

Supporting People to Stop Smoking & Vaping

Summer 2023

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

Wishing everyone a very happy and relaxing holiday season.



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.

"Exactly what is needed – simple interventions and solution-based" - 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 or 6169 1943.

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

Update to the Cost of Smoking Wheel

How much is your smoking costing you?

CIGARETTES PER DAY	1 DAY	1 WEEK	1 MONTH	1 YEAR
5	\$9.05	\$63.35	\$271.50	\$3,303.25
10	\$18.10	\$126.70	\$543.00	\$6,606.50
15	\$27.15	\$190.05	\$814.50	\$9,909.75
20	\$36.20	\$253.40	\$1,086.00	\$13,213.00
25	\$45.25	\$316.75	\$1,357.50	\$16,516.25

Average price per stick across seven brands/ pack sizes
(Tobacco in Australia)

Quitline 13 7848
quittas.org.au



As many of you are aware, the price of tobacco went up in September this year and there will be more price increases in the next couple of years. This means that our popular resource, the **Cost of Smoking Wheel**, is no longer accurate. But it is still a great resource and conversation starter.

To keep the information current, without reproducing the Wheel until all price increases are in place, we have a flyer with up-to-date prices, to accompany the Wheel.

To get a **copy of the flyer**, please email Irena @ izieminski@cancertas.org.au.

Next steps on vaping reforms



The first stage of Australia's **new vaping reforms will commence on 1 January 2024**. Mark Butler, Minister for Health and Aged Care, announced the changes in a media release published on 28 November.

From 1 January 2024, there will be a **ban on the importation of disposable single use vapes**.

Further changes are expected to be implemented from 1 March 2024.

If you have **clients who want to quit vaping**, our trained Quitline 13 7848 counsellors can provide support and useful tips on successful quitting. Refer to the Quitline [here](#)

Our website, quittas.org.au, has information and **resources** on [vaping](#).

[Click here to read Mark Butler's media release](#)

Current Quit Tasmania Campaign - 'Recovery'



Our current mass media campaign is **Recovery** which focuses on the **benefits of quitting**.

View the campaign [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

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





Quit Tasmania
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