

Help your community breathe easier by supporting a smoke-free future



Smoking is the leading cause of preventable death and disease in Tasmania. Whether it's your colleagues, clients, or even yourself, smoking affects the entire community. Your organisation can play a vital role in creating a supportive environment that helps people quit for good.

DID YOU KNOW?

- Very few people who smoke are referred to specialist smoking cessation support, but there is plenty of help available.
- A combination of counselling and Nicotine Replacement Therapy can help smokers to successfully quit.
- Nicotine Replacement Therapy includes nicotine patches, nicotine gum, lozenges, mouth spray and inhalers.



Free counselling and support is available through Quit Tasmania. Call **13 7848** or visit quittas.org.au.

Some actions your community organisation can take:

- 01** Get your leadership team and Board to put it on their agendas.
- 02** Do the three hour Quit Tasmania training for community sector workers, to give staff the confidence to talk about smoking with their clients.
- 03** Provide free or subsidised Nicotine Replacement Therapy.
- 04** Update your smokers' corner with new furniture and landscaping to turn it into a smoke-free space for everyone to enjoy.
- 05** Purchase and use a Smokerlyzer (carbon monoxide monitor) as an education tool and conversation starter.
- 06** Minimise young people's exposure to smoking.

For further information about the project visit tascoss.org.au/projects/smoke-free-communities



INTEGRITY
COMPASSION
INFLUENCE

These ten community organisations stepped up to support their colleagues and clients to quit smoking. You can too!



George Town Neighbourhood House created a cosy education hub dedicated to education and counselling sessions about smoking, vaping, alcohol and other drugs.



South East Tasmania Aboriginal Corporation updated its six-week Smoking Cessation Education program, which includes free Nicotine Replacement Therapy, resources and mentoring to support people wanting to quit.



Karinya Young Women's Service repurposed and refreshed an outdoor living space that was a designated smoking area into a shared smoke-free zone.



Starting Point Neighbourhood House conducted a seven-session smoking cessation education program to get people thinking about why they smoke and being open to other choices.



Launceston City Mission created individualised action plans to support people on their quit journeys and promoted a community culture of health and wellbeing.



Tasmanian Aboriginal Centre uses Smokerlyzers (carbon monoxide monitors) as education tools and to help start constructive conversations about smoking.



Northern Suburbs Community Centre upskilled staff and volunteers in brief intervention conversations about smoking in a sustainable, 'train the trainer' approach.



Tasmanian Men's Shed Association provided education activities and smoke-free resources to encourage smoke-free spaces within Men's Sheds.



OneCare supported its Umina Park site to become a smoke-free workplace and established a new smoke-free outdoor area for staff.



Wyndarra Centre changed the front entrance of its community building into a smoke-free space and invited conversations for people wanting to quit smoking.

For further information about the steps these community organisations took, please visit tascoss.org.au/projects/smoke-free-communities. Each project received \$5,000 in funding from the Tasmanian Department of Health.

