

Helping you quit smoking

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Why quit?

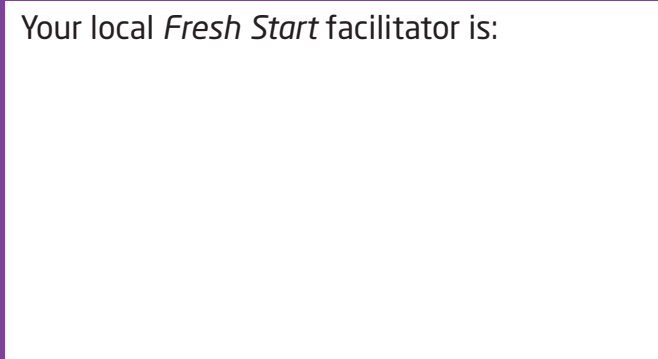
When you quit smoking you reduce the risk of serious illnesses, such as cancer, heart disease and stroke, as well as premature death. Whilst some people are able to quit successfully on their own or with encouragement from family or friends, others find quitting more difficult and can benefit from additional support such as attending a course.

Comments from past participants

- "Course was excellent - provided framework to enable me to work out what I needed for myself and what works for me - and freedom to explore that - without imposition of a 'technique' or a 'right way' - I would have resisted being told what and how I should do it."
- "I so enjoyed this course. I feel so good and it was much more enjoyable and rewarding than I expected."
- "Excellent course - the best I have ever attended. I am feeling very confident now that I can become a non-smoker."
- "I feel that the course has really armed me to cope with my impending quit attempt and I am now much more confident that I will succeed this time."

Cancer Council Western Australia gratefully acknowledges the support of Quit Victoria whose *Fresh Start* course and materials have been adapted for use in Western Australia.

Your local *Fresh Start* facilitator is:



For further information contact:



statewide for the cost of a local call
Weekdays 8 am - 6 pm

Cancer Council Western Australia
*A non-government,
community supported organisation*

15 Bedbrook Place
Shenton Park WA 6008
T: (08) 9388 4333 F: (08) 9388 4399
www.cancerwa.asn.au

Quitting
in a group
is easier



 **Funded by
Community
Donations**



11/20

Fresh Start
A BETTER WAY TO QUIT

 **Cancer
Council**
Western Australia

The **Fresh Start** Course is conducted by the Cancer Council Western Australia. It is designed to help people who want to quit smoking. Developed by the Cancer Council Victoria, it is a nationally recognised, evaluated and accredited quit smoking program and has been adopted by other state organisations and health services.

What does it involve?

The **Fresh Start** Course comprises eight, 1 - 1½ hour sessions held over four weeks.

The course is conducted by a trained group leader and covers essential strategies required to help you overcome your smoking addiction. Videos, written materials and discussions are used to help you understand:

- Why you smoke
- What part smoking plays in your life
- Ways to quit
- How to change your habits
- How to cope with stopping smoking
- How to stay stopped

Why a group approach?

Groups help you to stay motivated and on track by meeting regularly for support and encouragement. Groups are never larger than 15 people so you will also get individual attention. The atmosphere is friendly and supportive.

Who runs the courses?

Trained and accredited facilitators run the courses. They are regularly updated on the latest information on helping people to quit smoking.

Where are the courses run?

Courses are held at Cancer Council Western Australia offices. At times they are also available in other metropolitan locations as well as in regional centres.

What will it cost?

Standard fee	\$100*
Concession (Health care card)	\$50

* Some private health insurers will provide a rebate depending on the level of cover. Contact your health fund direct to find out if you are eligible for a rebate.

Where can I get more information or register for the course?

You can phone the Cancer Council Helpline on 13 11 20 or go to: www.cancerwa.asn.au/prevention/tobacco/freshstart to find out the details of upcoming metropolitan and regional courses.

Course details:

- Reasons for smoking
- How and why people are addicted
- Conflicts associated with stopping smoking
- Decision making
- Quitting methods and planning strategies
- Health effects - benefits of quitting
- Managing withdrawal symptoms
- Relaxation techniques
- Stress and anger management
- Weight control
- Recognising and planning for possible obstacles
- Dealing with emotions associated with quitting
- Developing sources of support
- Staying stopped
- Enjoying being a non-smoker

