Dementia Awareness in Hartlepool
Hartlepool Borough Council's Public Health Department are delighted to be part of a partnership that has received formal recognition from the Alzheimer's Society which acknowledges that partners are working towards creating a Dementia Friendly Hartlepool.

A steering group has been established comprising a wide range of partners and organisations, who have put together a programme of activities to increase awareness of dementia, and to gain further commitment to becoming a Dementia Friendly town.

Being a Dementia Friendly town is about recognising that people with dementia want to carry on living their lives well. It requires businesses, community organisations and statutory agencies to think of the person first, as a citizen in their own right, but with particular needs because of their dementia. It is not easy to become a Dementia Friendly town – it requires a huge commitment from a wide range of people and organisations.

To celebrate the recognition by the Alzheimer's Society, a range of activities took place in Hartlepool to mark National Dementia Awareness Week from 18-22 May, centered around the Central Library and 'The Bridge' at the Gemini Centre on Villiers Street, which officially opened on 14 May 2015.

Pictured above left are Ann and Rachel, both occupational therapists and Abbie, an occupational therapy student, all from Tees, Esk and Wear Valley NHS Foundation Trust, with their display in Hartlepool’s Central Library during Dementia Awareness Week. The centre photo is Joanne Blackwood Service Manager, Hospital of God in the Community and Michael Poole, Chair of Trustees, officially opening the The Bridge. The Dementia Friends life size cut out is in situ in the foyer of The Bridge and shows a statement about the importance of support and friendship to a person with dementia.

The Bridge is a new walk-in service run by the Hospital of God in Greatham, providing advice and support for people in Hartlepool who have dementia or who are caring for someone with dementia.
From The Bridge you can access:

- Day care centre at Heather Grove
- Memory cafes for informal social support
- Advice and information about dementia
- Community Pastimes
- Home from Hospital rehabilitation support

Could you be a Dementia Friend?
Dementia Friends is an Alzheimer’s Society led initiative, funded by the Department of Health and Cabinet Office. It aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia and is part of the Prime Minister's Challenge on Dementia.

A Dementia Friend is someone who has attended a one hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts – from helping someone to find the right bus to spreading the word about dementia on social media.

Dementia Friends Champions are trained volunteers who encourage their family, friends, colleagues and local community to understand a little bit more about dementia, what it’s like to live with dementia and then turn that understanding into action.

For details of free face-to-face training and e-learning, or for further information about becoming a Dementia Champion or a Dementia Friend, visit http://www.dementiafriends.org.uk/.

World No Tobacco Day highlights illegal trade
From hidden holes above light fittings to secret drawers and hollow doors - these are some of the concealed compartments that have been used to store illegal tobacco across the North East.

Concerted action against illegal tobacco dealers by enforcement teams during 2014 as part of the ongoing nationwide “Operation Henry” led to the seizure of over 65,000 cigarettes in the North East.

These images have been released in time for World No Tobacco Day (31 May) which this year is highlighting the problems of illegal tobacco in making it easier for children to smoke, bringing crime into communities and keeping smokers hooked.

The World Health Organisation which co-ordinates World No Tobacco Day is also highlighting how the tobacco industry has been involved in the smuggling of its own products, resulting in multinationals paying massive fines around the world. Both the tobacco industry and organised criminal groups are among those who profit from the illegal tobacco trade, leaving the public to pay the health and security costs.

Using sniffer dogs, trading standards teams joined up with Cleveland, Durham and Northumbria Constabularies, HMRC, the North East Trading Standards Association and Scambusters to target sales and gain intelligence about supply and distribution.

Out of 45 shops visited in the North East between April and September 2014, 12 were found to have tobacco hidden in store. In total, teams seized over 65,000 sticks, 235kg of hand rolling tobacco, 1.8kg of raw tobacco and 5kg of shisha.

Nationwide, the biggest amount seized was non UK duty-paid cigarettes followed by foreign brands such as Jin Ling and hand rolling tobacco. The total value of the seized tobacco products was £753,499.

Howard Turton, Regional Enforcement Manager with Scambusters, said: “While the vast majority of shopkeepers are law abiding, it is a worry that some are finding ingenious ways of hiding the tobacco in concealed compartments. Sniffer dog activity is incredibly effective at finding it, wherever it is hidden.
"We would urge anyone with any knowledge about where illegal tobacco is being sold - whether it is a shop, pub or cigarette house – to pass on information to local trading standards or the HMRC hotline. It might stop your child or someone else’s child getting hooked on smoking."

Lisa Surtees, Acting Director of Fresh, said: "All smoking kills but illegal tobacco helps make it easier for children to buy tobacco and keeps people hooked on a habit addiction that kills over 5000 people in our region every year."

Louise Wallace, Director of Public Health at Hartlepool Borough Council, said: “Illegal tobacco products can hook young people into tobacco experimentation and use because they are often more affordable and rarely display the correct health warnings.

"It is important to remember that all tobacco - whether it was bought from an illegal or legal source, is harmful and one in two long-term tobacco users will die early as a result of smoking."

The latest intelligence in the North East suggests the illegal tobacco market to be 9% of the total tobacco market compared to 15% in 2009, with less than one in five smokers buying illegal tobacco compared to one in four in 2009. Fresh helped found the national Tackling Illicit Tobacco for Better Health Partnership, working with local authorities, HMRC, police, trading standards and the NHS to reduce supply and demand.

Money for the Operation Henry activity came from the Department of Health and the activity was co-ordinated by the Trading Standards Institute (TSI). The councils taking part were Darlington, Durham, Gateshead, Hartlepool, Middlesbrough, Newcastle, North Tyneside, Northumberland and South Tyneside.

Surveys in the North East have found the main sources where smokers buy illegal tobacco are private addresses, pubs and clubs and shops. Street hawkers, car boot sales and mobile food vans are other sources.

Anyone with information about illegal tobacco can contact local trading standards or the HMRC Customs Hotline on 0800 595 000.

The very successful, award-winning campaign from Fresh NE – Don’t be the 1 will be re-launched on TV for three weeks from the start of June.

While it is easy to dismiss the personal health risks of smoking, the Don’t be the 1 campaign aims to engage with smokers to make people think more about the consequences of smoking on the people they love and who worry about them, as well as re-evaluating the true odds they face unless they quit. The campaign conveys the harm of smoking, but it also carries a strong hope element - urging people to take positive steps to quit through local NHS support and online quitting tools from Public Health England.

The key messages are:

- One in two long term smokers will die from a smoking related disease - some of them in their 40s. How would your family cope if you were the one?
- Half of these deaths are in middle age, in smokers in their 40s, 50s and 60s.
- It’s never too late to quit smoking. If you quit you reduce the risks and stand more chance of being around longer for the people you love.
- Get help and advice at Don’tBeThe1.tv where you can find details of friendly, local NHS stop smoking support and/or download the free smartphone app, order the Quit Kit, email or text support.
- Even “lighter smoking” of 1-4 cigarettes a day carries a much higher risk of lung cancer and heart disease than not smoking.
- Electronic cigarettes are now thought to carry an estimated 5% of the risk of tobacco. It is never safer to smoke tobacco.
Defibrillator access for Hartlepool communities

Thanks to Public Health funds from Hartlepool Borough Council, the first phase of work is almost complete to install community Public Access Defibrillators (cPAD) at key locations across the Hartlepool Authority.

The project aims to boost survival rates from sudden cardiac arrest by improving awareness of ‘bystander’ CPR (cardio-pulmonary resuscitation), and when necessary, utilising a defibrillator at the earliest opportunity in the event of an emergency situation.

Recent evidence suggests that public access defibrillation is almost 10 times more effective in saving lives than Community First Responder schemes alone, and every minute without CPR and defibrillation reduces a person’s chance of survival by 10%.

Community ‘Defib’ units, which can be accessed, if needed, by anyone calling ‘999’ in an emergency situation, 24 hours a day 7 days a week, are now in place at:

- Hartlepool Civic Centre, Victoria Road, TS24 8AY
- The Spotted Cow Pub, 31 The Green, Elwick Village, TS27 3EF
- Hart Village Hall, Front Street, Hartlepool, TS27 3AW
- Greatham Community Centre, Front Street, Greatham, TS25 2ES

Additional ‘static’ defib units are also in place at the following Council buildings. These are not accessible to the public 24/7, but are on-site and available if needed, when the buildings are open and in use:

- Mill House Leisure Centre
- Brierton Sports Centre
- Headland Sports Hall and Borough Hall
- Grayfields Sports Pavilion
- Summerhill Visitors Centre
- Carlton Outdoor Education Centre

No specialist training is required for anyone using a defibrillator in an emergency situation, however basic training and awareness sessions will be provided by the North East Ambulance Service (NEAS) in the future, so that local staff and community members are familiar with the locations and confident in how to use the defib equipment in an emergency.

Information regarding the training sessions will be circulated through Council communication channels and via local press very soon.

Further funding has been secured for a second phase roll-out of the project in partnership with the ‘Defibs for Hartlepool Charity’, which will target cPAD sites at Dalton Piercy, Seaton Carew promenade and Hartlepool Maritime Experience, as well as schools, community centres, libraries and workplaces.

Further information can be provided by contacting Steven Carter, Health Improvement Specialist via 01429 523583 or email steven.carter@hartlepool.gov.uk

Pictured above are Christopher Akers-Belcher, leader of HBC with Mark Rycraft, Manager of Middleton Grange Shopping Centre, and Adele Young, Community Resuscitation Co-ordinator from NEAS, with one of the newly installed defibrillators.
Hartlepool’s food hygiene performance is praised following Which? investigation

In its March 2015 issue, Which? Magazine ranked all 398 local authorities in the UK on a range of food hygiene measures. Hartlepool was placed fifth best, to the delight of civic chiefs.

Which? based its rankings on data from the 2013/14 Local Authority Enforcement Monitoring System (LAEMS) hygiene database collected by the Food Standards Agency (FSA). Three criteria were used:

- The proportion of premises ranked as high or medium risk in a local authority that were compliant with food hygiene requirements
- The percentage of premises that had been rated for risk
- The proportion of inspections and other follow ups that were carried out by local authority inspectors.

Sylvia Pinkney, Head of Public Protection said “Ensuring the highest possible standards of food hygiene in premises across the town is a very high priority for the Council and it’s very reassuring to be placed 5th top in a league table of 398 councils.”

She added “During 2014/15 we have achieved 100% of our planned food hygiene and food standards inspection programme and compliance levels have remained high. We have achieved this by working closely with food business operators to assist them to comply with legal requirements and best practice. We operate the national food hygiene rating scheme and it is very pleasing to note that 96.1% of premises inspected received a food hygiene rating of ‘3’ (Generally Satisfactory) and above, with 68.3% achieving the top rating of ‘5’ (Very Good).”

Food business’ hygiene ratings are published online at www.food.gov.uk/ratings

Join the Chicken Challenge and let’s halve Campylobacter food poisoning

We are a society of chicken eaters. We love it. It is healthy, versatile food and it brings us all together around the table for Sunday lunch and around the barbecue on sunny afternoons.

In a recent Food Standards Agency (FSA) poll almost three quarters (73%) of us said we eat chicken every week. Also nearly three quarters (72%) of 16-24 year olds and over half of all those aged over 25 (52%) agreed that chicken was their favourite meat.

But there’s just one thing we don’t love about it. Chicken can cause food poisoning. The FSA estimate that about 280,000 cases of food poisoning a year can be traced to Campylobacter - a germ found mostly on raw chicken. You can’t see it, smell it or even taste it on food, but if it affects you, you won’t forget it. At its worst, campylobacter can kill or paralyse you.

Campylobacter food poisoning usually develops a few days after eating contaminated food and leads to symptoms that include abdominal pain, severe diarrhoea, sometimes vomiting and in severe cases it can have longer lasting effects. Those most at risk are children and older people.

The FSA wants to cut the number of cases of campylobacter poisoning in half by the end of 2015. It could mean that over a hundred thousand fewer people would get sick next year. If everyone does their bit including industry and consumers this can happen. Pledging to take the Chicken Challenge and to do at least one thing to help keep our tummies safe and healthy will make a huge difference in helping to achieve this goal.
Together with the FSA, Hartlepool Borough Council’s Public Protection team is asking you to step up to the plate and promise to:

- Bag and store raw chicken separately from other food, covered and chilled on the bottom shelf of the fridge
- Not to wash raw chicken as it splashes germs
- Wash everything that’s touched raw chicken in soap and hot water – your hands and utensils
- Check chicken is cooked properly - no pink meat, steaming hot and the juices run clear

To take the pledge and the chance to win some amazing prizes, why not visit the website: [www.food.gov.uk/chickenchallenge](http://www.food.gov.uk/chickenchallenge)

**Kitchen Check**

Take the Kitchen Check quiz [here](http://www.food.gov.uk/chickenchallenge) to find out if your hygiene habits mean you’re cooking up a storm, or if they’re putting you in hot water. Go through each cooking stage and tick all of the actions that best describe your kitchen habits, then check out the result at the end.

---

**Walking your way to fitness**

May was Living Streets National Walking Month where people all over the country were encouraged to get out and walk more. The benefits of walking are huge to both mental and physical health, to people’s purses and to the environment.

Events happened all over Hartlepool to celebrate walking and the national charity’s Walk to Work Week, which took place from 11-15 May, proved especially popular. Thank you to all of our staff who took part.

During the five day period, Hartlepool logged a fantastic 329 miles for the Workplace Challenge that Living Streets was running and as a workplace we (HBC) logged a whopping 260 of the total miles walked in Hartlepool.

A particular highlight came on Tuesday 12 May, when we stood at second place in the workplaces challenge leaderboard. Well done everyone! Another highlight, was of course, the Living Streets Walk Doctor event that we hosted. Hope you all enjoyed the week and keep on walking!

---

**23½ hours**

**What’s the single best thing we can do for our health?**

For those of you who haven’t seen this before, click on the website link below to find a very interesting YouTube clip about the benefits of physical activity.

Narrated by Dr Mike Evans, 23½ hours is a short video on the benefit physical activity can have on our health and wellbeing.

Dr Mike Evans is founder of the Health Design Lab at the Li Ka Shing Knowledge Institute, an Associate Professor of Family Medicine and Public Health at the University of Toronto, and a staff physician at St Michael’s Hospital, Toronto.

Though 9 minutes long, it is well worth a look!

[http://www.paha.org.uk/Feature/23.5-hours](http://www.paha.org.uk/Feature/23.5-hours)
Beginner Pilates class
Due to popular demand a new beginner Pilates class is due to start soon at Summerhill Centre.

Participants in the current class have enjoyed it so much and have been so impressed with their wellbeing that the staff have asked for some feedback. This is what they had to say:

“Pilates is for all, no matter what age, size or ability”

“Wonderful! Made new friends. Excellent Tutor. Now able to run around with my 6 year old grandsons. Mentally and physically relaxing. Cheers me up!”

“Pilates is a great way to develop core strength and flexibility in a lovely relaxing environment. The instructor tailors exercises to everyone’s individual needs”

“Now able to touch toes! Subtle body changes. Fun and supportive. Great instruction”

The next 6-week course starts on 8 June 2015 12.00 noon -1.00 pm at Summerhill Centre. The cost is £18.00.

Booking is essential - call early to avoid disappointment

Telephone 01429 -284584

Pictured left: Some of the ladies enjoying the Pilates class

Free School Uniform
First Contact and Support Hub has a free school uniform recycling scheme with a range of good quality clothing in different colours and sizes. This includes primary and secondary school uniform for both boys and girls.

If you would like to access the scheme please contact the First Contact and Support Hub on (01429) 284284.

‘HART’ Hartlepool Action Recovery Team
In the April Newsletter we reported that we now have a new Drug & Alcohol Treatment Provider in Hartlepool. This service is delivered by Lifeline and Addaction under the umbrella of ‘HART’ (Hartlepool Action Recovery Team).

This is a new integrated model that includes; Care Co-ordination support for each client; a range of Psychosocial Interventions to support movement through treatment; targeted support for young people and families; targeted support for individuals within the Criminal Justice System and a wide range of recovery activities and groups.

All of the above services are delivered from 4 central buildings, Whitby Street, The Willows, Bank Chambers and 44 Victoria Road, with all referrals for any drug or alcohol issues going initially to Whitby Street on 01429 285000, where individuals will be assessed and led into the most appropriate team to deal with their issues.

For any further enquiries please contact Implementation Manager Peter Kelsey on 07912308740 or email peter.kelsey@lifeline.org.uk
Campaigns and new resources

1-30 June 2015 – Child Safety Week
Child Safety Week is the Child Accident Prevention Trust’s flagship community education campaign. It aims to raise awareness of the number of accidents that seriously injure or kill children every year and the steps we can take to help prevent them. Child Safety Week is for anyone working with families or children. So whether you work in a nursery, children’s centre, GP surgery, school, your own home, in the community, in road or fire safety or anywhere else working with children or families, you can get involved with Child Safety Week. The emphasis of the Week is on empowering families to take positive action rather than telling them what to do, or lecturing them about what they are doing wrong. Sign up to receive regular updates on Child Safety Week and to access free downloadable resources. Visit www.childsafetyweek.org.uk

15-21 June 2015 – Cervical Screening Awareness Week
Public knowledge and understanding of the role cervical screening plays in cervical cancer prevention is low and cervical screening uptake is declining. The week aims to help raise awareness of the role cervical screening plays in cervical cancer prevention through a range of events, campaigns, media coverage and material distribution. Visit Jo's Cervical Cancer Trust website http://www.jotrust.co.uk/

Saturday, June 13, 2015 to Sunday, June 21, 2015 - National Bike Week
Bike Week is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK. Visit the website where you will find more information and free downloadable resources and ten top bike maintenance tips in the resource section. For more details visit http://www.bikeweek.org.uk/

15-21 June 2015 – Men’s Health Week
This is a National campaign with locally organised events. This year’s campaign will focus on healthy living for men. For more information on this year’s campaign, visit http://www.menshealthforum.org.uk/

New Resources

Suzie the Caterpillar leaflet - Suzie the caterpillar says "a jab today keeps the bugs away"
Immunisation is the most important way of protecting your child from vaccine preventable diseases... It's never too late to get vaccinated.

This leaflet has been produced by Hartlepool Borough Council and Public Health England with the help of parents and highlights the important vaccinations your child will need - up to 12 months, between 12 and 13 months, pre-school and also the flu jab.

Chompy’s happy healthy mealtimes
This pack is for early years professionals to use in their settings to help tackle fussy eating in 2-4 year olds. It contains 18 recipe cards, a recipe card holder, instruction booklet and samples of information for parents.

Chompy's ten tasty mealtime tips  This booklet offers simple tried and tested ideas for parents and carers to help them to manage fussy or faddy eating in their 2-4 year olds. The booklet is accompanied by six postcards from Chompy, the chef and food explorer, with rhymes about his adventures in food. These can be used interactively with children to inspire them with their own food explorations and encourage them to have happy, healthy mealtimes.

With Child
This almost lifesize display shows all the stages of pregnancy. It has lots of information about pre conception right through to the birth. The size is approximately 70 cm x 60 cm.
Womb to Grow
Designed to present foetal growth in a simple, easy-to-understand way, these weighted, pillow-like models represent the average size and weight of a foetus at nine stages of development. The back of each model features information on the developmental stage of the foetus illustrated on the front. This set of nine cloth foetuses provides an opportunity for mothers-to-be to visualise the foetus growing within them, stressing the importance of adequate antenatal and post-natal care. Models demonstrate weights ranging from 0.4 g to 3.2 kg. This resource includes presenter’s notes.

Healthy Habits for Baby and You
This booklet for pregnant women gives tips and helpful advice for a healthy, happy baby. It also gives some healthy recipes as well as advice on supplements, including Vitamin D and folic acid and description of the developing baby. It also contains a picture frame for a baby scan.

Rock Around the Clock Parenting Game
The object of this roulette-type game is to help teens understand what it’s really like to take care of an infant. The 24 hours of the day are represented on the wheel - with nappies to change, feeding times, fussy times, doctor visits, and more. Each spin shows how little rest and free time a parent may get. The size is 51 cm x 71 cm.

Did you know? The British Association of Dermatologists and the Met Office have developed The World UV App. This is a free app that gives live UV ratings anywhere in the world. Knowing the UV level wherever you are is a useful tool in helping you keep an eye on the sun's rays and being aware when they reach harmful levels.

All of these resources and many more are available from the Health Improvement Resource library, see below

Health Improvement Service (Public Health) Resource Library

www.hpac.hartlepool.nhs.uk

Do you live or work in Hartlepool and have a public health or health promotion role?

The Health Improvement Library provides a FREE service to anyone working to improve health or studying health in Hartlepool. This includes NHS staff (practice nurses, school nurses, health visitors, etc), teachers, youth workers, local authority staff, local workplace health advocates, outreach workers for voluntary and community groups, college tutors and students

You can access a wide range of resources, leaflets and posters as well as 'virtual' resources which are downloadable, on various health topics, including: Smoking, Alcohol, Nutrition, Contraception, Sexual Health and Personal Relationships, Physical activity, Mental health, Cancer - and many more

There is a wide range of resources available to hire, such as; Games and activity packs for young people, Body board and accessory packs (packs include puberty, effects of smoking and effects of alcohol), Drug Box (replica drugs), Beer goggles, Breast and testicular models, Occluded artery, Replica food, Eatwell plate mats, 5lb model of fat, A year’s worth of tar model, Hand inspection unit (light box & UV gel) to name a few.

Returnable resources need to be collected from the Civic Centre. Most non-returnable items, such as the leaflets and posters, can be delivered via the Internal post system to clients based in NHS buildings and HBC buildings in Hartlepool.

The online website allows you to browse the catalogue. You will then need to register before you can book any items and order any materials from the library. Most resources can be hired for up to 28 days. The service is FREE, why not visit the website and have a look? www.hpac.hartlepool.nhs.uk

For more information, contact Pat Duffy, Resource Officer, Health Improvement (Public Health)
Tel: (01429) 284270 Email: pat.duffy@hartlepool.gov.uk
**Smoking cessation drop-ins in Hartlepool**

Do you want help and advice to stop smoking? Feel free to drop in at any of the following venues.

For further information or to confirm opening times, please contact the Specialist Stop Smoking Service - Telephone 01642 383819.

<table>
<thead>
<tr>
<th>Day</th>
<th>Venue</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Rossmere Youth Centre</td>
<td>5.00 – 7.00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Stranton Centre</td>
<td>10.00 – 12.00 noon</td>
</tr>
<tr>
<td></td>
<td>Seaton Library</td>
<td>10.00 – 11.00 am</td>
</tr>
<tr>
<td></td>
<td>(pilot – for limited time only. Please ring the Specialist Stop Smoking Service to check that this session is still running)</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Headland Medical Centre</td>
<td>5.00 – 7.00 pm</td>
</tr>
<tr>
<td></td>
<td>Fens Pub</td>
<td>6.00 – 8.00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Central Library, York Road</td>
<td>10.00 – 12.00 noon</td>
</tr>
<tr>
<td></td>
<td>Rossmere Way (Sure Start)</td>
<td>1.00 – 3.00 pm</td>
</tr>
<tr>
<td></td>
<td>Hindpool Close (Sure Start)</td>
<td>4.30 – 6.30 pm</td>
</tr>
<tr>
<td></td>
<td>(Champix repeat prescriptions offered from 5.00 pm)</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Miers Avenue (Sure Start)</td>
<td>10.00 – 11.30 am</td>
</tr>
<tr>
<td>Saturday</td>
<td>Mill House Leisure Centre</td>
<td>10.00 – 12.00 noon</td>
</tr>
</tbody>
</table>

**Pharmacy one-stop shops**
The Pharmacies, below, are open to people registered with a GP in the Hartlepool area. Staff are able to offer support to people who want to stop smoking.

Please telephone the Pharmacy you would like to attend to book an appointment for an assessment.

**ASDA Late opening Pharmacy**
Marina Way TS24 0XR, Tel: 01429 239010

**Boots the Chemist**
Middleton Grange Centre TS24 7RW, Tel: 01429 272718

**Clayfields Pharmacy**
76-78 Oxford Road TS25 5SA, Tel: 01429 274279

**Pharmacy at Seaton**
68a Elizabeth Way, Seaton Carew TS25 2AX, Tel: 01429 268540

**Boots Pharmacy**
One Life, Park Road, Hartlepool TS24 7PW, Tel: 01429 860871

Website: www.nth.nhs.uk/stopsmoking

---

**Welcome**
Joanne Andrews has joined Public Health’s Health Improvement Team as Child Injury Prevention Co-ordinator.

Joanne can be contacted by telephone number 01429 (28)4372 or email joanne.andrews@hartlepool.gov.uk.

---

**E-mail edition**
Would you prefer to receive this newsletter via the Internet? If you would, and it could help us save a tree or two, simply send an email with the subject heading of ‘Newsletter’ to the address below and you will receive future editions virtually. Another bonus of the virtual version is that you can link directly to any of the websites we mention.

**Of interest 2**
If you are interested in Public Health, why not visit the Tees Public Health site?

There is a host of information, reports, event details and resources on relevant topics.

www.teespublichealth.nhs.uk

**Need to get in touch?**
Do you know someone who would find this newsletter useful? Let us know and we will add them to the circulation list.

Published and printed by
Health Improvement Team
Public Health
Level 4 Civic Centre
Victoria Road
Hartlepool
TS24 8AY

Pat Duffy
Editor
Tel: 01429 284270
pat.duffy@hartlepool.gov.uk