

Nunyara smoking campaign success

THE journey to quitting is never easy, but it's good to have some people on your side for the journey.

The Tackling Aboriginal Smoking Support Group at the Nunyara Aboriginal Health Service have made sure that indigenous residents know they're not alone in their fight.

The group has been holding fortnightly information and support sessions which cover a variety of topics such as smoking triggers, keeping a smoking chart to track smoking habits and options to assist in quitting.

Participants have also used the 'smokerlyzer', a special device that measures how much carbon monoxide is in a person lung as opposed to oxygen.

Tackling Indigenous Smoking Project Officer Zena Wingfield said that even cutting back on cigarettes can improve a person's health and lung capacity.

"Quitting is never easy, but as the saying goes, every cigarette you have is doing you damage," she said.



AD: Women from the Tackling Aboriginal Smoking Support Group recording local radio advertisements.

The team have also been working hard to promote quitting smoking to the wider community.

Four local participants recently recorded their voices for local radio advertisements, which promote the support group and provide information for those in the

community who are looking to give up cigarettes.

"They have done a great job to record their voices for radio and should be very proud of themselves," Ms Wingfield said. The next focus for the group will be the upcoming World No Tobacco Day on Thursday, May 31.