



November 2008

Greetings from the Multicultural Project

Hello everyone,

It's amazing to think that 2008 is coming to a close. This will be the last *Helping Hands* for the year and a good opportunity to reflect on another great year within Quit and the Multicultural Project.

This newsletter aims to provide you with information about our projects and services, and information on Quit's latest campaigns and research involving CALD (Cultural and Linguistically Diverse) communities.

In this edition, you will read about the highlights for 2008, the Community Support Grants 2009 and the latest media campaign and resources. You will also hear from Luke Atkin, new Manager of the Prevention and Cessation Team and Renata Lacevic, Quit Bi-lingual Educator.

Please share this information with other people in your organisation, or other organisations you work with. To find more about the Multicultural Project please visit our website www.quit.org.au/multicultural or contact me on 9635 5502.

I hope you all have a very safe and happy time over the Christmas period. We look forward to working with you again for another exciting year in 2009.

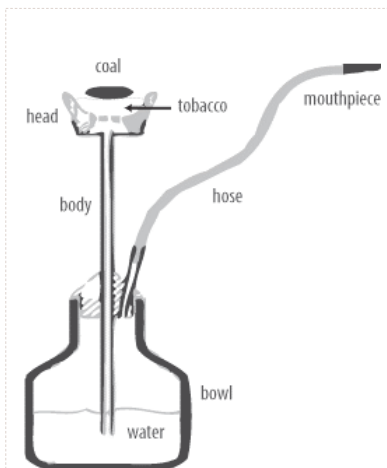
Verónica Ramos
Multicultural Project Coordinator
Quit Victoria

Highlights for 2008

- Our bi-lingual staff conducted 53 Quit Information Session in 2008.
- 19 Community Support Grants were offered to promote our smokefree messages within CALD communities.
- 28 Scholarships were granted to bi-lingual workers to become Quit Educators.



The Can Quit Book available in 13 languages.



Using a waterpipe to smoke tobacco is not a safe alternative to cigarette smoking.

- A new brochure on secondhand smoking and children was translated in 21 languages.
- A new 5As card was developed for community workers to help them to provide informal advice to smokers in 1-1 interactions.
- Three issues of the *Helping Hands* newsletter have been published this year and sent to more than 140 contacts working with CALD communities.
- A new fact sheet was developed to inform the community about the health effects of waterpipe smoking.
- A new Multicultural Fax Referral to Quitline was developed for community workers working with CALD clients.

For more information or to obtain a copy of these resources please visit www.quit.org.au/multicultural or phone 9635 5502.

Community Support Grants 2009

The purpose of these grants are to support groups or organisations from culturally diverse communities in organising a project that raises awareness of the health impacts of smoking within their community.

Feedback from the Australian Polish Community Services (APCS):

“The presentation received an excellent response from the participants, and one participant even volunteered to share his experience about quitting smoking...We would like to thank the Quit Victoria for enabling us to run this important project and promote the Quit messages to the Polish Community...”

Grants for 2009 are available now through Quit website:

www.quit.org.au/multicultural

Grants applications must be returned to Quit’s Multicultural Project no later than 13th February 2009. Projects need to be completed by 30th October 2009.

Quit latest media campaign

Quit Victoria's latest advertising campaign depicts powerfully the personal and emotional impact that smoking related illnesses have on the lives of smokers' families, particularly their children.

The campaign targeting parents who smoke, aims to encourage smokers to consider the potential impact of their loss on their children and use this as motivation to quit now.

New data from The Cancer Council Victoria reveals that **every week 4 Victorians lose a parent** under the age of 50 to a smoking-caused illness.



Separation Campaign

In Victoria, one in three smokers (around 211,000 people) have children under the age of 12.

Useful information in languages other than English

Graphic Health Warnings

From 1 March 2006, a new system of health warnings came into full effect requiring all Australian-manufactured and imported tobacco product packaging to be printed with new graphic health warning labels.

The graphic health warnings provide a strong and confronting message to smokers about the harmful health consequences of tobacco products and convey the 'quit' message every time a person reaches for a cigarette.

For **fact sheets in languages other than English** and additional information on each of the health effects addresses go to:

<http://www.quitnow.info.au/internet/quitnow/publishing.nsf/Content/fact-sheet-health-warnings>



HUỖ THUỐC LAÙ
GAÂY NGUY HẠI
CHO THAI NHI



Since 1 July 2007, smoking has been prohibited in all enclosed licensed premises.

Tobacco reforms

Since 2001, the Victorian government has implemented smokefree laws in shopping centres, restaurants, dining areas, gambling areas and some bar areas. In March 2006, most Victorian workplaces became smokefree, except for licensed premises which became smokefree on the 1st July 2007.

For information on the new tobacco laws **in languages other than English** you can visit:

<http://www.health.vic.gov.au/tobaccoreforms/resources.htm>



Multilingual Cancer Information

The Cancer Council reaches and serves many culturally and linguistically diverse communities in Victoria. For a list of resources available in a range of languages please visit:

http://www.cancervic.org.au/other_languages/

Prevention and Cessation Program

Greetings from Luke Atkin, Manager Quit Support Programs



Luke Atkin,
Manager Quit Support
Programs.

I commenced my career as a nurse and worked within medical oncology and bone marrow transplant units both within Australia and the United Kingdom. I spent a period in Azerbaijan with the International Federation of the Red Cross as a Research Officer working on a nutritional health surveillance project, and have been engaged as both a temporary advisor (Diet and Physical Activity) and invited meeting participant and presenter (Urban settings) by the World Health Organization.

Since 2002, I have been employed within the Victorian Government Department of Human Services (DHS) across a wide range of health areas including cancer, infectious diseases, obesity, drug prevention and across numerous programs and projects through my work as Senior Advisor in the Strategic Policy and Evaluation Unit.

I hold a Master of Health Science (Public Health Practice), a Graduate Diploma of Public Health and a Bachelor of Nursing.

I am very excited in joining what I know to be a highly committed group of people working as the Quit team and I am looking forward to the opportunity of working as a part of that team, and working more broadly within Quit's various stakeholders. I am also excited about the opportunity to work with the large group of trainers and educators who support the role of Quit so effectively.



Our Bilingual Staff

Quit's Bilingual Educators are employed on a sessional basis to present information on a range of tobacco control topics. Free education sessions are available for groups at ethnic organisations, cultural clubs, migrant resource centres and multicultural organisations.

Topics include:

- The effects of smoking on health.
- The effects of secondhand smoke (passive smoking) on health.
- Ways to quit smoking.
- Help available for smokers who want to quit.

To book a session, contact Quit's Multicultural Program on 9635 5502.

Greetings from Renata Lacevic



Renata Lacevic, Bosnian
Quit Eduactor.

My name is Renata Lacevic and I am a bilingual health educator. I love sharing information with people, listening to their stories and answering their questions. I give of myself, but often get so much more in return. I feel fulfilled and happy when I do make a difference in their lives. I have also received many thanks, kind words, was given food, flowers, the presents from their origin countries and hugs. Isn't this great!

At the same time, I like to grow and improve in what I do, so that I can fully implement my abilities.

Another thing I love to do is cook. I thoroughly enjoy good quality and tasty food, both savoury and sweet. Here is the recipe for the meal that my mum made me as a child and I now make it for my family and friends.

“My mum’s Mousaka”

- 500g mince meat (beef or veal)
- 500g Desiree potatoes
- 1 onion
- 1 egg
- 250ml milk
- Light olive oil
- Salt
- Cracked pepper
- 1 teaspoon of VEGETA (optional)

Preheat the oven to 220 degrees (fan- forced). Brown the onion, add the mincemeat, salt, cracked pepper and vegeta, cover and simmer for about 10-15 minutes. Cook just enough so there is no redness in the mince, but do not cook it completely, as it will cook more in the oven with the potatoes. Cut the potatoes thinly in circles and add to it oil, salt and cracked pepper. Rub some oil onto baking dish, layer the potatoes, so they completely cover the dish, then layer the meat and finish with the layer of potatoes. Bake for approximately 40 min or until ready. In the bowl whisk the egg and add milk. Pour the mixture over the mousaka and return to the oven for another 5 minutes. Serve with salad. BON APPETITE!!!

Thank you for your support in 2008, and best wishes for 2009!