

COMMUNITY SMOKE-FREE PROJECTS PROGRAM: Northern Suburbs Community Centre

Brief Intervention Conversations: Train the Trainer

Project background

Northern Suburbs Community Centre (NSCC) has been involved in the *TasCOSS Supporting Smoke-free Community Services* project since the first year (2021/22). Initial meetings identified enablers and barriers for NSCC in their efforts to support clients to stop smoking. NSCC did not have the capacity for pilot projects and wanted to undertake initiatives that were sustainable. When funding for the small grants program became available, the TasCOSS Project Coordinator approached NSCC for them to consider a sustainable, community-led, placed-based project.

What did we start with?

NSCC offers a No Interest Loans Scheme (NILS) service to its clients. During budget discussions, there are opportunities to talk about smoking or vaping. A simple question like, "How much do you spend on cigarettes?" can lead to a follow-up question, "Have you ever thought of quitting?" This approach is non-confrontational and non-judgmental, aiming to start a brief intervention conversation about smoking.

Building on this principle, NSCC designed a Train the Trainer project to upskill staff and volunteers in brief intervention conversations about quitting smoking. To make it sustainable, they created a guide for staff and NILS volunteers that explained how to support people to quit smoking.



NSCC wanted a sustainable Train the Trainer program to enable community-led, ongoing, quit smoking information sessions that was not dependent on short-term funding or pilot projects."

— TRISH O'DUFFY, GENERAL MANAGER



Northern Suburbs Community Centre's aim was to upskill staff and volunteers in brief intervention conversations about smoking in a sustainable, train the trainer approach.

Successes

- Trained 22 staff and volunteers in brief intervention conversations
- Co-designed a *Train the Trainer* manual with staff and volunteers.

Learnings

- Built collaborations and networks with organisations through the **Smoke-free Community of Practice**.
- Having access to current, user-friendly resources, like an e-cigarette quiz, was crucial in supporting the aims of this project.



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What did we finish with?

- Quit Tasmania delivered a [Supporting People to Stop Smoking & Vaping](#) training session, facilitated by Irena, Community Engagement Coordinator.
- Based on the session, a Train the Trainer manual was developed for ongoing training of new staff and volunteers.
- A community information awareness workshop allowed 10 community members to participate in an interactive session.
- Conversations about smoking revealed a greater need for information on the harm, understanding, and referral pathways for support on vaping addiction, particularly among young people.



Great idea

Develop an in-house manual to guide conversations about smoking.

What were the successes along the way?

- Trained 22 staff and volunteers in brief intervention conversations about smoking.
- 10 people attended the community workshop.
- Started approximately 48 smoking conversations about smoking through NILS since the workshop (NSCC typically helps 10 community members per week with NILS applications).
- Smokerlyzer purchased to encourage and track smoking in the local community.
- Inspired other Neighbourhood Houses to participate.

What were the challenges?

- Finding an interpreter to assist with the community workshop.
- Engaging community members to attend workshops about smoking.
- It took time to co-design the 'train the trainer' manual, making sure we included accurate information and set the right tone for non-judgemental and motivational conversations.
- A community member used the Smokerlyzer – although it initially helped their motivation to quit, the person wasn't quite ready and needed more support at home.

Sharing what we learned

Use [Quit Tasmania resources](#):

- Help your clients quit for good – A toolkit
- Cost of smoking wheel
- One Day Smoking Diary

Summary

NSCC successfully integrated conversations about smoking into everyday care. They made a sustainable change by creating a manual to help staff share information about smoking. This manual can also be used to train new staff and volunteers in the future.

NSCC's success in the smoke-free grants program inspired other Neighbourhood Houses to participate. Check out the case studies from Starting Point Neighbourhood House and George Town Neighbourhood House.



New resource

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

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.



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