



WORLD NO TOBACCO DAY - 31 MAY 2010

Talking to women- Let's give up the smokes!



BE A PART OF THE SMOKECHECK WORLD NO TOBACCO DAY TARGET LET'S SPEAK TO 2,400 ABORIGINAL WOMEN IN 1 DAY!

The SmokeCheck Team is seeking the support of all SmokeCheck trained workers for World No Tobacco Day on Monday 31st May. This important day is a great opportunity to yarn with Aboriginal women about smoking.

Over 813 Aboriginal health workers and other health workers who work closely with Aboriginal communities have now been trained in the SmokeCheck brief intervention.



LET'S SPEAK TO 2,400 WOMEN IN 1 DAY!

If each SmokeCheck trained health worker did a SmokeCheck brief intervention with 3 or more women on **Monday 31st May**, over 2,400 Aboriginal women will be given the opportunity to think about their smoking.



NEED ASSISTANCE & RESOURCES?

Please call us if we can assist you further with getting started or visit the **SmokeCheck World No Tobacco Day page on the SmokeCheck website**: www.smokecheck.com.au . To order **FREE** SmokeCheck resources please complete and return the attached order form to tobinfo@doh.health.nsw.gov.au. There are currently ample supplies available that are ready to be dispatched now!

What can I do on World No Tobacco Day?



Use the SmokeCheck brief intervention when talking with women in your community.
Remember: The SmokeCheck brief intervention can take just 5 minutes!

- ASK** Do you smoke? How do you feel about giving up the smokes?
- ASSESS** Nicotine dependence and stage of change (use your desk-tool card)
- ADVISE** Giving up smokes is good for women's health, family and community
- ASSIST** Use the SmokeCheck brochures and talk about help that's available
- ARRANGE** When can we talk again? Make a note of her stage of change



Let's get started...

- Take 20 mins to read your SmokeCheck resources
- Keep a few copies of the SmokeCheck resources with you all day. When you meet women in your community use the resources to have an encouraging yarn with them about their smoking.



Involve your community!

In 2005 Sydney South West developed a community-based project to support local World No Tobacco Day activities with the theme '**Our next generation needs you...quit smoking today!**'
Some tips that might help you to involve your community on World No Tobacco Day are:

- Ask an Aboriginal Elder who is an ex-smoker to support you in your work with local community women.
- Arrange for an Aboriginal Elder to talk about their experience quitting smoking on the radio, at a morning tea or BBQ in your community.
- Invite local women and their children to develop a smoke free poster or a banner for display in the community or at your service.



Visit the SmokeCheck website www.smokecheck.com.au

- Take time on World No Tobacco Day to think about smoking and its effects in your community. Visit the SmokeCheck website and **share your ideas with other health workers**. We can also include your stories and photos in our newsletter **SmokeCheck Ngaina**.



smokecheck

Working towards smoke free Aboriginal communities in NSW

