

# FIAAI

FLINDERS ISLAND ABORIGINAL ASSOCIATION INC.

## NEWSLETTER

*Tackling Tasmania's Indigenous Smoking*



## FIAAI Tackling Smoking meet with Dr Tom Calma AO

On the 22<sup>nd</sup> of February, the team was lucky enough to catch Professor Tom Calma (National Tackling Smoking Coordinator) while he was in Tasmania. Professor Tom and the team had plenty to talk about, including how the team has plenty booked in for the year already and how we plan to reach out to Communities.

Professor Tom gave the team lots to think about and new ideas for exciting potential projects in the near future.

The team is looking forward to catching up with Professor Tom again at the VIC/TAS Tackling Smoking Jurisdictional Workshop in Victoria at the end of March.

Special thanks to Professor Tom for spending some time with the team and giving them lots to think about in regards to helping our Communities tackle the smokes!



Dr. Calma with the FIAAI Tackling Smoking Team. From left: Dr. Tom Calma, Khristee Willis, Meg Walsh and Lee Seymour.



FLINDERS ISLAND ABORIGINAL ASSOCIATION INC.

**Tackling Indigenous Smoking Office:**

85 Canning Street, Launceston, TAS 7250

PH: (03) 6334-5721 FAX: (03) 6331-9769

OPEN: MONDAY-FRIDAY 8.30AM - 4.30PM



# Tackling Tasmania's Indigenous Smoking

The aim of the program is to contribute to closing the gap in Indigenous health outcomes across Tasmania, by reducing tobacco smoking as the most significant risk factor for chronic disease among Aboriginal and Torres Strait Islander people.

- The program assists in reducing the use of tobacco and raising awareness of the health impacts of smoking.
- It aims to reduce number of Aboriginal and Torres Strait Islander people who take up smoking, including the number of Aboriginal and Torres Strait Islander youths who take up smoking.
- It aims to increase the understanding and awareness of Aboriginal and Torres Strait Islander people of the impacts of exposure to environmental and secondary tobacco smoke.
- The Team implements a range of community-based programs with the focus being smoking cessation.
- We support activities which are tailored to the local Aboriginal and Torres Strait Islander communities.
- To date, the priority has been to conduct Quit cafes, provide tobacco education with schools, produce social market campaigns and participate in community events that focus on tobacco cessation health promotion – providing information and building relationships.

**The Tackling Smoking Team is a Tasmania-wide initiative. We hope to be working with you soon to deliver programs that will improve the lives of individuals within your community.**



For more information please visit the Flinders Island Aboriginal Association Incorporated Website.

[www.fiaai.org.au](http://www.fiaai.org.au)



## CONTACTS

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**FIAAI**  
Tackling Tasmania's  
Indigenous Smoking

# Cody Returns to the Team!



We welcome the return of Cody Woolley to the FIAAI Tackling Smoking team! Cody brings with her plenty of Tackling Smoking experience, as well as qualifications and/or experience in Aboriginal Health, diet and exercise planning and more.

Cody will be returning to the team on a part time basis Monday through Wednesday, and is looking forward to helping the team with all Tackling Smoking activity.

If you'd like to speak to her (or the team) about what we may be able to do for you or your organisation, don't hesitate to contact us on 03 6334 5721.

## Bridgewater visit:

### Tagari Lia

Child and Family Centres aim to improve the health and wellbeing, Education and care of Tasmania's young Children by supporting parents and enhancing accessibility of services in their local communities.

The Tackling Smoking team were back at Tagari Lia Child and Family Centre at the start of February to chat about the issues faced by community when it comes to smoking.

The main themes from our talks with the mob at Bridgewater were harm minimization when it comes to smoking around children and education for parents and carers.

The team at Bridgewater is on top of this and managing it well with clear 'no smoking' signage and designated smoking areas.

We are keen to get back and hold a quit café in the near future!



## Denise's Quitting Story

### Why did you start smoking?

It was so long ago, I'm sure it was peer pressure, wanting to be seen as cool.

### How long did you smoke for?

I started smoking when I was about 12.

### When did you decide it was time to give up?

I had been contemplating for a while but never attempted quitting. I had an upcoming surgery which required me being smoke free in 2014.

### What, (if anything) did you use to give up? How did you find it?

I was prescribed Champix and found it ok, mild depressive mood but manageable.

### What advice would you give someone who has tried to quit and been unsuccessful?

Don't give up, its hard still for me, I sometimes feel like having a smoke.

### In what ways is your life better now that you're not smoking?

It's easier to breathe!

### Did you encounter any set backs on your quitting journey? If so how did you overcome these?

I didn't have any setbacks, once I stopped, I had made the decision to not smoke again. I had to be smoke free for 12 months prior to surgery.

### Do you worry about the younger generation taking up smoking? Why?

It is concerning for me that future generations will be smoking; I try to discourage/educate at every opportunity. It is tough to say no, especially for those that have people who smoke around them.

### How do you feel about smoking now?

That's a tough question, I don't judge people who smoke because I know how addictive it is. I try to encourage them to think about quitting even reducing is a start to changing behaviours.



Above: Denise

## Quit Café at Leprena

The Tackling Smoking team returned to Leprena in Glenorchy recently (after a visit last year) for their first Quit Café with the team.

The café was well attended with some of the participants pictured (right), and topics including designated smoking areas and policies, nicotine replacement therapy, coping strategies and much more were all discussed.

We noted that there is some amazing artwork on the wall by one of the local artists (Grace) which happened to match our 'No Smokes No Limits' banner almost perfectly!

We'd like to thank Alison and all at Leprena for their hospitality and positive feedback, we're very glad that we could be of value to Leprena.

No doubt we'll be back soon!



# FIAAI Men's Shed

The Annual Men's Health Night was held on Flinders Island in March. Men's Shed, as it is more commonly known to the community, is an informal way for blokes to get together for a yarn about all things health related as well as the chance to have a health check by the health team. Men can have their blood pressure, blood sugar levels, BMI and smokerlyser readings checked with the aim of improving health by offering extended support towards prevention and awareness around health issues.

Clinical Psychologist Peter Cosby Browne attended as the guest speaker, reiterating that health is not only a clinical outlook but is an overall wellbeing, which includes mental health.

This is a great initiative to improve the health of the community and to get men talking about health issues. A big thank you to all involved.



## Kasey's Quitting Story

### Why did you start smoking?

I started smoking because it was a cool social thing to do. At parties my girlfriends and I would always buy a packet of 40s to share for the night. Then my boyfriend at the time started picking it up regularly so I did too.

### How long did you smoke for?

I smoked for a bit over 7 years

### When did you decide it was time to give up?

I told a girl at work that I wanted to be done with it by Christmas. I wanted to quit for about a year but wasn't quite ready. I also told myself that I would be done with it by the time I am 25.

### What (if anything) did you use to give up? How did you find it?

To give up patches helped for the first couple of days but I didn't want to become dependent on patches and just wanted everything out of my system. They were good though and helped a lot. I also used mouth spray for those hard times.

### What advice would you give someone who has tried to quit and been unsuccessful?

If at first you don't succeed try again and again and again. This is my second attempt at quitting but it can take a lot. It's a whole lifestyle change it's a big deal but you can do it, you just have to be 120% ready in mind and body.

### In what ways is your life better now that you're not smoking?

My life is so much better and it wasn't until a couple of days ago that I realized, I don't cough anymore, I can taste and smell so much better so enjoying food is a whole new experience, I can breathe better when walking and working, my hair and skin are softer and I have valuable time back that was wasted smoking all day!

### Did you encounter any set backs on your quitting journey? If so how did you overcome these?

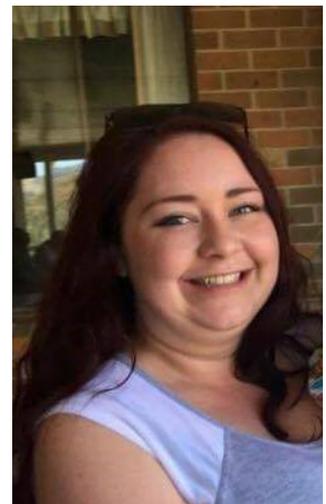
Stress is a huge thing and a big setback. I just pushed through and told myself how smoking contributes to stress and anxiety. In fact, I talked to myself a lot.

### Do you ever worry about the younger generation taking up smoking? Why?

I worry about the younger generation taking up smoking and ruining their lives. Soon enough, with the huge tax increases, people are going to be paying at least 200 a week on cigarettes. That's a huge amount of money! These kids that start smoking have no hope in travelling or saving for a house. They are barely going to be able to pay rent and on top of that slowly kill themselves. There is no excuse for youngins to start these days with the amount of education we have today. I don't want my kids growing up thinking it's normal.

### How do you feel about smoking now?

I don't like it. It smells but I will never judge a smoker. I've been there and I know it's hard.



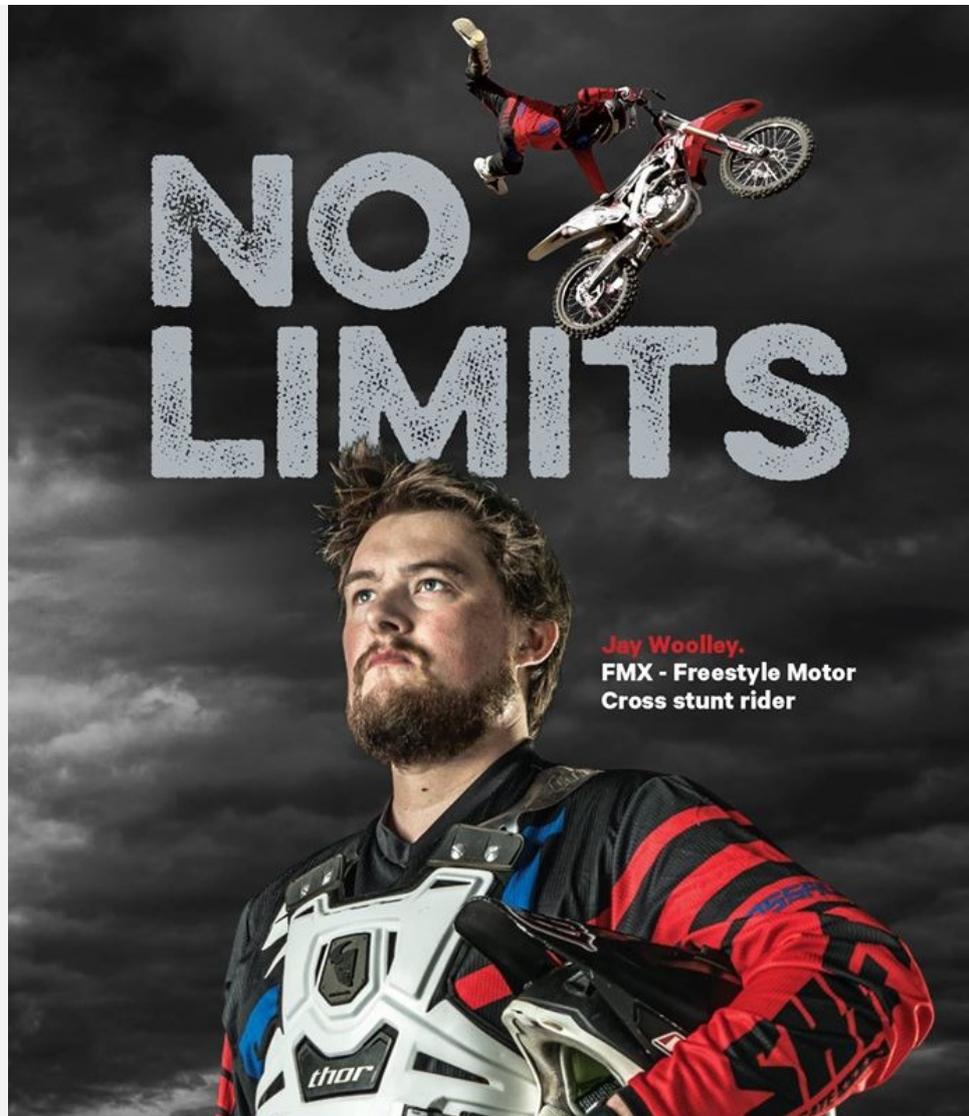
Above: Kasey

## QUIT CAFÉS

The Quit Cafés are an informal pop up group where people can come and have a yarn and get information on quitting the smokes, nicotine replacement therapy and more. The Tackling Smoking Team can travel state wide to hold a Quit Café with your organisation.

We now have a new and exciting photo booth that we can bring along to set up at events that you may be running. You can have your beautiful face printed out instantly, how cool is that! So if our Quit Café sounds like something you would like or would just like us to come visit your organisation please don't hesitate to contact us as we would be more than happy to come spread the word in your town to make our community a deadly, stronger, happier and healthier one .

**Call the Tackling Smoking Office for more information : PH (03) 6334 5721**



## Does your workplace have a smoke free policy?

Contact the team for tips on developing one for your organisation!



## The 4 D's will help manage your cravings for cigarettes when you are quitting:

**Delay:** Most smokers falsely assume that each craving lasts a long time -- maybe 45 minutes or so. Time yourself to learn the truth. Cravings come and go quickly. The average craving really only lasts about 5 to 10 minutes. No matter how strong the craving is, convince yourself that you can wait 10 minutes. To help those 10 minutes go by, practice the other D's.

**Distract:** Distract yourself by getting up and making yourself active. Go for a brisk walk. Go out and meet with a friend. If you choose to stay indoors, go into a different room. Grab a carrot stick and munch on it elsewhere. Put on some music. Open a book or browse through a magazine. Call up a friend. Many smokers have said that when they get an urge to smoke and then make the effort to change their surrounding environment, they do get distracted and actually forget that they wanted to smoke.

**Deep Breaths:** Breathe in and breathe out slowly, as if you were smoking a cigarette. When you do deep breathing, inhale deeply, hold it for a couple seconds, and then release it slowly. Deep breathing will help you relax and make the craving dissipate.

**Drink Water:** Drink lots of water all day long, especially during a craving. Drinking water helps flush the toxins out of your system, and it will help keep your hands and mouth busy if that's something you miss from smoking. Some ex-smokers prefer to drink through a straw, which also helps with the oral fixation.



Quit café participants at Leprena in Glenorchy

# Calendar



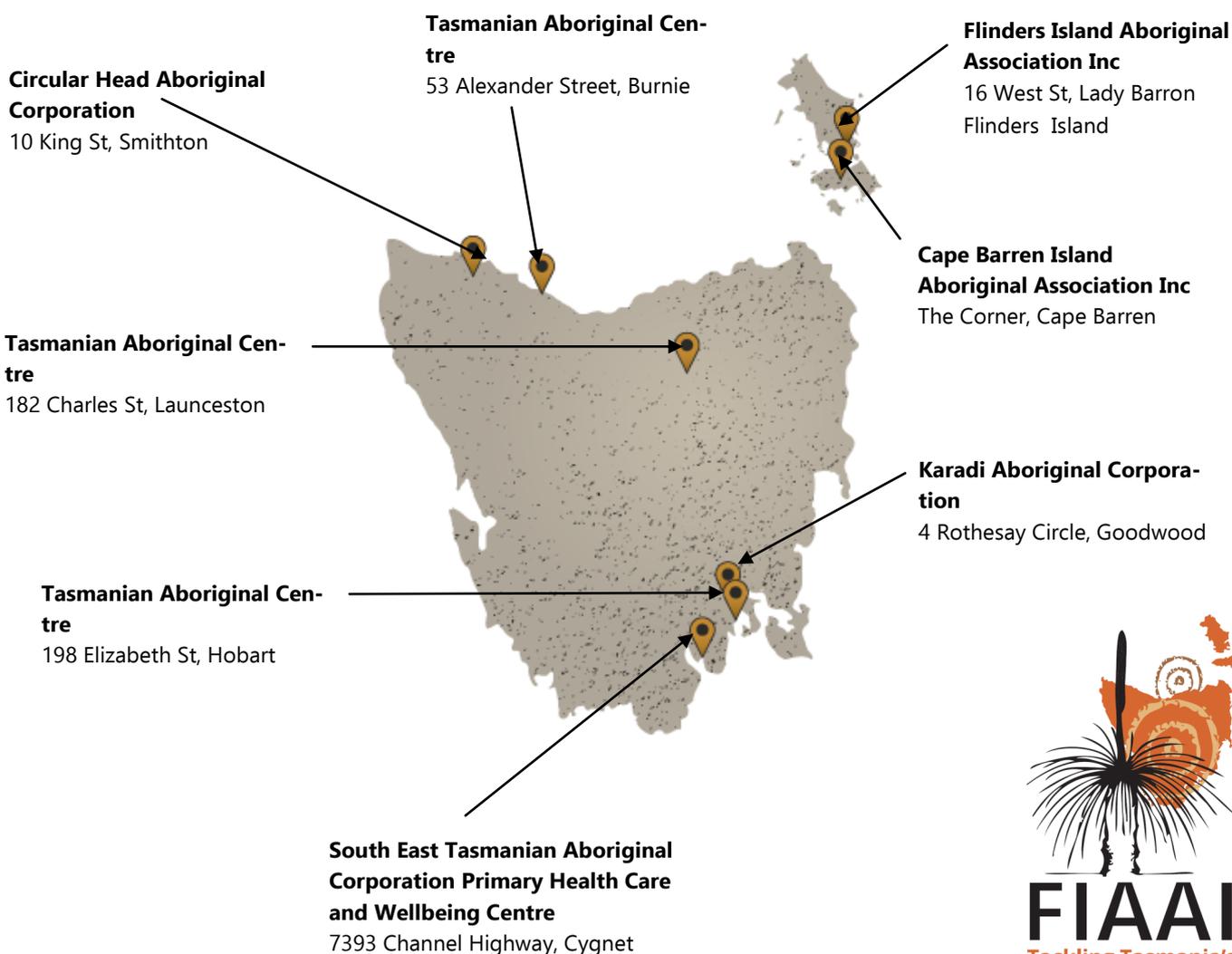
## APRIL 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4 TAHRG Meeting/ presentation	5 Ravenswood Neighborhood House visit	6 Smithton Primary School	7 FIAAI Mums and Bubs visit	8	9
10	11 Tobacco Coali- tion & New Town High School	12 Tagari Lia Bridge- water Quit Cafe	13	14 Public Holiday	15	16
17 Public Holiday	18	19	20	21 Battle of the Bands Ravens- wood	22	23
24	25 Public Holiday	26	27	28	29	30

## MAY 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4 Waverly Primary School	5	6	7
8	9	10	11 National TIS Workshop Ade- laide	12	13	14
15	16 Kempton Primary School	17 Clarence High School	18 Huonville High School	19	20	21
22	23 Strahan Primary School (pending)	24	25	26	27	28
29	30	31 World No Tobacco Day				

# Aboriginal Community Controlled Health Organisation around Tasmania



**SMOKES  
WON'T  
CRUSH US**

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