

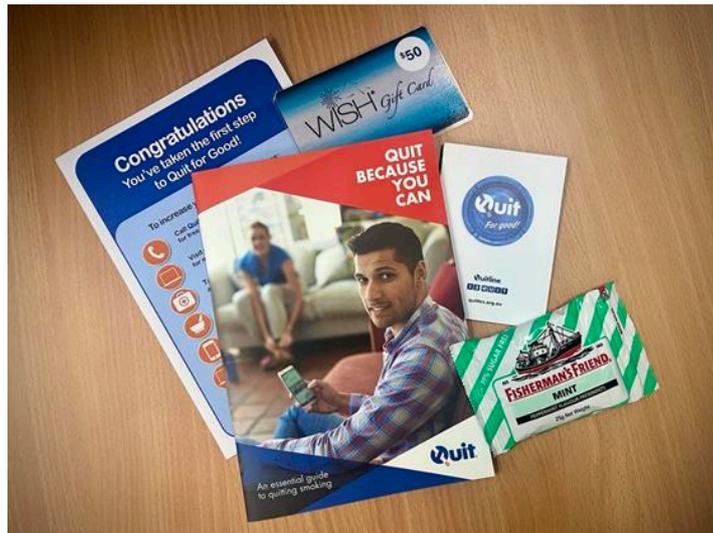
## Supporting People to Stop Smoking & Vaping

Winter 2024

Welcome to our winter newsletter for community service workers. Updates on resources and strategies for addressing the use of tobacco and related products.



### Thinking about quitting on World No Tobacco Day, Friday 31st May?



Having a mint or chewing gum, instead of having a cigarette, can **help you get through cravings** when you're giving up smoking or vaping.

To celebrate **World No Tobacco Day (WNTD) on Friday 31 May**, from Monday 27th to Friday 31st May everyone who **calls Quitline 13 7848** to request a **Quit Info Pack**, or requests a printed pack via our website, will receive a **free pack of Fisherman's Friends** to help them get through those cravings.

In addition, a number of **\$50 gift cards** will be randomly placed in Quit Packs so you or your clients could be double winners. Triple winners if you're

giving quitting a go - your health and financial wellbeing will both benefit.

The Quit Info Packs have **lots of useful tips, ideas and information** to help people get started on their quit journey. **Encourage your clients** to give Quitline 13 7848 a call or order via the website [here](#)

## Young people and vaping on WNTD



World No Tobacco Day is celebrated every year on the 31st of May.

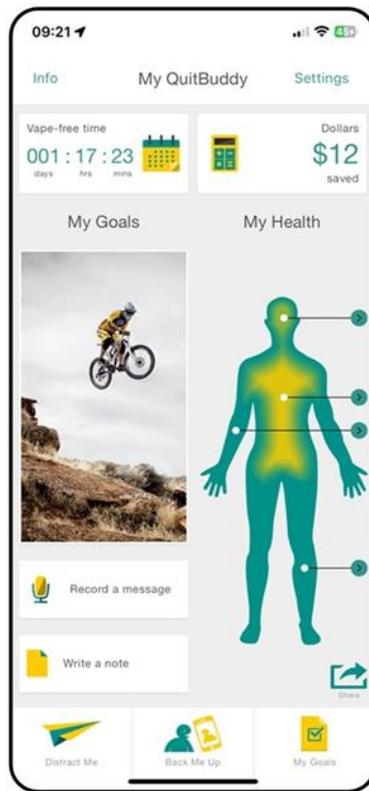
This year's theme is "**Protecting children from tobacco industry interference**".

The World Health Organisation website has tiles available for posting to your social media channels to help spread the message.



[Click here for WNTD social media tiles](#)

## Updated My QuitBuddy app



A **great free app** that provides helpful tips to overcome cravings and also has tracking systems to chart your progress - how much money you're saving and how your health is improving.

A refreshed version, updated to include support to quit vaping as well as smoking, is **available for download now**. There will be **ongoing updates** from mid-2024, including improved quit plans, games, and forum features.

## Upcoming employment opportunities at Quit Tasmania



Are you **interested in supporting people** who want to stop smoking and/or vaping?

In the next few months **we will be looking for workers** who would like to use their counselling skills and experience to support people who want to quit. The role(s) will include providing specialist telephone advice and counselling via Quitline 13 7848.

If you think you might be **interested and would like to have a chat** about it, please get in touch with Irena at [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

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

**Statewide, no-cost training for service providers**

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

*"Like how updated and relevant the training is"* - training participant

*"Lots of information around e-cigarettes which is great!"* - training participant

To **book a training session**, or a **refresher session**, please contact our Community Engagement Coordinator, Irena: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au) or 6169 1943.

For more information, please see [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 Irena: [izieminski@cancertas.org.au](mailto: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 and present.*

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



