

## Supporting People to Stop Smoking

Winter 2022

Happy winter to everyone. I hope you're all keeping warm and enjoying the cooler weather.

Here is our winter e-news for community service workers, giving you updates on resources and strategies for addressing tobacco use.



### No-cost 3-hour training for service providers

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.

Some feedback from previous Supporting People to Stop Smoking training participants:

*"Exactly what is needed – simple interventions and solution-based"*

*"Excellent content" "Well presented. Very engaging"*

For more information, please see [here](#) or email Irena at [izieminski@cancertas.org.au](mailto:izieminski@cancertas.org.au)

### New Quitline Flyer

DL (1/3 of an A4) sized single page flyer. For your clients or to place in waiting rooms, brochure holders

etc.

A resource for people who haven't made a decision to stop smoking, but might be feeling the health or financial impacts of smoking.

Let's people know how Quitline can support them on their journey.

Order Here

Thinking about quitting?  
(or know someone who is)



80%  
of Tasmanians who smoke want to quit.

We'll support you to  
**MAKE IT HAPPEN.**



Get support from a Quitline Counsellor



Support from a Quitline Counsellor will increase your chance of quitting successfully. Give us a try. It's free and friendly.

Nicotine replacement advice  
Manage stress  
Know your triggers  
Cope with cravings  
Manage a relapse  
Stay on track

No fees  
No lectures  
No judgement  
Confidential  
Quit smoking experts  
Tasmanian

Things you can look forward to:

in 5 DAYS  
remove nicotine from your body

in 7 DAYS  
get your smell and taste back

in 30 DAYS  
get your lungs better

in 1 YEAR  
save up to \$24,000!

quittas.org.au    Quitline.13 7848

My Diary of 1 Day of Smokes and Cravings

Write down each cigarette you smoke or crave for 1 day.  
Fill in the time, situation, how you felt etc. It will help you work out when and why you smoke.

Also, rate the need\* 1-5 eg: 1 = could do without it and 5 = really need a cigarette

	time	situation	feeling	need*	what I did	what I could have done
	EXAMPLE:					
	7am	Woke up	Tired	4	Smoked	Jumped in the shower
	10pm	Watching TV	Bored	2	Walked the dog	Smoked but didn't
1.						
2.						
3.						
4.						
5.						
6.						
7.						

One Day Smoking Diary

The Smoking Diary can be a useful tool when working with people who smoke.

If, in response to the question “How do you feel about your smoking?” a person who smokes indicates that their smoking is impacting their health, finances or relationships, the Smoking Diary can be a good first step towards addressing their tobacco use.

For one day the person writes down each cigarette they smoke or crave.

This will help them work out their triggers for smoking and encourage them to think about what they could do instead of reaching for a cigarette.

Download copies [here](#)

## World No Tobacco Day - 31st May



The theme for this year's World No Tobacco Day was *'The threat to our environment'*

Quit Tasmania promoted this message at a stall we shared with The Link Youth Health Service and Flinders Island Aboriginal Association's Tackling Indigenous Smoking team in Elizabeth Mall in Hobart.

### Did you know?

Nearly 9 billion butts in Australia are discarded into the environment each year.

And, in 10 years there could be more cigarette butts in the oceans than fish.

### **The good news**

The best way to reduce litter butts, is to reduce smoking

### **And the winner is.....**

Amy, who was visiting Hobart. Amy guessed the correct amount of used butts we had in a jar and won a hamper of groceries and goodies worth \$211.00, the amount that a 20 pack a day smoker would spend on cigarettes in a week.

**[For more information click here](#)**

## **Meet Wendy, Quitline Counsellor**

Wendy is passionate about helping people to quit. And as an ex-smoker she understands the challenges of quitting.

Wendy says: "it's important to make people comfy with quitting – how it can work for them and how they want to do it. It's all about what works for them".

If you work with clients who would like to make a quit attempt but are hesitant about talking to someone they don't know, Quitline is happy to organise a call to speak with you and your client together.

Our counsellors support people no matter where they are on their quitting smoking journey.



### Refer to the Quitline

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)

Best wishes and happy winter 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.*



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