



SMOKE-LESS CAMPAIGN

PROGRAM

Mt Gravatt Campus Semester 2, 2009

Introduction:

New Australian policies regarding tobacco consumption are being directed towards creating more smoke free environments and achieving considerable reductions in the percentage of smokers in the population (particular with young people). Griffith University, as a pioneering educational institution, is pro-actively conducting a comprehensive project targeting students and staff, to help them quit this habit and create a healthy learning and teaching environment.

This campaign will be run as a pilot project this semester at Mt Gravatt Campus. The Campaign will spread through to other campuses of the University in the near future.

Our ultimate goal is to not only try to reduce smoking amongst students and staff at the University and give all possible support for them to quit smoke. It is to also help everyone enjoy a healthy, smoke free environment through the use of Nominated Smoking Areas.

Activities and seminars:

The Smoke Less Campaign will be running on Mt Gravatt Campus from week 7 through to week 13, commencing with Intervention Week (**week 7**), during which time, many activities and seminars will be running.

Some of these activities are only for students and staff who smoke, to help them quit; others are open to all students and staff, whether they are smokers or not.

The Activities will provide students and staff with different tools to quit smoking using many strategies such as Quit training sessions, Griffith Sports and Activities physical activities and educational seminars, and many more.

Please note that some of these sessions and activities need to be booked in advance. This can be done by contacting the Project Leaders or at the Information Stall on campus, during Week 7. Details of the activities and seminars are as follows:

- 1. QUIT smoking training sessions:** These sessions are suitable for students and staff who smoke and who are seeking some help from experts in QUIT smoke strategies. They are delivered by a qualified trainer and they are to be held in small groups of 10-20 people. Participants will be asked to complete a questionnaire at the beginning and end of these sessions. (**Bookings Essential**).
- 2. Seminars:** These seminars will be delivered by the Alcohol and Drug Services Unit -Inala Community Centre, Queensland Health, with the topic of *Oral Gratification, Self Mutilation and Hedonism. Is Nicotine the common denominator?* The seminars will provide information on a wide range of topical issues in a light-hearted manner. These seminars are open for all students and staff at Mt Gravatt Campus. (**Bookings not essential**).
- 3. Physical Activity and Education Sessions:** Commencing in Week 8, these are free sessions provided by Griffith Sports and Activities to all students and staff. Smokers may find the physical activities a good method of reducing stress that can often lead to the desire to smoke. (**Bookings Essential – see separate timetable**).
- 4. Smoke-Less Campaign Ambassador Services:** Our Ambassadors will be on campus throughout Weeks 7 to 13 to guide smokers to nominated smoking areas and advise them on relevant Quit information and training sessions.
- 5. Information Stall:** At our information stall, staffed from Monday to Thursday of Week 7, you will be able to obtain a range of brochures and flyers to assist you (or your friends or family) in the process of quitting. There will be free giveaway and the winners of our \$75 Woolworth vouchers (for completing the questionnaire email in Week 2) will be announced. This runs in week 7 only.
- 6. Clinical Services:** Queensland Health's Alcohol and Drug Services Unit -Inala Community Centre, will be offering an individual-based counselling service to staff and students. Further details please contact:

Alan Gude

Co-ordinator

Brisbane South ATODS

Community Team

Inala Community Health Centre

Ph 32755417

Email: alan_gude@health.qld.gov.au

Or contact:

QUIT line: 137848

Further Information

Dr Jing Sun (School of Public Health) - j.sun@griffith.edu.au

Lynette Farquhar (Office of the Provost, Mt Gravatt Campus) - l.farquhar@griffith.edu.au

www.griffith.edu.au/smokelesscampaign

Timings and Locations of Activities and Seminars:

Week 7

Monday 07/09	12:00-14:00	Quit Smoking Training Session	M10_3.10A
	09:00-16:00	Information Stall	Near Security Office
	09:00-16:00	Smoke-Less Ambassador Services	Roaming
	09:00-16:00	Registration for Griffith Sports and Activities sessions	Information Stall
Tuesday 08/09	12:00-14:00	Quit Smoking Training Session	M10_3.10A
	12:00-14:00	Workshop Seminar - <i>Oral Gratification, Self-Mutilation and Hedonism. Is Nicotine the common denominator?</i> (Queensland Health - Mr Alan Grude; Griffith University - Prof Newell Johnson)	M15_3.13
	09:00-16:00	Information Stall	Near Security Office
	09:00-16:00	Smoke-Less Ambassador Services	Roaming
	09:00-16:00	Registration for Griffith Sports and Activities sessions	Information Stall
	09:00-16:00	Registration for Griffith Sports and Activities sessions	Information Stall
Wednesday 09/09	13:00-14:00	Quit Smoking Training	M10_3.10
	09:00-16:00	Information Stall	Near Security Office
	09:00-16:00	Smoke-Less Ambassador Services	Roaming
	09:00-16:00	Registration for Griffith Sports and Activities sessions	Information Stall
Thursday 10/09	12:00-14:00	Quit Smoking Training Session	M15_1.18
	09:00-16:00	Smoke-Less Ambassador Services	Roaming
	09:00-16:00	Information Stall	Near Security Office
	09:00-16:00	Registration for Griffith Sports and Activities sessions	Information Stall
Friday 11/09	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 8

Tuesday 15/09	12:00-14:00	Quit Smoking Training Session	M10_2.14
	12:00-14:00	Workshop Seminar - <i>Oral Gratification, Self-Mutilation and Hedonism. Is Nicotine the common denominator?</i> (Queensland Health - Mr Alan Grude; Griffith University -Prof Newell Johnson)	M15_3.13
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 9

Tuesday 22/09	12:00-14:00	Quit Smoking Training Session	M10_2.14
	12:00-14:00	Workshop Seminar - <i>Oral Gratification, Self-Mutilation and Hedonism. Is Nicotine the common denominator?</i> (Queensland Health - Mr Alan Grude)	M15_3.13
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 10

Tuesday 06/10	12:00-14:00	Quit Smoking Training	M10_2.14
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 11

Tuesday 13/10	12:00-14:00	Quit Smoking Training Session	M10_2.14
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 12

Tuesday 20/10	12:00-14:00	Quit Smoking Training Session (Ms/ Melissa Carey)	M10_2.14
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming

Week 13

Tuesday 27/10	12:00-14:00	Quit Smoking Training Session(Ms/ Melissa Carey)	M10_2.14
All week days (From Mon to Fri)	09:00-16:00	Smoke-Less Ambassador Services	Roaming