



Let's TAKE BACK CONTROL

and say

NO to SMOKES



**NOT OUR
CULTURE!**

Peer Support Quit Café

Commencing **Wednesday 28th September**

Program will run for 6 weeks with follow up support if required

Where: TAC Burnie Boardroom

When: 10.30 – 11.30

What to bring: Positive attitude



Morning tea will be provided

Let me know if you want to come

Contact: Jo Kennedy- UTAS Social Work student

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Don't Make Smokes OUR Story to!!!

Ya,

For those of you I have not met, my name is Jo and I'm currently completing my "final year social work placement" at the TAC in Burnie.

YES, I am a member of community and **YES** I'm also a smoker and have been for many years. I've tried many times to '**GIVE UP**' without success, sounding like **you**???. Since doing my placement, I have become more aware of how I'd like to work harder on being healthy and have heard from many of **you**, that **you** are feeling the same way.

I know I **can't** do it on **my own** and maybe **you're** feeling that way too? I was hoping that we could **ALL** work together on this? Being a Social Worker **doesn't mean** I don't have things in **my** own life to improve **my** health and wellbeing, the "**ciggies**" HAVE to **GO!!!**.

Through life/work/Uni experience, I bring to the '**Peer Support Café**' knowledge of **how** to lead a peer support group, where **addictions** can come from, **how** they can impact on **us**, why **we** might smoke and **what** strategies "**WE**" could use to assist **US** in becoming smoke free. However, that's the easy part, **I'm not the expert**, if I were, I wouldn't still be smoking. Peer support groups are known to be one of the best ways to overcome many issues in life, **WE** are **ALL** equal in this setting, **WE** learn from **each other**.....



Are **YOU** ready for action and to **TAKE BACK CONTROL**? I certainly am.



Things to think about before our first session: *Which starts next week yikes*

1. How ready are **you to QUIT**?
2. What will be the hardest thing on this journey for **you**?
3. What are some FUN things **you** like doing?
4. When do **you** find yourself smoking the most?
5. Do **you** drink coffee or alcohol regularly?
6. Are **you** around lots of smokers every day?
7. What do **you** do when feeling stressed or anxious?
8. Do you know someone in community that has given up and would come and have a yarn with **us**?

Start writing down some the answers to these questions? It will help **YOU** to get ready for **OUR** first session.

Here's some of my answers:

1. How ready are **you to QUIT**? **99% but I'm going to need some support**
2. What will be the hardest thing on this journey for **you**? **The withdrawals and changing habits**
3. What are some FUN things **you** like doing? **Gardening**
4. When do **you** find yourself smoking the most? **First thing in the morning**
5. Do **you** drink coffee or alcohol regularly? **YES, love my coffee**
6. Are **you** around lots of smokers every day? **I wouldn't say lots, but YES every day I am**
7. What do **you** do when feeling stressed or anxious? **Smoke, I also use breathing techniques, depends on the situation**