

Supporting People to Stop Smoking

Winter 2023

Welcome to our winter 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 / 6169 1943.

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

Current Quit Tasmania Campaign



Our current mass media campaign, *Sounds Like* was launched on Thursday 4 May and runs for 8 weeks.

View the campaign [here](#)

Smoke-free Community of Practice (CoP) for service providers



As part of the TasCOSS Smoke-free Community Services project, TasCOSS and Quit Tasmania host the CoP with the aim of providing a safe space for **sharing knowledge, experiences and co-design of new ideas**. We are here to support community service organisations who would like to address tobacco / vaping use among staff and clients and work towards being smoke-free.

We invite community service workers to join us at the next CoP meeting which will be held at The Grange in Campbell Town on **Tuesday 27 June 2023**, from 11 - 2. Our focus for that meeting will be:

Workplace culture - willingness to change, healthy behaviours

If you are interested in joining us in Campbell Town, please contact Melissa Snadden at melissa@tascoss.org.au

Nicotine Replacement Therapy update

Nicotine 4mg and 2mg **gum and lozenges are now 'Supply Only'** on the Pharmaceutical Benefits Scheme (PBS). This means that **only nicotine patches are now available on the PBS**.

Prescriptions written prior to the Supply Only period are able to be dispensed using the Supply Only

product where available. After the Supply Only period, the product will be removed completely from the PBS.

For people with a PBS prescription for NRT:

Concessional co-payment is now at \$6.30 (increase).

General co-payment is now \$29.00 (decrease from \$41.00).



Tobacco Tax Increase

The **price of tobacco products will increase by 5% every year for the next 3 years**, with the first increase planned for 1 September this year.

An average cigarette pack will cost about \$10 more within 4 years. This will have a huge impact on the

financial situation of many people who smoke and who already spend a significant amount of their income on tobacco products.

Impending tobacco price increases can provide an opportunity to ask your clients about how they feel about their smoking, whether they would like to give quitting a go and letting them know **what support is available to help them**: e.g. their GP, pharmacotherapy, [Quitline](#), the free [My_QuitBuddy](#) app.

Quit Tasmania's **Cost of Smoking wheel** can be a useful tool to start the conversation. Order your copy by contacting Irena: izieminski@cancertas.org.au



National Tobacco Strategy 2023-2030 released



The National Tobacco Strategy aims to improve the health of Australians by reducing smoking rates. It highlights the health, social and economic problems caused by tobacco and sets out 11 priority areas for action and mechanisms for monitoring and evaluation.

Of particular relevance to Quit Tasmania's work with community service organisations is:

Priority Area 5:

Strengthen efforts to prevent and reduce tobacco use among populations at a higher risk of harm from tobacco use and populations with a high prevalence of tobacco use.

Download the strategy [here](#)

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

We acknowledge the Tasmanian Aboriginal people, 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



