**Contents of No Smoking Resource Packs for Communities**

8-10 Healthy Heart Smoke Free Stress Ball (fidget toy, to keep hands busy and help relieve smokers, before and after stopping, through the urges to smoke)

Smoker's Tar Display PanelA4 Stop Smoking Stickers

Quit Planner

Fresh Breath Kit x5

Tobacco Clever Catch Ball

Smoking Blocks Your Blood Vessels

Healthy Heart Stress Ball

**Leaflets:**

Quit & Get Fit

Stop Smoking? Here’s How

101 reasons not to smoke today

50 blooming good reasons

Smoking Kills Your Looks

No Nicotine’s

50 tips to help you quit

Stop smoking without gaining weight

Ten top reasons to stay smoke free

Coping with stress without cigarettes

Effects of smoking

Quit Day Kit x20

Tar From A Single Cigarette

What’s In Tobacco Smoke

Smoking & Your Mouth

**Bookmarks:**

Quit Smoking Variety Pack

**Posters:**

What’s in Cigarette Smoke?

A packet of cigarettes a day costs as much as...

Smokers Tar

*All items are subject to availability from the Gasp Website. If any are out of stock, substitute items will be provided.*