

COMMUNITY SMOKE-FREE PROJECTS PROGRAM: George Town Neighbourhood House

Education Hub

Project background

George Town Neighbourhood House, affectionately known in the local community as 'The Hood', serves as a point for people from all over the area to connect and engage. Neighbourhood Houses are vibrant community hubs, driven by the collaborative efforts of residents, that aim to empower individuals, foster community development, and create meaningful change through a diverse range of programs and activities.

What did we start with?

In the past, The Hood has trained two facilitators in the *No More Butts* program¹, partnered with Healthy George Town and Healthy Tasmania to conduct quit smoking programs, as well as collaborated with the Flinders Island Aboriginal Association Inc (FIAAI) to aid individuals in quitting smoking.

The Hood wanted to invigorate their efforts in assisting individuals on their journey to quit smoking by:

- Creating space for a dedicated quit smoking area by repurposing a shipping container.
- Offering various resources such as nicotine replacement therapy (NRT) and a Smokerlyzer (carbon monoxide monitor).
- Arranging for allied health workers to provide treatment and support sessions.
- Fostering stronger relations with local doctors.
- Organising sessions with local "No More Butts" facilitators.
- Incorporating stress reduction activities and providing fidgeting tools.
- Gathering valuable information and data on the effects of vaping.

What did we finish with?

- Shipping container on site, refurbished into a fresh, clean, cosy workspace for education and counselling sessions about smoking, vaping, and alcohol and other drugs.
- We share Quit Tasmania resources, NRT, and a Smokerlyzer with community.
- Staff and volunteers will attend a Quit Tasmania Supporting People to Stop Smoking & Vaping session on 20 February 2024.
- An Anglicare allied health worker is using the space fortnightly, with opportunities for cross-referral.
- We have information about the harmful effects of, and support for, people using e-cigarettes.
- We will host No More Butts facilitators to run support sessions in the education hub.



George Town Neighbourhood House's aim was to acquire a shipping container and transform it into a cosy education hub dedicated to helping individuals quit smoking.

Successes

- Community support through donations of goods and volunteer time
- Collaboration with local drug and alcohol specialist support services

Learnings

- Contracted trades were not reliable and delayed painting work; volunteers were recruited to finish the task



Shipping container in place



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¹ Tasmanian Health Service Statewide Smoking Cessation Program.

What were the successes along the way?

- We were supported by our broader community through donations of carpet, paints, and volunteer labour to complete the project.
- A local business woman saw the project and offered her son's business to put a gutter on the front and side of the shipping container and connect it to a water tank.
- We collaborated with local drug and alcohol specialist support services.
- Our local community has given us positive feedback about the idea and delivery of the education hub space.



Great idea

Your local community is a source of support for donations, a network of skilled trades, and enthusiastic volunteers!

What were the challenges?

- We experienced delays while waiting on donations and volunteer availability.
- We had to make sure we provided safe access into the container with steps.
- Our partners at Foodbank were unable to provide free nicotine replacement aids during the project timeline – they are keeping an eye out for when some become available.

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

Use [Quit Tasmania resources](#):

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

Summary

The Hood has created a cosy Education Hub to invigorate their smoke-free activities. The Workspace provides a space to collaborate with allied health services to promote quit journeys for people using cigarettes, e-cigarettes, drugs, and alcohol.

The Hood is already thinking of what they can do next to assist people on their quit smoking journey, "We have a secondary project in mind: relocating our smoking area from the footpath outside The Hood to a more suitable location, away from passers-by" says Simone Lowe, Manager.



New resource

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



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