

Supporting People to Stop Smoking

Summer 2022

Welcome to our summer e-news for community service workers, with updates on resources and strategies for addressing the use of tobacco and related products.

Best wishes for the holiday season. Hope it's warm, relaxing and joyful and you come back feeling recharged for the new year.



No-cost 3-hour training for service providers - Supporting People to Stop Smoking

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

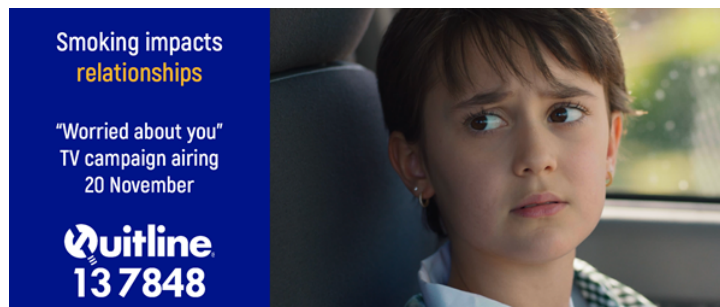
The training provides workers with knowledge and tools to support their clients who smoke, many of whom are in a cycle of poverty due to the high cost of tobacco.

"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 '**Worried About You**' was launched on 17 November and will air through to 14 January 2023.

The campaign aims to create awareness about how someone's smoking can impact those close to them; loved ones can be a key motivating reason for making a quit attempt.

View the campaign [here](#)

Smoke-free Community of Practice

TasCOSS is seeking Expressions of Interest from Community Service workers who are interested in joining a Smoke-free Community of Practice.

The aim of the Community of Practice is to provide a safe space for **sharing knowledge, peer learning and co-design of new ideas** to support community service organisations to integrate smoking cessation activities and smoke-free conversations into everyday practice.

There is the opportunity for those interested in participating in the Community of Practice to apply for one of ten **\$5000.00 grants to run a small project** to progress towards smoke-free work areas and services.

For more information and to **register your EOI** [here](#)

E-cigarettes and vaping



Use of e-cigarettes has been increasing since 2016, especially among young people. For those of you interested in what young people are saying about e-cigarettes and vaping, the Behaviour Change Collaborative has published '**Being Gen Vape**' - **Exploratory research on the knowledge, perceptions, attitudes and influences on teen vaping in Western Australia.**

It includes sections on:

Why teenagers vape: **attitudes, beliefs and motivations**

Implications for **messaging** approaches and styles

Key take out implications for **intervention design**

Read more [here](#)

Help Your Clients Quit for Good



A Toolkit to assist workers to start the smoking care conversation with their clients and to facilitate making smoking care part of everyday care.

It includes a booklet to use with clients as a conversation guide, support sheets to record conversations and actions and a Cost of Smoking wheel.

The no-cost Toolkit is available to order from Quit Tasmania.

Order 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 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



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