

# COMMUNITY SMOKE-FREE PROJECTS PROGRAM: Wyndarra Centre Inc.



## Quitting Nook

### Project background

Wyndarra Centre Inc. is a community managed provider of community services in the Circular Head Municipality on the North West Coast of Tasmania. Wyndarra facilitates a range of services to the local community, including National Disability & Insurance Scheme, personal care, community access and social support, independent living skills, financial support, medication administration, short term accommodation / respite care, crisis response, and advocacy.

Wyndarra wanted to make changes to the front entry area that community members use to access the Centre. This was a welcoming open space where smoking was allowed. Wyndarra applied for the smoke-free grant to make changes to the front entry so that smoking was less front of mind when arriving at the Centre.

### What did we start with?

The planned outcome for this project was to **make the entry space smoke-free** with less/no smoke visibility. An underlying aim was to invite conversations about the changes, empower people to make their own changes and make a quit smoking attempt.

Wyndarra also wanted to have a **small supply of nicotine replacement therapy** (NRT) available for counsellors to distribute when clients indicated an immediate willingness to make changes.

### What did we finish with?

- New seating, new plants, new no-smoking signs at front entry
- New small hut around the side of the building is now an accessible, designated smoking area
- Designed \$50 vouchers for NRT to be used at the local pharmacy

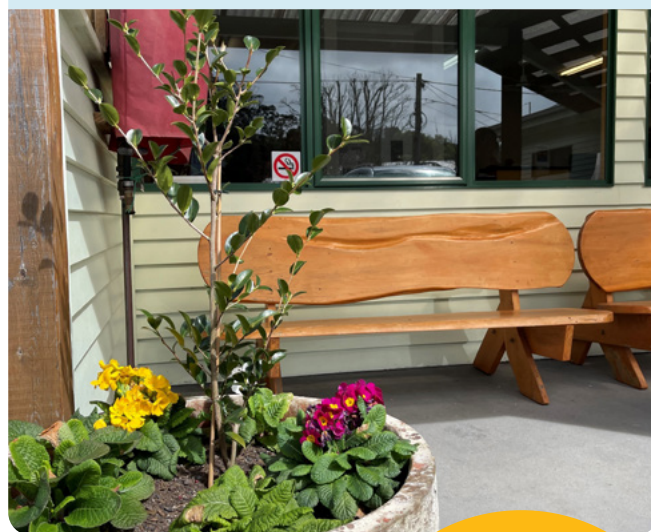
**Wyndarra's aim** was to make the front entry to the community building a smoke-free space.

### Successes

- Fresh, new, smoke-free entry
- Engagement with local community
- Nicotine Replacement Therapy vouchers to use at local pharmacy
- Fewer people smoking on site

### Learnings

- It took longer than expected to get staff and the organisation ready for change



*Wyndarra's fresh, new, smoke-free entry*



Creating a smoke-free entrance has been a massive step for Wyndarra. Conducting this project has made people see that **a smoke-free work site is achievable in the future.**

— BELINDA WILLIE, SUPPORT SERVICES COORDINATOR



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## What were the successes along the way?

- Changes have been well accepted by staff and public
- Staff and clients now go elsewhere to smoke on site
- Fewer people smoking on site
- Local community engagement:
  - newspaper promoted NRT vouchers
  - pharmacy was helpful and responsive
  - builder was 'amazing' in constructing the small hut



### Great idea

Designing NRT vouchers for use at the local pharmacy solved the problem of staff having the responsibility of providing NRT counselling for clients.

## What were the challenges?

Unexpected resistance and challenge in getting staff to buy into the vision:

- Pushback on how to achieve objective and how to spend the money to achieve that objective
- Concerns that the new hut at side of building would encourage smoking

## Community Smoke-free Projects Program

Part of the TasCOSS [Supporting Smoke-free Community Services](#) project was to provide 10 community service organisations (CSOs) with \$5,000 each to conduct a small project to progress towards smoke-free work areas and services. The trust-based funding model for the grants was simple and equitable for organisations with limited time and resources. TasCOSS and Quit Tasmania collaborated with each CSO to develop an idea that was relevant to that organisation and the people who used their services.

## Sharing what we learned

- Your local community is supportive and willing to help
- Use vouchers to access NRT at your local pharmacy
- Consider the time and communication needed to get everyone on board with your idea
- Think about how you can make your work and break spaces more pleasant for non-smokers

## Summary

Wyndarra's new look entrance has been well received by staff and the community – the changes start conversations about smoking. Belinda Willie, Support Services Coordinator says, "Creating a smoke-free entrance has been a massive step for Wyndarra. Conducting this project has made people see that a smoke-free work site is achievable in the future." Wyndarra will maintain the momentum of their smoke-free journey when Irena, Community Engagement Coordinator at Quit Tasmania, presents a [Supporting People to Stop Smoking & Vaping](#) session.



### New resource

[How to get your organisation smoke-free ready.](#)



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