

Supporting People to Stop Smoking & Vaping

Autumn 2024

Welcome to our autumn newsletter 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

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](#).

Moving towards being a smoke-free organisation - case studies



TasCOSS' Smoke-free Communities project now has **10 case studies** that summarise a broad range of **community-led, place-based smoke-free projects**.

The case studies include **successes and learnings** and can be a useful starting point if your organisation is thinking about making changes around going smoke-free and/or supporting your staff and clients who would like to give quitting a go.

Read the case studies [here](#).

If you'd like to join the Smoke-free Community of Practice and hear about how other organisations are approaching going smoke-free, get in touch with Melissa at melissa@tascoss.org.au

Smoking and vaping cessation resources



A reminder that we have a range of free resources, available for order or download, through our website www.quittas.org.au

Our Toolkit '**Help your clients quit for good**' is a great tool for workers who would like some tips and suggestions on having a conversation about smoking and/or vaping with their clients. We know that the cost of smoking keeps many people trapped in poverty. Supporting them to make changes around their tobacco use can make a big difference to their finances, as well as to their health and general wellbeing.

Another great tool is the free **My QuitBuddy** app. It tracks how much a person is saving by not smoking and this can be a real motivator to stay quit or cut down. It also tracks how the body is repairing, and provides helpful tips and distractions to overcome cravings. It's free and available for download [here](#).



Upcoming Quit Tasmania Campaign - 'Don't let it in' and THINK



Our next mass media campaign starts on 31 March.

Don't let it in focuses on the hidden health effects of smoking and will run for five weeks, followed by **THINK**

which invites people to think about their reasons for smoking.



Upcoming employment opportunities at Quit Tasmania



Are you interested in supporting people who want to stop smoking and/or vaping?

In the next few months we will be looking for workers who would like to use their counselling skills and experience to support people who want to quit. The role(s) will include providing specialist telephone advice and counselling via Quitline 13 7848.

If you think you might be interested and would like to have a chat about it, please get in touch with Irena at izieminski@cancertas.org.au

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 and present.

Quit Tasmania is a program of Cancer Council Tasmania - supported by the Department of Health

