

Supporting People to Stop Smoking / Vaping

Spring 2023

Welcome to our spring e-news for community service workers. Updates on resources and strategies for addressing the use of tobacco and related products.



3-hour Supporting People to Stop Smoking / Vaping training

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

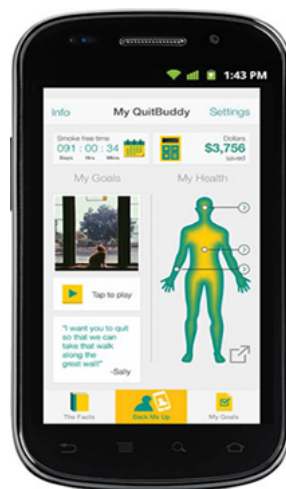
The training provides workers with knowledge and tools to have the conversation and support their clients who smoke / vape, many of whom are in a cycle of poverty due to the high cost of tobacco.

“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 communityrequests@cancertas.org.au or 6169 1943.

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

Tips for successful quitting



With the **planned increase in the price of tobacco** in September, you may notice that more of your clients are thinking about making some changes around their tobacco use.

Here are some **TIPS FOR SUCCESS** that people who smoke / vape might find useful:

- Remember your **reasons** for wanting to quit

- Set a **quit date** - make a **quit plan**
- Avoid situations that will **trigger** a desire to smoke / vape e.g. alcohol, coffee, social events
- Change your **routines**
- Distract yourself with new activities - **keep busy**
- Identify **healthy ways of dealing with stress** - practice them before quitting
- Focus on the **benefits** of not smoking / vaping
- Download the free **My QuitBuddy** app
- Speak to **Quitline 13 7848**, your doctor or pharmacist about **products to help you stop smoking** e.g. nicotine replacement therapy
- Download or order a **Quit Info Pack** to help you get started
- Remember the **4 Ds**:
 - Delay acting on the urge to smoke; the urge will weaken
 - Deep breathe
 - Drink water
 - Do something else - keep busy

**Download or order a free Quit Info Pack to
help you get started**

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



Great conversations with this awesome group of people at the TasCOSS Smoke-free Community of Practice June meeting. In the first six months we have had fantastic discussions about:

- What are the barriers to going smoke-free?
- Roles and responsibilities - board, management, staff
- Nicotine Replacement Therapy (NRT) products
- What about e-cigarettes - do they have a role in quit smoking?
- Workplace culture - what does culture mean to you?
- Facts about smoking and how to have the conversation

Our aim is:

To provide a safe space for sharing knowledge, peer learning, and codesign of new ideas to support CSOs to integrate conversations and education about being smoke-free into everyday practice for healthy changes to organisation culture.

If you would like to learn more about the CoP and/or join us for our next online meeting, please contact Melissa Snadden, Smoking Cessation Project Coordinator, melissa@tascoss.org.au.

Current Quit Tasmania Campaign - 'Don't Let It In'



Our current mass media campaign is ***Don't let it in,*** focusing on the hidden health effects of smoking

View the campaign [here](#)

E-cigarettes and vaping - resources

The Tasmanian Department of Health has some great resources and information about e-cigarettes.



Resources and information about e-cigarettes

Quit Tasmania's upcoming visit to the North West



Quit Tasmania will be visiting the north west of the state **the week of 13 November 2023**. If you are interested in having **a conversation** about addressing tobacco use in your organisation or would like some **resources** delivered, **please contact Irena at communityrequests@cancertas.org.au** or 6169 1943.

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: communityrequests@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

