitable for school years 7 - 12. It contains a selection of 10 copies of 7 different Fact Files, 10 each of 5 different booklets, and 8 different posters.

HARRY’S SCARY TONGUE
WR73 HOW TO USE TONGUE (30x21cm)
www.gasp.org.uk

LOU-WHEEZE™ SMOKER’S LUNGS
COMPARISON MODEL 43 x 59 .5CM
WR14 COMPARISON LUNGS (43 x 59 .5CM)
Displays the effects of smoking to the mouth including gum disease, tooth decay and lip cancer. It includes two removable tongues. One depicts hairy tongue, and the other leukoplakia (white spots) and tongue cancer. The mouth is mounted on a base representing the lit end of a cigarette.

LOU-WHEEZE™ SMOKER’S LUNGS
COMPARISON MODEL 71 x 68 .5 x 7CM
WR13 COMPARISON LUNGS (71 x 68 .5 x 7CM)
Shows the harmful effects of smoking to the mouth including gum disease, tooth decay and lip cancer. It includes two removable tongues. One depicts hairy tongue, and the other leukoplakia (white spots) and tongue cancer. The mouth is mounted on a base representing the lit end of a cigarette.

These organs show the physical and harmful effects of smoking and alcohol. Feel the textures and lumps that can develop inside the organs and how the colour, size and shape can change. Includes 8 organs, 7 labels, 10 blank textured cards & detailed textured notes. Spare parts are available for all of these organs.

ORGAN TUNIC AND HEALTHY ORGANS
WM17 ORGAN TUNIC (35 x 28CM)
ORDER CODE
SIZE 60 x 36CM
These organs show the physical and harmful effects of smoking and alcohol. Feel the textures and lumps that can develop inside the organs and how the colour, size and shape can change. Includes 8 organs, 7 labels, 10 blank textured cards & detailed textured notes. Spare parts are available for all of these organs.

ORGAN TUNIC AND HEALTHY ORGANS
WM16 ORGAN TUNIC (71 x 68 .5 x 7CM)
ORDER CODE
SIZE 25 x 8 x 6CM
Cigarette butts, pills, and beer bottle caps suspended in plastic, this model graphically illustrates how alcohol, tobacco, and other substances cross the placenta and damage the fetus.

WHAT MUMMY DOES BABY DOES MODEL
WM61 BABY'S MODEL (WITH TEXTURES)
ORDER CODE
SIZE 15 x 16 .5CM
A hand-painted 3D model that shows the diseases that can result from smoking: cancers, heart disease, strokes, emphysema, etc. Comes in a wooden carrying case.

WHAT MUMMY DOES BABY DOES MODEL
WM60 BABY'S MODEL (WITH TEXTURES)
ORDER CODE
SIZE 25 x 8 x 6CM
Cigarette butts, pills, and beer bottle caps suspended in plastic, this model graphically illustrates how alcohol, tobacco, and other substances cross the placenta and damage a fetus.

THE CONSEQUENCES OF SMOKING 3D DISPLAY
WM25 CONSEQUENCES (3D DISPLAY)
ORDER CODE
SIZE 71 x 68 .5 x 7CM
A hand-painted 3D model that shows the diseases that can result from smoking: cancers, heart disease, strokes, emphysema, etc. Comes in a wooden carrying case.

THE CONSEQUENCES OF SMOKING 3D DISPLAY
WM24 CONSEQUENCES (2D DISPLAY)
ORDER CODE
SIZE 71 x 68 .5 x 7CM
Hand-painted 3D models that show the diseases that can result from smoking: cancers, heart disease, strokes, emphysema, etc. Comes in a wooden carrying case.

FINISHES DIFFERENTLY TO POSTER
HARRY’S SCARY TONGUE
WR73 HOW TO USE TONGUE (30x21cm)
www.gasp.org.uk

THE EFFECTS OF SMOKING Pairs Game
WR19 EFFECTS GAMES SET
ORDER CODE
SIZE 35 x 28 CM
Two games in one pack. Fun ways to look at the serious subject of the risks of smoking. Effects of Smoking Bingo has 20 pairs of cards ideal for 18 players to play, and a chart, cards to pull, 18 player cards, and plastic boxes for players to cover the effects already called, instructions, and discussion notes about the effects of smoking. Effects of Smoking Pairs Game has facts, quizzes and stories about effects of smoking. Listed below down and end players are invited to move over 2 cards at a time. If they succeed in turning over a pair they remove and keep the pair and continue to play.

THE EFFECTS OF SMOKING BINGO & PAIRS GAMES SET
WR19 EFFECTS GAMES SET
ORDER CODE
SIZE 35 x 28 CM
Two games in one pack. Fun ways to look at the serious subject of the risks of smoking. Effects of Smoking Bingo has 20 pairs of cards ideal for 18 players to play, and a chart, cards to pull, 18 player cards, and plastic boxes for players to cover the effects already called, instructions, and discussion notes about the effects of smoking. Effects of Smoking Pairs Game has facts, quizzes and stories about effects of smoking. Listed below down and end players are invited to move over 2 cards at a time. If they succeed in turning over a pair they remove and keep the pair and continue to play.

CHEMICAL SOUP
Chemical Soup: Interactive Display
WM79 CHEMICAL SOUP (51 x 35 x 27CM)
ORDER CODE
51 x 35 x 27 CM
New interactive display. It clearly gets across the message that to protect children, we need to keep our homes and cars smokefree. Originally designed by Manchester Stop Smoking Service, this display has been further developed by Barnado’s and GASP and is now being used as a key training and education aid in a range of children’s centres. Chemical Soup helps to raise the awareness amongst parents and guardians of the risk to their children from secondhand smoke by providing an effective, interactive display. It clearly gets across the message that to protect children, we need to keep our homes and cars smokefree.
A PACK OF TOXIC TAR £25.00 (+VAT)

This bag contains the actual tar deposits from a single cigarette smoked via a mechanical smoking machine. The bag is displayed on a picture of the lungs with every cigarette they smoke.

WR25 TOXIC TAR £25.00 (+VAT)

A PACK OF TAR £4.50 (+VAT)

Contains instructions for other breathing exercises to demonstrate how it feels to have COPD (Chronic Obstructive Pulmonary Disease) feels like. The bag contains 38 narrow plastic straws to simulate shortness of breath.

M140 SHORTNESS OF BREATH PACK (38) £2.95 (+VAT)

Demonstrates how smoking can restrict breathing and what COPD (Chronic Obstructive Pulmonary Disease) is. Takes a look at how smoking causes damage to the lungs to show exactly what a smoker is inhaling single cigarette smoked via a mechanical smoking machine.

This bag contains the actual tar deposits from a single cigarette smoked via a mechanical smoking machine. The bag is displayed on a picture of the lungs with every cigarette they smoke.

M196 EVIDENCE BAG TAR £4.50 (+VAT)

Smokey joe is a pack a day smoker. This eye-catching, interactive display consists of a set of 5 jars filled with cigarettes filled with tar that represents the amount of gooey, toxic tar a smoker receives from smoking one packet of cigarettes.

M217 SMOKEY JOE’S QUIZ £105.00 (+VAT)

And protected with an acrylic cover.

ORDER CODE (DISPLAY BOX) 45 x 38 x 4CM

TIME to collect tar in his lungs. The final jar, ends on a positive note. How much TIME it takes joe’s body to be free of carbon monoxide after he quits. The display comes with a pad of tear off questions sheets for participants to complete. It also comes with an answer sheet and notes for the person setting up the quiz.

M114 TIPS TO QUIT £75.00 (+VAT)

WHAT’S YOUR POISON?

A giant cigarette with descriptions of 15 toxic chemicals in tobacco smoke and details of what these chemicals can do to the body. Accompanied by a leaflet of how to use the display.

M104 WHAT’S YOUR POISON? £110.00 (+VAT)

Also available: A bag of rolling tobacco for nicotine, rat poison for arsenic, disinfectant for phenol, insecticide spray for arsenic, toilet cleaner for ammonia and a lighter for butane. It has a car, petrol pump and battery case for carbon monoxide, benzene and cadmium. Non-poisonous, coloured liquids are used in the jars.

M46 PUFFING POISONS £75.00 (+VAT)

ORDER CODE

Includes an A4 Poisons poster in an acrylic display stand and 4 pages of ideas for displaying and styling the set of poisons.

ORDER CODE

ALSO AVAILABLE:

WHAT’S YOUR POISON? CHROMY SET £35.00 (+VAT) Monroe charger for carbon monoxide, benzene and cadmium. Non-poisonous, coloured liquids are used in the jars.

ALSO AVAILABLE:

WHAT’S YOUR POISON? CHEMISTRY SET £75.00 (+VAT) A giant chemistry set with a difference! It contains a set of 30 labelled jars containing relevant objects, liquids, and gases to represent the 4000 deadly chemicals.

M198 SMOKER’S TAR FACT SHEETS £9.50 (+VAT)

ALSO AVAILABLE:

WHAT’S YOUR POISON? ‘CHEMISTRY SET’ £75.00 (+VAT) to represent the common uses of the jar. A bag of rolling tobacco for nicotine, rat poison for arsenic, disinfectant for phenol, insecticide spray for arsenic, toilet cleaner for ammonia and a lighter for butane. It has a car, petrol pump and battery case for carbon monoxide, benzene and cadmium. Non-poisonous, coloured liquids are used in the jars.

ORDER CODE

M195 TAR WARS ACCESSORIES £7.00 (+VAT)

ALSO AVAILABLE:

WHAT’S YOUR POISON? ‘CHEMISTRY SET’ £75.00 (+VAT) A giant chemistry set with a difference! It contains a set of 30 labelled jars containing relevant objects, liquids, and gases to represent the 4000 deadly chemicals.

M194 TAR WARS £70.00 (+VAT)

ORDER CODE

SIZE 45CM x 31CM x 4CM

Contains two replacement sponge lungs and tar.

TAR WARS DISPLAY £70.00 (+VAT)

This display allows the user to graphically demonstrate how the lungs come under attack from tobacco tar. The background explains some of the key effects of tar on the lungs. The lungs are like two giant sponges. Smokers’ tar coats the trachea and lungs. The lungs are like two giant sponges. Smokers’ tar coats the trachea and lungs.

M194 TAR WARS £70.00 (+VAT)

ORDER CODE

STAND AND 4 PAGES OF IDEAS FOR DISPLAYING AND STYLING THE SET OF POISONS.

M197 SMOKER’S TAR £9.50 (+VAT)

ALSO AVAILABLE:

WHAT’S YOUR POISON? ‘CHEMISTRY SET’ £75.00 (+VAT) A giant chemistry set with a difference! It contains a set of 30 labelled jars containing relevant objects, liquids, and gases to represent the 4000 deadly chemicals.

M198 SMOKER’S TAR FACT SHEETS £9.50 (+VAT)

ALSO AVAILABLE:

WHAT’S YOUR POISON? ‘CHEMISTRY SET’ £75.00 (+VAT) A giant chemistry set with a difference! It contains a set of 30 labelled jars containing relevant objects, liquids, and gases to represent the 4000 deadly chemicals.

M198 SMOKER’S TAR FACT SHEETS £9.50 (+VAT)

ALSO AVAILABLE:
BABY BOTTLE: SMOKING + BABY? NO TAR!

Exposure to tobacco smoke poses serious health risks, especially during pregnancy. This folding display clearly outlines the hazards of smoking during and after pregnancy. Also contains information on the dangers of low birthweight, a common result of smoking during pregnancy.

SMOKING AND YOUR BABY FOLDING DISPLAY

FOLDING DISPLAY WALL HANGER

INFLATABLE CIGARETTE

PUFF CIGGY INFLATABLE

SHORTAGE OF BREATH CIGARETTE

GIAN STUBBED CIG AND ASHTRAY

ECONOMY CIGARETTE COSTUME

BIG CIG AND LITTLE CIGS

www.gaspo.org.uk

www.gaspo.org.uk

www.gaspo.org.uk
The lungs and respiratory system

Carbon monoxide (CO) is a poisonous gas. It can enter your body through the skin, eyes, and especially through the lungs. When you inhale CO, your body becomes more efficient at using oxygen. Unborn babies whose mothers smoke are at risk for higher CO levels. Exposed babies may be at risk for lower birth weight and serious health problems. It can even cause death. These levels of CO indicate that the red blood cells are carrying more oxygen. Unborn babies whose mothers smoke are at risk for higher CO levels. Exposed babies may be at risk for lower birth weight and serious health problems. It can even cause death. If you smoke, you have 150 times more CO in your blood than a non-smoker within days. Your blood will carry more oxygen. You’ll have more energy, better circulation, and increased concentration. These levels of CO indicate that the red blood cells are carrying more oxygen. Unborn babies whose mothers smoke are at risk for lower birth weight and serious health problems.

- **Non-smoker**
  - Inhales, 2.5 million
  - 1x

- **Regular smoker**
  - Inhales, 5.11 million
  - 1x

- **Frequent smoker who inhales. High level of CO in blood results in a marked shortage of oxygen to the body organs.**
  - Inhales, 6.71 million
  - 1x

- **Very heavy smoker. Cigar, shisha or cannabis smoker.**
  - Inhales, 7.03 million
  - 1x

- **Heavy smoker.**
  - Inhales, 7.35 million
  - 1x

- **At risk.**
  - Inhales, 8.95 million
  - 1x

- **High level of CO in blood.**
  - Inhales, 9.59 million
  - 1x

- **Frequent smoker who does not inhale. Cigarette smoke is the main source of CO.**
  - Inhales, 9.91 million
  - 1x

- **Very heavy smoker, damage to health.**
  - Inhales, 9.27 million
  - 1x

- **Heavy smoker, damage to heart and lungs.**
  - Inhales, 8.59 million
  - 1x

- **At risk.**
  - Inhales, 7.95 million
  - 1x

- **High level of CO in blood.**
  - Inhales, 7.27 million
  - 1x

- **Frequent smoker who does not inhale. Cigarette smoke is the main source of CO.**
  - Inhales, 6.59 million
  - 1x

- **Very heavy smoker, damage to health.**
  - Inhales, 5.99 million
  - 1x

- **Heavy smoker, damage to heart and lungs.**
  - Inhales, 5.35 million
  - 1x

- **At risk.**
  - Inhales, 4.77 million
  - 1x

- **High level of CO in blood.**
  - Inhales, 4.15 million
  - 1x

- **Frequent smoker who does not inhale. Cigarette smoke is the main source of CO.**
  - Inhales, 3.51 million
  - 1x

- **Very heavy smoker, damage to health.**
  - Inhales, 2.97 million
  - 1x

- **Heavy smoker, damage to heart and lungs.**
  - Inhales, 2.35 million
  - 1x

- **At risk.**
  - Inhales, 1.79 million
  - 1x

- **High level of CO in blood.**
  - Inhales, 1.19 million
  - 1x

- **Frequent smoker who does not inhale. Cigarette smoke is the main source of CO.**
  - Inhales, 0.59 million
  - 1x

- **Very heavy smoker, damage to health.**
  - Inhales, 0.91 million
  - 1x

- **Heavy smoker, damage to heart and lungs.**
  - Inhales, 0.31 million
  - 1x

- **At risk.**
  - Inhales, 0.09 million
  - 1x

- **High level of CO in blood.**
  - Inhales, 0.03 million
  - 1x

From GASP www.gasp.org.uk

If you smoke, you have 150 times more CO in your blood than a non-smoker within days. Your blood will carry more oxygen. You’ll have more energy, better circulation, and increased concentration. These levels of CO indicate that the red blood cells are carrying more oxygen. Unborn babies whose mothers smoke are at risk for lower birth weight and serious health problems. It can even cause death. If you smoke, you have 150 times more CO in your blood than a non-smoker within days. Your blood will carry more oxygen. You’ll have more energy, better circulation, and increased concentration. These levels of CO indicate that the red blood cells are carrying more oxygen. Unborn babies whose mothers smoke are at risk for lower birth weight and serious health problems. It can even cause death. If you smoke, you have 150 times more CO in your blood than a non-smoker within days. Your blood will carry more oxygen. You’ll have more energy, better circulation, and increased concentration. These levels of CO indicate that the red blood cells are carrying more oxygen. Unborn babies whose mothers smoke are at risk for lower birth weight and serious health problems. It can even cause death.
**CONSUMABLES FOR SMOKERLYZERS®**

**DISPOSABLE MOUTHPIECES**

**MADE IN ENGLAND FROM SUSTAINABLE MATERIALS**

- PICO CO®
- Micro CO®
- Micro Smokerlyzer®
- Mini Smokerlyzer®
- Smokerlyzer®

Individual packs of 50.

**D-PIECES**

For use with pICO® and Micro Smokerlyzer®. Available for recall.

Notes: T-Pieces for the pICO (original), pICO® and Micro Smokerlyzer® are available on request.

**CLEANING WIPES**

For use with pICO and Micro Smokerlyzer.

Pair of 25 alcohol free cleaning wipes. Recommended for use with all monitors.

**GASP CALIBRATION SERVICE**

- Z1 PICO SMOKERLYZER
- Z1 PICO SMOKERLYZER
- Z2 MICRO+ SMOKERLYZER
- Z36 MICRO+ SMOKERLYZER
- Z48 110LTR REPLACEMENT CAN (50PPM)
- Z52 CALI-BAG 50PPM
- Z56 CALIBRATION
- Z56 CALIBRATION
- Z67 CALIBRATION (FOR USE WITH Micro+ and PICO ORIGNAL)
- Z77 CALIBRATION (FOR USE WITH PICO+)

**SMOKERLYZERS® OR BREATH CO MONITORS**

Smokerlyzer® or breath CO monitors measure levels of carbon monoxide (CO) in the blood. CO is a poisonous gas found in tobacco smoke which binds to the haemoglobin in red blood cells almost 200 times more readily than oxygen. Smokers can have between 25-100% of their normal blood oxygen taken up by CO which deprives the body of essential oxygen.

**Helping smokers to quit**

Clinically proven and used worldwide the Smokerlyzer® is an effective stop smoking intervention tool which gives smokers visible proof of the damage CO is doing and allows them to chart their progress after stopping smoking. By using a CO monitor as part of their quit plan smokers are more likely to achieve their quit attempt.

CO monitors are non-invasive, lightweight and simple to operate.

**Features:**

- Battery operated
- Easy to read display with instant results
- Auto-zero and breath-hold countdown timer
- Hygienic and disposable mouthpieces
- Improved sampling to address infection control
- Low maintenance cost
- Can be used for CO poisoning and smoke inhalation screening

**NEW COMPACT SMOKERLYZER®**

- Z20 compact smokeCO® (£39.95 + VAT)
- Z20 compact smokeCO®

A new compact smoking intervention tool which gives smokers visible proof of the damage CO is doing and allows them to chart their progress after stopping smoking. Available on request.

**SMOKERLYZER® ADVISOR PACKAGE**

- Z47 PICO® Smokerlyzer Advisor Package

An addition that offers healthcare workers with limited budgets the opportunity to offer breath CO testing as part of their stop smoking service. Ideal for use in pharmacies, local authorities and healthcare services.

**BIBYCOMPACT SMOKERLYZER®**

- Z37 BIBYCOMPACT SMOKERLYZER

- Z37 BIBYCOMPACT SMOKERLYZER

Affordable low-cost CO monitor.

Ideal for midwives and healthcare workers to offer affordable breath CO testing as part of their stop smoking service to pregnant women and adult smokers.

Complete with 10 pieces.

**PICO® SMOKERLYZER®**

- Z25 PICO® (£45.95 + VAT)

- Z25 PICO® (£45.95 + VAT)

- Z25 PICO® (£45.95 + VAT)

The pICO® Smokerlyzer Advisor Package comes complete with pICO® Smokerlyzer® 12 D-Pieces, 50 Flatpak mouthpieces, 25 cleaning wipes, posters for doctors and schools, a carry case, and an AD Smokerlyzer chart.

**PECIALISMORS®**

- Z28 pECIALISMORS®

- Z28 pECIALISMORS®

- Z28 pECIALISMORS®

SPECIALISMORS® are low cost and easy to use. The pECIALISMORS® kit is low cost and highly recommended.

**SMOKERLYZER®**

- Z29 SMOKERLYZER®

- Z29 SMOKERLYZER®

- Z29 SMOKERLYZER®

**SMOKERLYZER®®**

- Z31 SMOKERLYZER®

- Z31 SMOKERLYZER®

- Z31 SMOKERLYZER®

- Z34 LUNgLife / SPIROMETER MOUTHPIECES

- Z34 LUNgLife / SPIROMETER MOUTHPIECES

- Z34 LUNgLife / SPIROMETER MOUTHPIECES

**INTERNATIONAL SALES**

Please note that additional transportation costs and local taxation charges may apply.

Please contact us for details.
Heart and lungs model with larynx
Anatomical model with the main organs of the thorax and the parts of the body most damaged by smoking. 7 removable parts and shows bronchial tree, 2 part heart with valves, subclavian artery and vein, aorta, aortic arch, pulmonary artery, esophagus, 2 part lungs (front halves can be removed), diaphragm.

Secondhand smoke flip chart
Hand filling facts and enlightening graphics explain the hazards of secondhand smoke. US statistics.

Arteriosclerosis model of artery
Medical photography shows the results of smoking in a unique and graphic way. Health stats are US figures.

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**SMOKEFREE GAMES**

**CIGGIE SKITTLSES (SET OF 9)**
- Size: 25cm height
- Includes 9 wooden 'cigarette' skittles

**QUIZ QUEST ON TOBACCO**
- 20 pairs of cards
- Designed to focus on the damage caused by smoking

**NO ON THE SMOKER**
- A card game where players are given a card with a question about tobacco
- A stress ball to help them

**EFFECTS OF SMOKING PAIRS GAME**
- Cards made of full colour illustrated cards
- Covers the effects of smoking

**MINI QUIT CUBE PUZZLE KEYRING**
- Keeps mind and fingers busy

**HEART HEART STRESS BALL**
- Helps reduce stress

**EMERGENCY SMOKE FREE CAR & HOME KEY RING**
- A cute reward for quitters who have set a quit date

**DUCKS (9)**
- Nine ducks swimming in a pool

**COFFIN NAILS PLAYING CARDS**
- Features characters such as the Queen, Jack and Joker

**BEER MATS 50 REASONS TO QUIT**
- Contains reasons for quitting smoking

**STRESS TESTER**
- Place your thumb on the sensor to reveal your mood

**KEY RINGS**
- A pocket pack of 10 tissues
- A giant cash can
- A stress tester
- A go for gold - smokefree winners medal

**GAMES**

**F7 NO ON THE SMOKER GAME**
- £5.95 (+VAT)

**F4 DUCKS (9)**
- £38.00 (+VAT)

**F7 NO ON SMOKER GAME**
- £5.95 (+VAT)

**F201 HANDEE**
- £1.95 (+VAT)

**M109 KEY RING SF CAR & HOME**
- £0.90 (+VAT)

**M110 KEY RING STRONGER**
- £0.90 (+VAT)

**M122 GIANT CASH CAN**
- £1.95 (+VAT)

**M201 HANDEE**
- £1.95 (+VAT)

**M242 STRONGER TEDDY**
- £1.95 (+VAT)

**M237 COUGH UP TISSUES**
- £0.95 (+VAT)

**M202 HEART STRESS BALL**
- £0.95 (+VAT)

**M57 CASH CAN**
- £0.95 (+VAT)

**M238 GOLD MEDAL (PACK OF 12)**
- £3.95 (+VAT)

**M57 COFFIN NAILS CARDS**
- £5.75 (+VAT)

**M82 BEERMATS**
- £7.50 (+VAT)

**SMOKEFREE PRIZES**
- A cute reward for quitters who have set a quit date

**SMOKEFREE HANDEE**
- £0.95 (+VAT)

**HEALTHY TOBACCO PRICES**
- £5.95 (+VAT)

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- £5.95 (+VAT)
**FRESH BAG OF MINTS**
To stay smokefree and fresh.

**SMOKEFREE KIT BAGS (PACK OF 10)**
Every baby needs a holdy, and this one comes with a reminder to parents and carer that what baby doesn’t need is exposure to second-hand smoke.

**PLEASE DON’T SMOKE – BABY BREATHING TENT CARD**
The inside of the card gives information about passive smoking damage to babies and why adults should protect children from unearned tobacco smoke. Scored ready to fold.

**SMOKEFREE BABY T-SHIRTS**
For baby aged 0-3 months, 100% cotton. The inside of the T-shirt gives information about smokefree baby and why adults should protect children from unearned tobacco smoke. Scored ready to fold.

**BABY BODY SUITS – WHITE**
For the newborn baby (age 0-3 months), 100% cotton. Printed with ‘Born Smokefree’ or ‘I’m a born non smoker’.

**NO SMOKING – BABY MOBILE**
Great as giveaways on stalls, in good bags and quiz lots. Nifty fresh way to help people to stay smokefree and fresh.

**MINTY FRESH SMOKEFREE FRESH BAG OF MINTS**
Great as giveaways on stalls, in good bags and quiz lots. Nifty fresh way to help people to stay smokefree and fresh.

**NO SMOKING STICKER SHEET**
A4 sheet contains 25 stickers. (+ VAT)

**POSTER STICKERS GENERAL**
A4 sheet contains 12 stickers. (+ VAT)

**SMOKEFREE SNAPFOOT PUZZLE**
Comes flat-packed and is made into a box. Each side has a reminder of the benefits of being smokefree in six different messages. Keeps hands busy. Each side has a reminder of the benefits of being smokefree in six different messages.

**ANIMAL STICKERS**
Stickers taken from popular ‘Animals’ poster. A selection of smokefree messages on an animal theme. E.g. Frog: “It will make you croak!”

**WASH FLANNEL – SMOKEFREE AND CLEAN**
White face flannel with ‘Smokefree’ message.

**QUIT KIT BAGS (PACK OF 10)**
Use the bag to create a personalised mix and match set tailored to the readiness of the smoker. Use on stalls, in smokefree events. ‘Quit Smoking’ on one side, ‘Smokefree/Quit smoking’ on the other. Comes with hanging clips and cord. Top prop in local news clippings.

**STRESS BALLS**
‘You’re Stronger Than They Are’. (+ VAT)

**CRUSH THE HABIT CIG PACK**
Eliminates 25 cigarettes. (+ VAT)

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Eliminates 25 cigarettes. (+ VAT)

**CRUSH THE HABIT CIG PACK**
Eliminates 25 cigarettes. (+ VAT)

**INFLATABLE CIGARETTE**
Measures 10cm x 7.5cm. (+ VAT)

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**INFLATABLE CIGARETTE**
Measures 10cm x 7.5cm. (+ VAT)
PROMOTIONAL ITEMS

ACRYLIC PLATFORM (23CM)  £6.95 (+VAT)
ORDER CODE 23CM HIGH, 5MM THICK ACRYLIC, 10CM DEEP, 20CM WIDE

ACRYLIC PLATFORM (15CM)  £5.95 (+VAT)
ORDER CODE 15CM HIGH, 5MM THICK ACRYLIC, 10CM DEEP, 20CM WIDE

Two different heights of stands are available.

DISPLAY STANDS

ACRYLIC HOLDERS AND DISPLAY STANDS

ACEHOLDERS & Display Stands

BALLOONS (PACKS OF 10)

M245 TAX DISC HOLDER  £0.60 (+VAT)
SMOKEFREE car Tax disc holder

SMOKEFREE HOMEpledge

M244 GOODY BAG  £5.00 (+VAT)
Contains a Smokefree Homes leaflet, Smokefree home Pledge, Smokefree car and home stickers, badge, colouring book, key ring and a selection of other goodies.

M243 MUG  £2.75 (+VAT)
SMOKEFREE HOMes MUg

HEAD MASSAGER  £1.95 (+VAT)
Does exactly what it says on the tin!

SMOKE FREE HOMES GOODY BAG  £5.00 (+VAT)
Contains a Smokefree homes leaflet, Smokefree Home Pledge, Smokefree car and home stickers, badge, colouring book, key ring and a selection of other goodies. £6.50 worth for just £5.00.

M241 TEDDY  £1.95 (+VAT)
SMOKEFREE HOME TEDDY 100% COTTON FLEECE 21 x 21 CM

SMOKEFREE HOMES ACTION PACK  £7.95 (+VAT)
Contains ideas for running Smokefree homes campaigns – ensuring that the message endures.

SMOKEFREE HOMES HUG  £4.95 (+VAT)

SMOKEFREE HOME pledging

SMOKE FREE HOMES MAGNETS  £0.40 (+VAT)
45MM DIAMETER

SMOKE FREE HOMES BADGES

SMOKE FREE HOMES DECAL

SMOKEFREE HOME STICKER  £0.25 (+VAT)
9CM DIAMETER

SMOKEFREE HOME STICKER

ACRYLIC DISPLAY STAND / PLATFORM

ACRYLIC DISPLAY STAND / PLATFORM

Two different heights of stands are available.

LEAFLET HOLDERS

LEAFLET HOLDERS

LEAFLET HOLDER (DL OR 1/3 A4)  £0.15 (+VAT)

LEAFLET HOLDER (A5)  £0.35 (+VAT)

LEAFLET HOLDER (A4)  £0.50 (+VAT)

BUSINESS CARD HOLDER 1  £0.50 (+VAT)

BUSINESS CARD HOLDER 2  £0.60 (+VAT)

SMOKEFREE CAR TAX DISC HOLDER  £0.40 (+VAT)

A useful visual reminder to all is the vehicle that the person wishes to protect from the harm of second hand smoke.

NO SMOKING DOOR MAT  £6.00 (+VAT)

A hard wearing rubber backed door mat with no smoking symbol. Fantastic value!

SMOKE FREE HOMES MAGNETS  £0.60 (+VAT)

NEW

NEW

NEW

NEW

NEW

www.gaspo.org.uk

www.gaspo.org.uk
“The young people were so up for it and the ‘replacement’ smoker campaign angle was seen as really interesting, refreshing and powerful.” Teacher at Beaumont Leys School.

The SmokeScreen campaign is “don’t become a ‘replacement’ smoker”. In the first 6 months from launch over 7,400 young people signed up and supported this message. Tobacco education resource focuses on the sophisticated networks that allow easy access to tobacco in order to recruit new young “replacement smokers”. For use in small groups, classrooms, large assemblies and brief interventions.

THE TOBACCO TRAP: THE HIDDEN COSTS OF DOING BUSINESS WITH THE TOBACCO INDUSTRY
RUNDOWN and 12 MINS with Tobacconist THE TOBACCO TRAP: 30.00 (+ VAT)

Excellent documentary looking at the true cost of tobacco in developing countries, with a focus on the mainstream tobacco companies who are not just selling tobacco, but developing markets for new young smokers, health authorities and Government representatives reveal how a farmer makes one dollar a day from growing tobacco while the tobacco industry makes a class 27 million dollars a day. Promotion, health warnings and political influence from the tobacco industry are covered. WHO’s Framework Convention presents some hope for the future. Ideal for student study and discussion.

THE SMOKESCREEN NEWSPAPER

Uses iconic imagery and design that young people instantly recognise. It highlights the influence of friends, big houses, smugglers and many more in creating a new generation of customers to replace those who quit or die from smoking. Each character is shown in a large hand drawn illustration over a double page with a characteristic quote and relevant fact.

THE SMOKESCREEN SIGN-UP CARD

Includes multi-site licence. Uses iconic imagery and design that young people instantly recognise. It highlights the influence of friends, big houses, smugglers and many more in creating a new generation of customers to replace those who quit or die from smoking. Each character is shown in a large hand drawn illustration over a double page with a characteristic quote and relevant fact.

THE SMOKESCREEN DELIVERY GUIDE DVD

Provides an easy entry level format for effective communication of the messages in a structured group or assembly. The DVD training guide provides a more in-depth analysis of the key messages and serves as a useful guide for those who feel that tobacco control in schools needs to be taken further.

THE INSIDER

A comprehensive guide to staying alive. The film traces a 23 year journey. This American documentary film graphically shows a group of young smokers exactly what smoking can do. Both short term and long term health damage from smoking is graphically demonstrated to young smokers. These include an autopsy and smokers who have lost body parts due to smoking related cancers. Dramatic facts on a feel of Shocking info. A really useful guide for young people and any group as a discussion starter.

SMOKING OUT THE TRUTH: TEENS AND TOBACCO

A myth busting programme about the long and short term effects of smoking. Students - both smokers and non-smokers - present the evidence about tobacco to their peers in the form of films, public interviews and research facts. Covers health, appearance, energy, performance and peer pressure. A great resource to help a smoker to prepare for stopping smoking. These films can be added to with your own tips and those of successful ex-smokers. Suitable for ages 14-19.

QUIT – CHANNEL 4

A fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.

NO SMOKING – NO BUTTS (WITH ACTIVITY PACK)

An hour long film that uses taboos and humour to show the wide range of costs of doing business with the tobacco industry. Designed to be used as a stand-alone film or as part of a day of activity focusing on the problem of youth smoking. It can be used in small groups, for student study or discussion.

TRUTH OR DARE

A short and sharp film. To discourage tobacco use, this film will appeal to teenagers’ natural sense of humour and curiosity. Eight students from different parts of the country have been interviewed and their answers to basic questions about tobacco are juxtaposed with comparisons of these answers to the research facts. Covers appearance, health, energy, performance, peer pressure and information with American statistics. Suitable for ages 14-19.

QUIT TIPS

Uses icons that young people instantly recognise. It highlights the influence of friends, big houses, smugglers and many more in creating a new generation of customers to replace those who quit or die from smoking. Each character is shown in a large hand drawn illustration over a double page with a characteristic quote and relevant fact.

MONMOUTHSHIRE YOUTH SERVICE

NO sMOkiNg – NO bUTts

Suitable for ages 14-19.

WV42 TEENS AND TOBACCO SINGLE (DVD) £29.95 (+ VAT)

Suitable for 13 – 18 years. This American documentary is a fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.

WV41 THE TOBACCO TRAP: THE HIDDEN COSTS OF DOING BUSINESS WITH THE TOBACCO INDUSTRY

RUN TIME 34 MINUTES

Excellent documentary looking at the true cost of tobacco in developing countries, with a focus on the mainstream tobacco companies who are not just selling tobacco, but developing markets for new young smokers, health authorities and Government representatives reveal how a farmer makes one dollar a day from growing tobacco while the tobacco industry makes a class 27 million dollars a day. Promotion, health warnings and political influence from the tobacco industry are covered. WHO’s Framework Convention presents some hope for the future. Ideal for student study and discussion.

WV38 KICK IT – DVD £15.00 (+ VAT)

A fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.

WV37 KICK IT – DVD £15.00 (+ VAT)

A fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.

WV36 KICK IT – DVD £15.00 (+ VAT)

A fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.

WV35 KICK IT – DVD £15.00 (+ VAT)

A fast moving and funny film made by the Monmouthshire Youth Service. Hard hitting visuals and witty characters make the surreal delivery of this programme stand out. Featuring Winner Screen Top Teen, TeeNS aNd TOBaccO. Suitable for young people.
SMOKEOUT DOWNLOAD SET £15.00

This popular activity pack for teachers and smokers includes 10 photocopiable activity sheets in over 100 pages. The activities are fun and help with art, drama and writing projects, discussion topics, games, surveys and quizzes. They cover a range of issues including policies around tobacco and smoking, harm reduction, the impact of smoking and the public health and policy initiatives. A useful comparison chart of different types of oral tobacco products and shisha used by some minority groups. It gives practical advice for smoking cessation from experts and includes a day by day step by step instructions.

PUBLIC HEALTH ADVOCACY AND TOBACCO CONTROL

WEBSITE AND TRUSTED CONTROL

A manual for all tobacco control advocates.

MANUAL OF SMOKING CESSATION – A GUIDE FOR PRACTITIONERS

A practical guide for everyone working in smoking cessation. It includes step-by-step instructions to assist smokers to quit and how to set up effective local smoking cessation services. It is aimed at the specific problems of helping young people and young women. It discusses approaches to harm reduction, the economic impact of smoking and the public health and policy initiatives.

To order please call: 020 7306 9300 or email: order@gasp.org.uk

Additional resources

CARS AND HOMES: SMOKEFRE ZONE ART MANUAL

WEBSITE (GAS/P Website) £10.00

The manual can be bought separately and used for art workshops.

EXTRA COLOURING SHEETS (pack of 50 with a theme of 3 designs)

WEBSITE (GAS/P Website) £10.00

These leaflets are packed with powerful messages to make smoking a thing of the past. Introduces children to 6 smokefree friends. Each sheet is a fun and educational activity to promote healthy lifestyles.
DIABETES AND SMOKING

THE MESSAGE THAT SMOKING IS BAD FOR HEALTH IS MADE EVEN MORE URGENT FOR PEOPLE WITH DIABETES. IT GIVES KEY FACTS ABOUT DIABETES AND SUGAR METABOLISM THAT CAN HELP SMOokers UNDERSTAND THE IMPORTANCE OF STOPPING.

TIME TO QUIT—AGAIN: FOR EX-SMOKERS WHO RELAPSE AND WANT TO QUIT AGAIN

WHEN YOU BECOME A SMOKER AGAIN.

WHY NOT QUIT NOW?

A GUIDE TO WHAT’S AVAILABLE TO HELP SMOKERS STOP SMOKING.

WE CAN HELP YOU QUIT...

WHAT HAPPENS TO YOUR BODY WHEN YOU STOP SMOKING

WHEN YOU STOP SMOKING.

WHEN SMOKERS QUIT.

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**WHAT’S IN TOBACCO SMOKING?**

A cigarette is like a mini-chemical factory pumping out 4000 chemicals with every puff. This fold out fact sheet presents an illustrated guide to all you have ever wanted to know about toxins in tobacco smoke - where they come from, what damage they do to the body on the way in and on the way out. Looks at some of the better known chemicals such as tar, carbon monoxide and nicotine as well as some of the more exotic ones such as acrylamide, formaldehyde, acrylonitrile, heptanes and the curious. Use with What’s in Tobacco Smoke display, page 13.

**10 TOP REASONS TO STOP SMOKING**

**SUITABLE FOR 11-18 YEAR OLDS**

1. **Total of young people**
This bright, colourful, four-page outline of 10 top reasons for not starting to smoke. These include environment, cost, pollution and smoking in public. It is simple enough for a child who can’t read to understand. Suitable for schools and teachers to use with their pupils.

**LEARNING TO STAY STOPPED**

A4, 8 PAGE FOLD OUT FACT SHEET

Information aimed at children and young people aged 10-16 about stopping smoking and keeping off cigarettes. It explains the benefits of quitting and describes what help is available to help young people who want to stop smoking.

**COPIING WITH STRESS WITHOUT CIGARETTES**

**A4, 8 PAGE LEAFLET PACK OF 25 LEAFLETS**

Stress is a reason given by many people who relapse after quitting smoking. Yet smoking doesn’t actually release stress. It masks the effects of stress and it makes us feel better by releasing endorphins. But as endorphins wear off we experience the acute stress and how to control stress in everyday life.

**FOR REAL – THE TRUTH ABOUT TOBACCO AND SMOKING**

**A4, 2 PAGE LEAFLET PACK OF 25 LEAFLETS**

For real! Tells it like it is about smoking. For Real has the truth about the deadly mix in tobacco smoke, lung damage, cancer and how smoking makes you a Dog Breath Dan and Fag Ah Lo. It has quotes giving reasons why many young people don’t start smoking and asks if they are the people those who have started but want to stop. Suitable for 11-18 year olds.

**PARENTS’ GUIDE TO STOPPING SMOKING**

**A4, 8 PAGE LEAFLET PACK OF 25 LEAFLETS**

Being a parent can be the turning point in deciding to quit. It outlines the reasons for stopping smoking for parents, grandparents or parents to be. These include health, longer life, fitness and energy to face with children a whole new family for the future, getting a good example and protecting children from second hand smoke. There is a step by step quit plan and contacts numbers for help with stopping.

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Frightening Facts About Smoking
6 x A4 BROCHURE PK OF 25 LEAFLETS
LS140 QUIT FACTS – a5
Over 50 scary statistics, facts and figures about tobacco’s terrible toll. Facts range from deaths, disease and damage smoking causes to the world and its people. Worldwide and UK figures include tobacco industry profits, cost to the economy, pollution and pollution. Great for quizzes and quick referencing. Time to say ‘NO’ to tobacco!

A Closer Look at Smoking: Facts About Smoking & Health
6 x A5 LEAFLET PK OF 25 LEAFLETS
LS40 QUIT FACTS – 30 x 21
Useful for smokers and smokers. This booklet gives a tour of the body, explaining short and long-term health damage caused by smoking. It helps to increase motivation and knowledge for smokers and offers practical help and advice to help them make the decision to quit – one day! Reasons why you think smoking makes you look good, look closer.

Secondhand Smoke: The Facts About Passive Smoking
6 x A6 LEAFLET PK OF 25 LEAFLETS
LS180 SECONDHAND SMOKE – A5
Gives an overview of the long and short term health effects of passive smoking. The leaflet explains UK laws currently being updated. – more available online!

Secondhand Smoke: The Facts
2012 version available shortly.

Smoke Outside
6 x A5 LEAFLET PK OF 25 LEAFLETS
LS125 SMOKE OUTSIDE – A5
Adapted from the 2011 Smokefree South West campaign, Smoke Outside provides information on the impact of secondhand smoke. It focuses on the danger of smoking in the home and the damage inhaled smoke does to people’s clothes, carpets and toys long after the smoke has gone. Tools from outside smokers give tips on how to keep the health of families and in particular children with their developing immune system.

Tips to Help You Quit (ILLUSTRATED)
6 x A5 LEAFLET PK OF 25 LEAFLETS
LS70 STOP SMOKING – A5
A simple illustrated step by step guide to quitting. Using few words and pages, it guides smokers through a one day, seeing for help, drinking lots of water, physical activity, buying ‘no smoking’ signs, creating a plan for each day, thinking about the ‘good’ things you are giving up and making plans for ‘good’ things to do, giving 6 tips for ‘good’ things to do.

Cigars and Health – The Facts
4 x A5 LEAFLET PK OF 25 LEAFLETS
LS160 CIGARS – A5
Presents evidence about the risks of cigar smoke, which is heavier than inhaled cigarette smoke and has a stronger, more potent, more harmful. Cigar smoke is less harmful!
LEAFLETS – more available online!

TOBACCO FACT SHEETS
£4.00 (per pack)
A set of 5 glossy, full colour. All fact sheets about tobacco (packed in folder) for use in classroom projects or displays about tobacco.

• Health effects of smoking
• Tobacco and the environment
• The effects of passive hand smoke
• What’s in tobacco smoke
• Tobacco laws and policies (updated 2009)

The pack of five fact sheets includes:

- A set of 5 glossy, full colour, A4 fact sheets about the health effects of smoking. It describes what one cigarette does to the body, a summary of the health effects of smoking.
- A pack of 20 bookmarks can provide an ongoing reminder of the benefits of living smokefree.
- The pack of 20 bookmarks (Packs of 20)

SMOKING + HEALTH LEAFLET PACK
£4.00 (per pack)

• 10x L66 Hang in there
• 10x L19 Easier ways
• 10x L78 Time to quit
• 10x L80 Can quit handy guide
• 10x L20 Without gaining weight

WOMEN AND PREGNANCY LEAFLET PACK
£4.00 (per pack)

• 10x L97 Pregnancy
• 10x L32 Blooming
• 10x L8 Women
• 10x L28 Cigars

QUIT SMOKING LEAFLET PACK
£4.00 (per pack)

• 10x L78 Time to quit
• 10x L66 50 Tips to help you quit
• 10x L20 Without gaining weight
• 10x L80 Can quit handy guide
• 10x L75 Staying stopped
• 10x L76 Can’t quit. Won’t quit
• 10x L73 Easier ways
• 10x L65 Hang in there
• 10x L67 Coping with stress
• 10x L58 When you stop

QUIT SMOKING BOOKMARK PACK
£4.00 (per pack)

• 4 x M021 Bookmark: Reasons to Quit
• 4 x M021 Bookmark: Smokefree Homes
• 4 x M018 Bookmark: Coping with stress
• 4 x M064 Bookmark: Staying Stopped
• 4 x N0210 Bookmark: Every Cigarette

BOOKMARKS (PACKS OF 20)
20 designs printed both sides on glass card. Based on a selection of our best selling leaflets, these sturdy and informative bookmarks provide an ongoing reminder of the benefits of living smokefree.

ORDER CODE
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• 4 x M188 Bookmark: Kills Your Looks
• 4 x M25 Bookmark: Ten Top Reasons
• 4 x M211 Bookmark: Reasons to Quit
• 4 x M210 Bookmark: Every Cigarette

BOOKMARKS (PACKS OF 20)

• 4 x M64 Bookmark: Staying Stopped
• 4 x M66 A-Z Diseases
• 4 x M65 Bookmark: Pregnant
• 4 x M171 SMOKEFREE HOMES
• 4 x M1174 Bookmark: Smokefree Homes

LOOKING CLOSER AT SMOKING
£22.95 (per pack)

• 10x L67 Coping with stress
• 10x L66 Hang in there
• 10x L19 Easier ways
• 10x L33 Can’t quit.Won’t quit
• 10x L15 Staying stopped

LP02 QUIT SMOKING
£22.95 (per pack)

• 10x L84 joking about smoking
• 10x L83 What’s in tobacco smoke
• 10x L76 Cigars
• 10x L4 Secondhand Smoke
• 10x L74 Cannabis

LP03 SMOKING + HEALTH
£22.95 (per pack)

• 10x L29 No better Time
• 10x L24 After Pregnancy
• 10x L32 Blooming
• 10x L8 Women
• 10x L15 Impotence

LP04 WOMEN / PREGNANCY
£11.50 (per pack)

• 10x L28 Cigars
• 10x L4 Secondhand Smoke
• 10x L74 Cannabis
• 10x L17 Closer Look
• 10x L14 Impotence

WOMEN and PREGNANCY

• 10x L8 Women
• 10x L15 Staying stopped
• 10x L80 Can quit handy guide
• 10x L20 Without gaining weight

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• 4 x M188 Bookmark: Kills Your Looks
• 4 x M211 Bookmark: Reasons to Quit
• 4 x M210 Bookmark: Every Cigarette

WOMEN AND PREGNANCY

• 4 x M186 BOOKMARK: COPING WITH STRESS WITHOUT A CIGARETTE
• 4 x M25 Bookmark: Ten Top Reasons
• 4 x M211 Bookmark: Reasons to Quit
• 4 x M210 Bookmark: Every Cigarette

ORDER CODE
WOMeN aNd PregNaNcy
FACT FILES A5 handouts on interest of smoking and health.

**ROLL YOUR OWN**

An A2 list of the chemicals found in tobacco. Smoking for poppers, ointments, etc. Also shows how increased rates of lung cancer are often false. Gogs have higher rates of stay cancer in their far cured.

**PIPPITE SMOKING AND HEALTH**

A comprehensive list of all the dangers and health problems caused by smoking including short and long term effects.

**PETES AND PASSIVE SMOKING**

A concise guide to the history and health risks of smoking on physical fitness.

**ALSO IN WELSH**

**Mental Health and Smoking**

An A2 poster. This helps to make a smoker quit. Stress then suggests how activity can be built into the everyday routine.

**Handle Stress**

A complete list of all the dangers and health problems caused by smoking including short and long term effects.

**Pipe Smoking and Health**

A complete guide to the health risks of smoking on physical fitness.

**Power and Poverty**

A popular guide to the effects of smoking on the respiratory system.

**Reasons to smoke and quit**

A good reminder of the cocktail of reasons for these high risks and is not suitable for those who are not a part of good health.

**Smoking and Babies & Children**

A comprehensive list of all the dangers and health problems caused by smoking including short and long term effects.

**Love Your Lungs**

A concise guide to the history and health risks of smoking on physical fitness.

**Cigarette Butts**

A concise guide to the history and health risks of smoking on physical fitness.

**Smoking and Babies & Children**

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### ORDERING IS EASY...

1. **COMPLETE AN ORDER:**
   Using a purchase order, GASP order form, e-mail or website. Put the order code and quantity of each item. Add your invoice, delivery and contact details.
   
   Minimum order value is £10.

2. **CALCULATE THE CARRIAGE CHARGE:**
   - **Mainland Britain:** see table on the order form. Carriage (or P&D) incurs VAT.
   - **International destinations:** Shipping costs to international destinations and non-mainland UK (e.g. N. Ireland, Shetlands) and Highlands are £10 for orders less than £100. For orders more than £100 the cost will be 15% of your total order value.

3. **FAX, E-MAIL, SEND VIA THE WEB OR POST YOUR ORDER:**
   - See details above.

4. **DELIVERY, INVOICING, AND PAYMENT:**
   - **Delivery:** Contact GASP if your order is not received within 14 days. We will inform you if items are out of stock.
   - **Payment:** You can pay by cheque (payable to GASP), credit or debit card or BACS. New and international clients will be sent a pro-forma invoice which must be paid in full before the order is despatched.

### NOTES

**DISCOUNT:** Discounts are applied automatically and shown in the invoice. We offer a two-tier discount system. Discounts are applied to the value of the order before the addition of carriage and VAT.

- **Orders over £300:** 5% discount
- **Orders over £1200:** 10% discount

**VAT:** All prices shown are VAT exclusive. Items subject to VAT are identified with (+VAT) after the price. VAT is detailed in the invoice.

**VAT Exemption:** Customers in EC member states MUST provide a VAT number to forgo UK VAT charges. Other VAT exempt purchases must include an exemption certificate.

**Dollar and Euro:** For notes about dollars and euro orders see page 2.

**Questions?** Call GASP: 0117 955 0101 or e-mail: gasp@gasp.org.uk

### URGENT ORDERS:
We can send urgent orders within 3 days of receipt of order if goods are in stock. There is a £5 surcharge for orders under £100 and £10 surcharge for orders over £100. Add the date required and the surcharge to the order.

**Date required:** .... / .... / ....

**March orders:** Order early to avoid disappointment.

### GASP terms & conditions:
Can be viewed on our website: www.gasp.org.uk/terms.htm

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### PAYMENT INFORMATION

- **Invoice**
  - P.O. #
  - Person placing order:

- **Payment enclosed, payable to GASP**

- **Credit or Debit card (except AMEX)**
  - Cardholder name:
  - Card number:
  - Expiry date
  - Security code
  - Issue no.
  - Signature

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### ORDER FORM

**PLEASE PHOTOCOPY**

**PLEASE COMPLETE THIS SECTION**

**PAYMENT INFORMATION**

- **Invoice**
- **P.O. #**
- **Person placing order:**

- **Payment enclosed, payable to GASP**

- **Credit or Debit card (except AMEX)**
  - Cardholder name:
  - Card number:
  - Expiry date
  - Security code
  - Issue no.
  - Signature

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### INVOICE DETAILS:

**Name**

**Organisation**

**Address**

**Postcode**

**Telephone**

### DELIVER TO:

**Name**

**Organisation**

**Address**

**Postcode**

**Telephone**

**E-mail**

**Do you know anyone who would like a copy of the catalogue?**

- **Name**
- **Address**

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### PACKING & DELIVERY

**Order Value**

- **P&D – UK Mainland**
  - £10 – £15
  - £16 – £50
  - £51 – £100
  - £101 – £300
  - £301 – £1000
  - £1001 +

**Where appropriate**

- **Urgent Orders**

**Sub total for VAT calculation**

- **VAT**

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**Non-VAT Products**

**Total VAT Products**

**TOTAL ORDER**

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**Sub Totals**

- **Less Discounts**

- **Plus** P&D – UK Mainland

- **Plus** Urgent Orders

- **Plus** Packing & Delivery

**Plus** Non-VAT Products

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**Dollar and Euro**

- For notes about dollars and euro orders see page 2.

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