

## Supporting People to Stop Smoking

Hi everyone, I hope this finds you well as we move into the autumn months.

Welcome to our first seasonal e-news. The aim of the newsletter is to provide you with resources and useful information to support your clients who smoke.



### Free 3-hour training for service providers

Quit Tasmania offers free, statewide, smoking cessation training to service providers who want to address tobacco use among staff and clients, and who:

- would like to increase their confidence to have effective, non-judgemental conversations with their clients
- have previously completed the training and would like to complete a refresher course
- have employed new staff who have not completed the training

*"I feel more confident to have a conversation with clients around quitting smoking now. To date, I have been reserved for fear of the client feeling judged. After the training, I have strategies and knowledge to introduce this discussion sensitively and in a supportive way. Also, I have a much better understanding of the extent of the support Quitline can provide, and how that is done, thank you."*

Supporting People to Stop Smoking training participant

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

To book a training session:

ring: 6169 1943

email: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

## Quit Tips on Facebook

Hearing about strategies that have worked for others who have made quit attempts can be really useful for someone making a quit attempt. Quit Tasmania is on Facebook and Brad, our Aboriginal Quitline Counsellor regularly shares successful Quit Tips he has heard from people he works with on Quitline. You can find us on Facebook at Quit Tasmania.

You can also read about peoples' success stories on our website here <https://www.quittas.org.au>



Everyone has a different one to tell.



Brad, our Aboriginal Quitline Counsellor



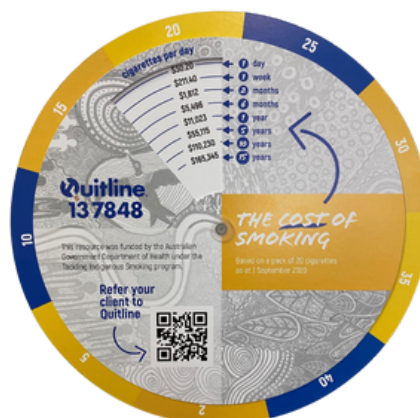
## Voice Box campaign

Our recent campaign featured Wayne, a local Tasmanian. Read his message to fellow Tasmanians [here](#)

*"Quit smoking as it will affect your future" Wayne*

## Information on vaping

In addition to containing a range of chemicals, recent studies show that many vaping products labelled nicotine-free actually contain nicotine, making them addictive (1). Visit our website [here](#) for more information and flyers for your clients.



## Cost of smoking wheel

The cost of smoking has increased significantly over the last few years. A person who smokes a 20-pack-a-day would be spending over \$11,000 a year, which, for many smokers, impacts their financial wellbeing. This up-to-date worker resource is a useful tool when addressing tobacco use with people who smoke. To order, please email Irena at [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au) or ring 6169 1943.

## Helping Families Navigate Cancer

### How to stay connected during a cancer diagnosis

Cancer Council Tasmania is offering this free webinar to all interested people. For more information and registration 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 me: [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

Refer your clients to Quitline [here](#).

Best wishes and happy autumn days,

Irena, Community Engagement Coordinator

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



