



October 2009

A Message from Quit Victoria

Hello everyone and welcome to another edition of *Helping Hands*. Time has quickly flown and here we are again distributing another newsletter to all of you. We've had a busy year, 13 organisations have completed their projects as part of the Community Support Grant 2009, and another 7 organisations have scheduled their activities in the next three months.



Resources available online in 21 languages.

In this edition, we will provide you with information about our projects and services involving CALD communities, as well as information on Quit's latest campaigns. You will also get to learn about Chau Tran, one of our Vietnamese Quit Educators.

We would be very pleased if you could circulate this information within your networks.

In order to improve our services, the Multicultural Project is undertaking an evaluation of the health promotion strategies used to reach and promote smokefree messages within CALD communities. A short survey has been developed to gather your feedback about this newsletter. I would really appreciate if you could please take the time to complete it. Your comments will help

us to better serve the culturally and linguistically diverse communities in Victoria.

To complete the survey, please click here:

<http://www.surveymoz.com/s/189232/newsletter-survey>

To find more about the Multicultural Project or if you wish to discuss any article in this newsletter, please contact me on 9635 5502 or email me:

Veronica.Ramos@cancervic.org.au

With regards

Verónica Ramos
Multicultural Project Coordinator
Quit Victoria

The Multicultural Project

Ongoing Projects

Scholarships

Quit continues offering scholarships for bilingual health or community workers to be trained as Quit educators. Please pass on this information to your colleagues or someone who may be interested in taking up this opportunity.

You can find a [scholarship application form](#) at Quit Victoria's website.



Community Support Grant 2009 -
Brimbank Vietnamese Artist Group.

Free education sessions

Sessions about smoking and quitting are offered for ESL (English as a second language) classes, community groups and organisations. Sessions may be in English or in another language run by a Quit Bilingual Educator.

[Booking forms](#) can be found at Quit's website.

Community support grants 2010

In 2010, the Community Support Grants will be offered to organisations working with ethnic communities. These grants will focus on training health and community workers to help and support smokers from CALD backgrounds to quit. Training will include information on understanding smoking behaviour, quitting medications, smoking in ethnic communities, Quit's services and the 5As international brief intervention model. More information will be provided in the next issue of Helping Hands.

New education resources

A new fact sheet on Quitting medications is now available online in 13 languages. The "Second hand smoking and your children" brochure has also been uploaded to Quit's website in 21 languages.

For online multilingual resources, please visit:

www.quit.org.au/multicultural and www.quitbecauseyoucan.org.au.

Quitline

The Quitline (13 7848), a telephone information and support service for smokers also uses the Interpreter service. If you work with CALD communities and want to refer a client to Quitline, please use the [Multicultural Fax referral](#) at the end of this newsletter.



Quitline 13 7848.
Interpreter Service is
available.



Free interpreting services for pharmacies.

Free Interpreting services for pharmacies

The Department of Immigration and Citizenship (DIAC) has extended free telephone interpreting services to pharmacies across Australia. The interpreting service was announced in Sydney on 8 December 2008 and it's provided by the Translating and Interpreting Service (TIS National).

The pharmacy needs to be registered for this service by calling 131 450. It will only take a few minutes for the pharmacy to get registered. The [registration form for pharmacies](#) is available at the Department of Immigration and Citizenship website.

Quit's Latest Media Campaign

The 'Who will you leave behind?' campaign was originally produced by the Make Smoking History campaign, an initiative of the Cancer Council WA.

The campaign features Perth brothers, Luke (31) and Ben (29) Eliot, whose father Neil died in 2007 from lung cancer caused by his smoking. Neil Eliot was just 52 years old when he died and missed seeing his first grandchild James, Luke's son, by only one month. He smoked a pack of cigarettes a day from his late teens until his late 30s when he quit for eight years, only to take up the habit again due to the pressures of his work.



Who will you leave behind?
Quit latest TV campaign.

In the campaign advertising, the brothers talk honestly and openly about their father's battle with cancer and how it has affected them and their families. Following through on Neil's dying wish that this story be shared, Luke and Ben wanted to urge all smokers to quit and do it now, so that others would not have to go through the pain their family has experienced.

The campaign aired on metropolitan and regional television in Victoria from September 6 to October 17.

You can view the television advertisement at:
www.quit.org.au/browse.asp?ContainerID=1639

Smoking ban on government school premises

The Minister for Education has determined that smoking on Victorian government school premises be prohibited from 1 July 2009. This is a key action included in the Victorian Tobacco Control Strategy 2008-2013 and was developed in response to public consultations that found a high level of support for schools to be smoke-free. The Department has partnered with Quit Victoria



Smoking ban on government school premises.

to offer school-specific forums and training workshops to help teachers and adults give up smoking. Quit brochures have also been made available through Quit Victoria and schools are encouraged to display these prominently around the premises once the ban has come into effect.

The Department also provides tobacco education curriculum materials to support the schools.

For full article please visit:

www.education.vic.gov.au/about/news/newsalerts/2009/tobaccoban.htm



Ban on **smoking in cars** with children under 18 yrs, from Jan 2010.

New Tobacco laws to protect Victorian children

Banning smoking in cars carrying a person under 18 years of age from January 2010 is part of a package of initiatives launched by the Victorian government in its Victorian Tobacco Control Strategy 2008-2013. The ban will reduce children's exposure to secondhand smoke, encourage people not to smoke around children and further demonstrate to young people that smoking is not desirable.

For more information visit:

www.premier.vic.gov.au/minister-for-health/new-tobacco-laws-to-protect-victorian-children.html



Chau Tran,
Vietnamese Quit
Educator.

Our Bilingual Staff

Quit's Bilingual Educators work with Quit to present information on a range of tobacco control topics. They conduct information sessions to community groups and conduct interviews on ethnic media.

Currently 24 Bilingual Educators work for Quit Victoria covering 20 languages.



“Stop smoking Daddy” CD launch at Quang Minh Buddhist Temple, July 2009.

Greetings from Chau Tran

I have been with the Multicultural Program of QUIT for more than 2 years and I work with the Vietnamese community.

I have a background as a community drug educator for more than 2 years within the City of Yarra area and a bilingual health educator with MCWH (Multicultural Centre for Women Health) for more than 5 years.

In the Vietnamese culture, smoking is accepted as a way of social connectedness. The percentage of Vietnamese men who smoke is very high in the community. Vietnamese men are often reluctant to talk about information related to smoking as they see smoking as a part of manhood.

Recently, I've been involved in an interesting project that includes talking on SBS radio program in Vietnamese about smoking and the Vietnamese community. For the first time two Vietnamese workers from two states, NSW and Victoria, work together with the SBS radio program on a long program. The topics covered include, amongst others: tobacco use in our society, Vietnamese cultural perspective of tobacco use, statistic about tobacco use in the Vietnamese community; effects of smoking on individuals, communities and the society; legislation related to tobacco use; tobacco addiction; steps to quit and promotion of Quitline and Quit services in Victoria and NSW. We have also included community views from smokers and quitters.

This series of information in Vietnamese is a result of a partnership program and has been broadcasted nationally from 20th August for 20 minutes each time and continues for about 3 months till December 2009.

The project also involved a launch of a CD “Quit smoking Daddy!” at a popular Vietnamese temple. The CD is about a song created by two Vietnamese children and sponsored by Quit Victoria. Children and their families attended the launch and we were able to give important messages on the health effects of smoking and secondhand smoke to the community.



Multicultural Referral Fax Sheet

To: Quitline (Victoria) Fax Number 03 9635 5520 Date

Referred by: Name

Organisation

Phone number Fax number

If sending more than one Referral Fax Sheet at a time please indicate how many:

Privacy warning — The information in this fax is confidential and only intended for the Quitline. If you have received this fax in error please resend to 03 9635 5520. You must not copy, distribute, take any action on, or disclose any details of the information in this fax to any other person or organisation.

Caller's details: Name

Gender: Male Female

I have agreed to receive a call from the Quitline

.....
Caller's signature

.....
Date

Interpreter required: No Yes (Language:.....)

When to call: Please call me on: Day Date

Best time to call: AM (9am-1) PM (1-5pm) EVE (5-8pm)
(weekdays only)

Phone number: Home Work

Mobile

Messages from Quit may be left: OK to leave messages Do NOT leave messages
(please tick box)

Comments: (e.g. special issues, concerns)

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Please note — The interaction of chemicals in cigarettes and some medications (eg. Insulin, some antidepressants/antipsychotics) and the interplay between the chemicals and some symptoms can mean some smokers need monitoring of drug levels and symptoms by the prescribing doctor through the quitting process.



For use by Quitline staff:

A call has been organised for AM PM EVE Date.....