

## Supporting People to Stop Smoking

Autumn 2023

Welcome to our autumn e-news for community service workers, with updates on resources and strategies for addressing the use of tobacco and related products.



### 3-hour Supporting People to Stop Smoking training

Quit Tasmania offers no-cost smoking cessation training to service providers who want to address tobacco use among clients and/or staff.

The training provides workers with knowledge and tools to have the conversation and support their clients who smoke, many of whom are in a cycle of poverty due to the high cost of tobacco.

*"Exactly what is needed – simple interventions and solution-based" - feedback from training participant*

**If you would like a refresher course for staff or to organise a training session for new staff, please contact Irena at [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au) / 6169 1943.**

For more information, please see [here](#).

### Current Quit Tasmania Campaign



Our current mass media campaign, including **'Think'** and **'Piggy Bank'**, was launched on Sunday 5 February and concludes Saturday 8 April 2023.

Our campaigns are aired statewide across various media channels and during the campaign period we see an increase in people contacting Quitline Tasmania (13 7848) to get support around their tobacco use.

This could be an especially impactful time to have the conversation about tobacco use with your clients. Asking people whether they smoke and how they feel about their smoking can result in conversations that motivate people to think about making a quit attempt or getting support to start planning for a future quit attempt.

Quit Tasmania's **'Help your clients quit for good'**, available for order [here](#), can help guide your conversations.

View the campaigns:

[Think](#)

[Piggy Bank](#)

## **Smoke-free Community of Practice**



If your organisation is interested in addressing tobacco use among staff and clients, the newly formed Smoke-free Community of Practice (CoP) is here to support you.

TasCOSS and Quit Tasmania are hosting the CoP with the aim of providing a safe space for **sharing knowledge, peer learning and co-design of new ideas** to support community service organisations to integrate smoking cessation activities and smoke-free conversations into everyday practice.

The CoP held its first meeting in late February at Campbell Town, with staff from 11 organisations from around Tasmania taking part. It was great to meet face to face, and online, and hear stories from organisations who have made changes as well as those who are planning to make changes but are still on the journey.

Future monthly meetings will be held mainly online. This will provide a statewide forum for exploring questions around addressing tobacco use in the workplace and enable workers to share their experiences and knowledge.

If you are interested in joining the CoP, please contact Melissa Snadden at [melissa@tascoss.org.au](mailto:melissa@tascoss.org.au)

## **E-cigarettes and nicotine: the facts**



Nicotine is highly addictive. Many e-cigarettes labelled nicotine-free are incorrectly labelled and do in fact contain nicotine.

Nicotine harms adolescent brain development, impacting memory and concentration.

Download a copy of our 'e-cigarettes and nicotine: the facts' [here](#)

## Meet Brad, Quitline Counsellor



Brad is passionate about supporting Tasmanian people to quit smoking.

Brad says "Everyone experiences quitting differently. It is important for me to build trust and understanding with every person I speak with, to build a quit plan that suits their individual needs".

If you work with clients who would like to make a quit attempt but are hesitant about talking to someone they don't know, Quitline Tasmania 13 7848 is happy to organise a call to speak with you and your client together.

Our counsellors support people no matter where they are on their quit smoking journey. Feel free to give them a call on 13 7848.

For more information on smoking cessation [visit our website](#).

Have any questions? Want to book in a training session? Need resources? Phone 6169 1943 or email: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

*We acknowledge the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past, present and emerging.*

Quit Tasmania is a program of Cancer Council Tasmania - supported by the Department of Health



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