

NATIONAL BEST  
PRACTICE UNIT

**TACKLING  
INDIGENOUS  
SMOKING**

2021



## Quitline: Put Down The Smokes, Pick Up The Phone



Quitline is a national telephone helpline service (managed by individual states and territories) providing confidential support for people who would like to quit smoking. Callers can reach Quitline on 137 848 and ask to speak to an Aboriginal and Torres Strait Islander counsellor.

Quitline Aboriginal and Torres Strait Islander counsellors are professionals with specialist training to assist people with smoking cessation. Aboriginal and Torres Strait Islander counsellors will provide callers with a plan for quitting that is tailored to their individual needs, as well as information on different quitting methods and products. If requested, Aboriginal and Torres Strait Islander counsellors can also direct callers to local support groups or mail out relevant brochures. Studies show that Quitline greatly increases the chance of quitting and that most callers find Quitline helpful.

The Quitline operates at different times in each Australian state and territory. Find further details online by entering 'Quitline' in your search engine followed by your state.



### TIPS FROM TOM

Many of our community members may have made New Year's resolutions to give up smoking, but for various reasons many will not be able to maintain them. Now is a prime time to help them by reinforcing the value of giving up. Be creative and inclusive and use tools such as Quitline, the Quitskills program, brief interventions, quit support groups, apps and ACCHS health workers. Celebrate the successes of those who have given up, encourage them to stay on track, and remind those who gave up for a short time to have another go, as each time they give up they get stronger and more aware of why they need to quit.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# JANUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31					1 New Year's Day (Public Holiday)	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Survival Day (Public Holiday)	27 Term 1 begins (NSW Eastern division, Qld, SA)	28 Term 1 begins (Vic)	29 Term 1 begins (ACT)	30

## Health Outcomes of Quitting

The day you quit smoking your body starts to recover. Here are some of the positive health outcomes to giving up cigarettes.

Within 6 hours

Your heart rate slows and your blood pressure becomes more stable.

Within a day

Almost all of the nicotine is out of your bloodstream.

Within a week

Your sense of taste and smell may improve.

Within 2 months

Your immune system begins its recovery, so your body is better at fighting off infection.

Within 6 months

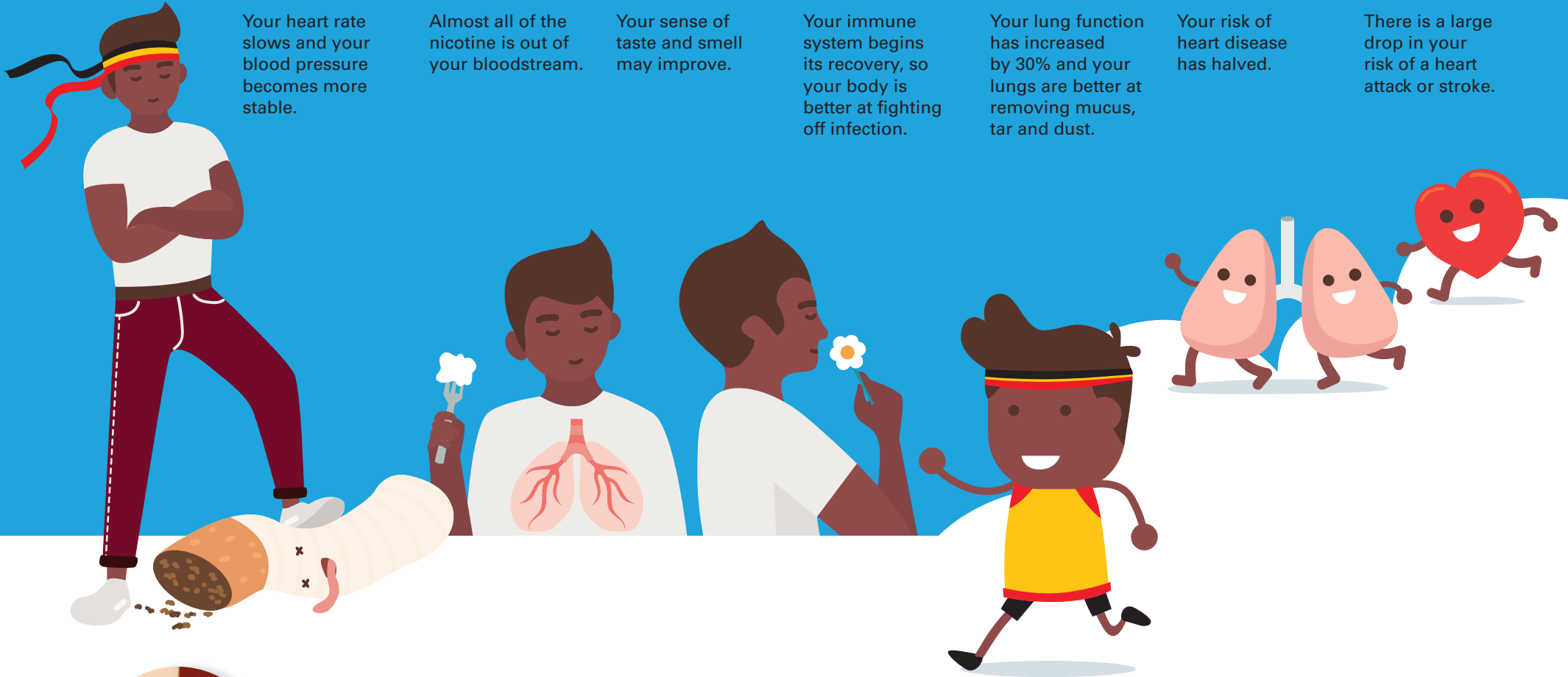
Your lung function has increased by 30% and your lungs are better at removing mucus, tar and dust.

After 1 year

Your risk of heart disease has halved.

Within 2 to 5 years

There is a large drop in your risk of a heart attack or stroke.



### TIPS FROM TOM

Make sure you register for this year's TIS Teams workshops, which will be held between March and October. These events are always a great opportunity for workers to share experiences and best practices and to learn what other teams are doing. Workshops are relevant to TIS workers both old and new, since like experiences can be shared and new health approaches evaluated.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# FEBRUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

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Saturday

	1 Performance Report due to NBP Unit for review Term 1 begins (ACT, NT, WA)	2	3 Term 1 begins (NSW Western division, Tas)	4 World Cancer Day	5	6
7	8 Royal Hobart Regatta (Public Holiday - Tas, observed in select areas only)	9	10	11	12	13 National Apology Day
14 Valentine's Day	15	16	17	18	19	20 World Day of Social Justice
21	22	23	24	25	26	27
28						

## Creating Smoke-Free Environments



Whether it's in your home, at workplaces or for special events, establishing smoke-free environments within the community creates positive outcomes including:

- No second-hand smoke for your friends and family. Smoking around people who don't smoke increases their risk of suffering from smoking-related diseases.
- Young people becoming less likely to start smoking.
- Supporting people who are quitting or have recently quit, since smoking is no longer seen as 'normal'.
- Encouraging people who smoke to think about how smoking impacts on them and their family.



Tackling Indigenous Smoking teams can encourage smoke-free environments where people live, work and play by:

- Promoting smoke-free areas with stickers, posters and brochures which reinforce the benefits of the process.
- Keeping workplaces and staff updated on smoke-free policies and the location of any smoking areas.
- Partnering with local organisations to support them in the development, update and maintenance of smoke-free policies.
- Working with local event organisers to develop smoke-free policies and clear messaging around the benefits of holding smoke-free gatherings.
- Working with local sports clubs or other groups to consider the benefits of becoming smoke-free.

Remember, any opportunity to increase smoke-free environments is a good investment in family and community health!



### TIPS FROM TOM

National Close the Gap Day is coming up on March 18. On Close the Gap Day it is important for all of us to reflect on the work we have achieved. A 2020 study showed a downward trend of daily smoking among Aboriginal and Torres Strait Islander adults from 50% in 2004/05 to 40% in 2018/19. Plenty of work still needs to be done, but be sure to celebrate our successes and share them with our communities.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# MARCH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 Labour Day (Public Holiday - WA) Performance due to FAM	2	3 TIS Remote Services Workshop	4 TIS Remote Services Workshop	5 International Women's Day	6
7	8 Canberra Day (Public Holiday - ACT) Adelaide Cup Day (Public Holiday - SA) Eight Hours Day (Public Holiday - Tas) Labour Day (Vic)	9	10	11 World Kidney Day	12	13
14	15	16	17	18 National Close the Gap Day	19	20
21 Harmony Day	22	23	24	25	26	27
28	29	30	31			

## The Dangers of E-Cigarettes

E-cigarettes are devices that heat a liquid to make a vapour that users breathe in. This is known as vaping. While e-cigarettes have been marketed as a way to help people quit smoking, they are not harm free and there is little evidence suggesting they are an effective method for smoking cessation.



### The risks of vaping

- The liquids used in e-cigarettes contain a range of toxic chemicals.
- Emerging evidence suggests vaping may result in severe lung disease.
- Vaping has also been linked to an increased risk of heart attack.
- Use of e-cigarettes impacts on oral health as much as conventional cigarettes.
- The vapour produced by e-cigarettes contains toxins.
- People who vape are exposed to heavy metals such as chromium, nickel and lead in greater quantities than in conventional cigarettes. High concentrations of these heavy metals have been linked to health problems such as cardiovascular disease, brain damage and cancer.
- Passive exposure to e-cigarette vapour can aggravate existing chronic health conditions such as asthma or chronic obstructive pulmonary disease (COPD).



### TIPS FROM TOM

Our kids are some of our best ambassadors to be change agents for a better future, so invest in positive anti-smoking messaging and education as they grow up. Reach out to the community and engage them in tackling the smoking addiction, because empowering the individual, supported by the community, is the key to achieving positive and sustainable outcomes. Start planning for the mid-year school break – fun events to assist kids to make deadly choices and celebrate their successes.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# APRIL

Sunday

Monday

Tuesday

Wednesday

Thursday

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Saturday

				1 Term 1 ends (NSW, ACT, Qld, Vic, WA)	2 National Close The Gap On Indigenous Health Equality Day Good Friday (Public Holiday)	3
4 Easter Sunday	5 Easter Monday (Public Holiday)	6 Easter Tuesday (Public Service Holiday - Tas)	7 World Health Day	8	9 Term 1 ends (NT, SA, Tas)	10
11	12	13	14	15	16	17
18	19 Term 2 begins (NSW, ACT, NT, Vic, WA)	20	21	22	23	24
25 ANZAC Day	26 ANZAC Day Public Holiday (ACT, NT, Qld, SA, WA) Term 2 begins (Tas)	27 Term 2 begins (SA)	28	29	30	

## What's In A Cigarette

Every cigarette you smoke contains more than 4000 chemicals - and at least 60 of these are known to cause cancer. The poisons in cigarettes and their smoke include:

- **Nicotine** (the drug in tobacco which creates addiction)
- **Tar** (a sticky mix of cancer-causing substances which stains the fingers, teeth and lungs of people who smoke)
- **Carbon monoxide** (also found in car exhaust fumes)
- **Hydrogen cyanide** (used in US death row gas chambers)
- **Ammonia** (used in floor cleaners)
- **Pesticides** (such as DDT) and radioactive compounds
- **Arsenic** (often used to poison rats and ants)
- **Metals** including lead (which can cause brain damage in humans), cadmium (found in car batteries) and nickel (commonly found in coins)
- **Formalin** (used to preserve human bodies)
- **Naphthalene** (found in mothballs)
- **Acetone** (used as a paint stripper)
- **Butane** (used in lighter fluids)



### TIPS FROM TOM

World No Tobacco Day is celebrated on 31 May, so organise community events and showcase the tremendous work you are doing. When the community sees what has been achieved, it can encourage more people to jump on-board and quit the smokes. As well as online resources specifically developed for World No Tobacco Day, posters, stickers and promotional items are regularly available for you to use.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# MAY

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Thursday

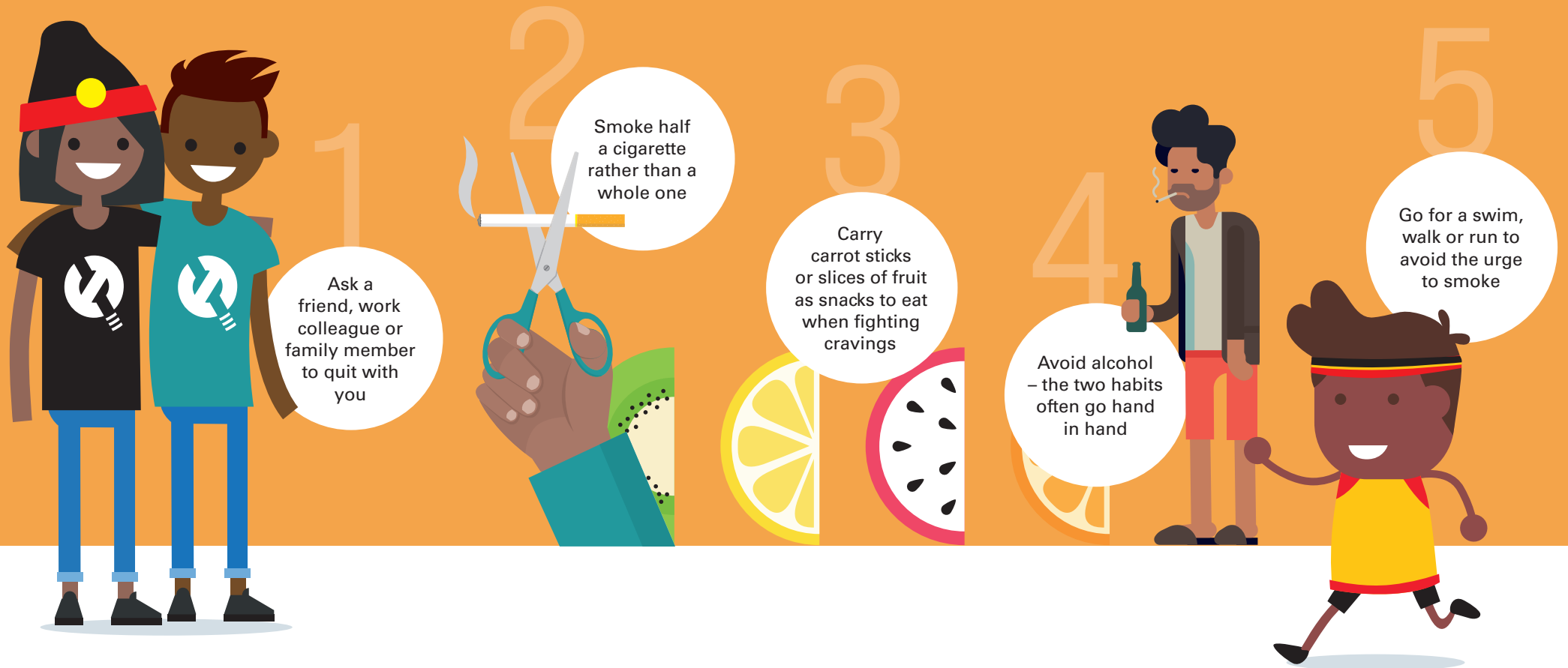
Friday

Saturday

30	31 Reconciliation Day (Public Holiday - ACT) World No Tobacco Day					1
2	3 May Day (Public Holiday - NT) Labour Day (Public Holiday - Qld)	4 World Asthma Day	5	6	7	8
9 Mother's Day	10 Preventative Health Conference, Perth	11 Preventative Health Conference, Perth	12 Preventative Health Conference, Perth	13	14	15
16	17	18	19	20	21	22
23	24	25 National TIS CEOs Workshop, Canberra	26 NSW & ACT TIS Teams Workforce Development Day, Canberra TIS TAG Meeting, Canberra	27 NSW & ACT TIS Jurisdictional Workshop, Canberra	28	29

## 5 Small Steps To Quitting For Good

People who smoke sometimes feel nervous about quitting, since they might have been unsuccessful in giving up the smokes in the past. There are a number of ways to build confidence as they work towards becoming smoke-free. Once someone has set a quit date, small steps can help on the way to quitting for good. People who smoke might consider these tips:



### TIPS FROM TOM

June is Bowel Cancer Awareness Month. While there are many big health issues disproportionately impacting our First People, bowel cancer is a growing concern. We should raise awareness with our community about this challenging health issue, since smoking is a significant contributor to bowel cancer. The current National Bowel Cancer Screening Program (NBCSP) is freely available to Australians aged 50 to 74 every two years.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# JUNE

Sunday

Monday

Tuesday

Wednesday

Thursday

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Saturday

		1	2	3 Mabo Day	4	5
6	7 Western Australia Day (Public Holiday - WA)	8	9	10	11	12
13	14 Queen's Birthday (Public Holiday - ACT, NSW, NT, SA, Tas, Vic)	15	16 SA TIS Teams Workforce Development Day, Adelaide	17 SA TIS Jurisdictional Workshop, Adelaide	18	19
20	21	22	23	24	25 Term 2 ends (NT, NSW, ACT, Qld, Vic)	26
27	28	29	30			

## Choosing The Best Way To Quit

There are many methods available for people who smoke looking to break the habit, but each person's experience is different. It is recommended a person who smokes seeks feedback from a health professional before quitting. This will help them assess what method might work best for them. Discussing quitting with a doctor or health worker can increase the chances of a person who smokes quitting successfully.



### Options to assist in quitting:

- Medications
- Nicotine Replacement Therapy
- Quit courses
- Cold turkey
- Aboriginal Quitline



### TIPS FROM TOM

Aligning your TIS team with local sports organisations can be a great way to promote the smoke-free message. Where possible, work with senior and junior clubs to raise awareness and to promote smoke-free signage, butt bins and designated smoking areas, as well as develop better enforcement during games. Fit, happy and healthy sports people who don't smoke provide the most powerful message to young people in our community.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# JULY

Sunday

Monday

Tuesday

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Saturday

				1	2 Term 2 ends (SA, Tas, WA)	3
4 NAIDOC Week	5	6	7	8	9	10
11	12 Term 3 begins (NSW, ACT, Qld, Vic)	13	14	15	16	17
18	19 Term 3 begins (SA, WA)	20 Term 3 begins (NT, Tas) Qld TIS Teams Workforce Development Day, Cairns	21 Term 3 begins (NT) Qld TIS Jurisdictional Workshop, Cairns	22	23	24
25	26	27	28	29	30 Performance Report due to NBPU for reviewing	31

## How Smoking Affects The Body

Smoking can cause an increased likelihood of a number of illnesses and medical conditions. Here are just a few health issues which occur in higher numbers among people who smoke.

### Heart

- A blockage in the heart muscle prevents blood flow from supplying the heart its oxygen supply may lead to a heart attack.
- Smoking can also weaken the heart's ability to pump blood around the body, leading to heart failure.
- People who smoke are also more susceptible to further cardiovascular diseases.

### Brain

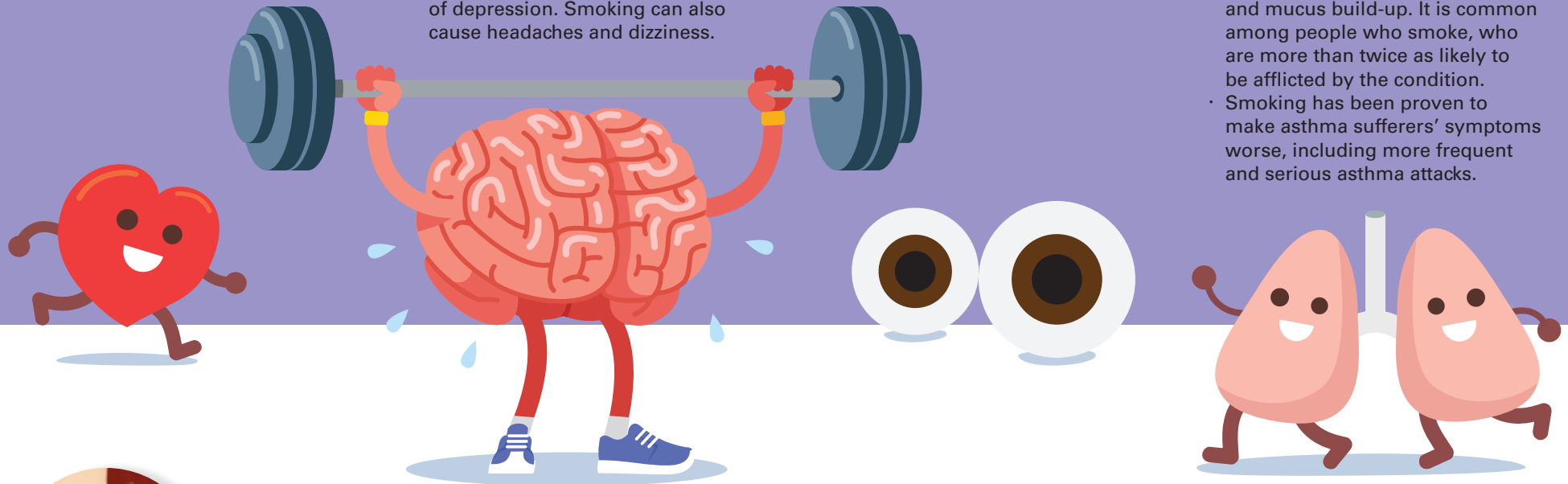
- A ruptured blood vessel or a blocked artery can stop blood getting to parts of the brain, causing a stroke. The more you smoke, the greater your risk of stroke. People who smoke have twice the risk of suffering a stroke than people who don't smoke.
- Nicotine can affect your brain function in a number of ways, including mood swings, anxiety and feelings of depression. Smoking can also cause headaches and dizziness.

### Eyes

- The retina is a delicate, light sensitive tissue that lines the inside of the eye. Smoking is a cause of macular degeneration, which gradually destroys the sensitive part of the retina and leads to loss of vision.
- Smoking can also cause cataracts and blindness.

### Lungs

- People who smoke are about six times more likely to develop emphysema, a disease of the lungs that makes it hard to breathe.
- Since tobacco damages your lungs' ability to fight off infection, people who smoke are also at a higher risk of catching pneumonia.
- Chronic bronchitis is a disease of the lung resulting in a chronic cough and mucus build-up. It is common among people who smoke, who are more than twice as likely to be afflicted by the condition.
- Smoking has been proven to make asthma sufferers' symptoms worse, including more frequent and serious asthma attacks.



### TIPS FROM TOM

Big dollars are being spent on developing and promoting e-cigarette products, with tobacco companies the major investors. Researchers are working hard to find out more about the health risks; it seems hardly a week goes by without new findings about harms related to vaping products. The use of e-cigarettes is not an evidence-based approach to reducing smoking prevalence.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# AUGUST

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2 Picnic Day (Public Holiday - NT) National Stroke Week	3	4 National Aboriginal and Torres Strait Islander Children's Day	5	6	7
8	9 International Day Of Indigenous Peoples	10	11 NT TIS Workforce Development Day, Darwin Royal Queensland Show (Public Holiday - Brisbane)	12 NT TIS Jurisdictional Workshop, Darwin	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Performance Report to FAM	31				

## The Dangers Of Smoking When Pregnant

According to the Australian Institute of Health and Welfare (2020), in 2018 44% of Aboriginal and Torres Strait Islander women smoked during pregnancy compared to 52% in 2009.



Smoking when pregnant can cause:

- Your baby to be born with a low birthweight.
- A higher chance of your baby suffering sickness at birth.
- Poor lung development in babies.
- An increased risk of a premature birth.
- An increased risk of a stillbirth.
- An increased risk of sudden infant death syndrome.
- Tobacco poisons to be absorbed by your child.
- Chronic disease (such as diabetes and heart disease) for babies later in life.

Quitting smoking will help you and your baby as:

- You will have more energy during pregnancy as your body has more oxygen.
- Your lungs will be able to breathe better, ensuring more oxygen and nourishment for your baby.
- Cigarette poisons will no longer be passed on to your baby.
- Your immune system will become stronger and lead to healthier outcomes for you and your baby.
- Other children in your home – who have smaller, more delicate lungs than adults – will be protected from passive smoking.
- The money you save on cigarettes can be put towards raising your baby.



### TIPS FROM TOM

On top of the health benefits of quitting smoking, the financial saving is a great incentive. I have heard many success stories from people who no longer smoke. It is always great to hear how people have utilised their savings, including taking family on holidays, buying new clothes and whitegoods, a new boat and even property deposits! These are important stories to share, because people who smoke don't always realise how much they miss out on because of the smokes.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# SEPTEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Prostate Cancer Awareness Month	2	3	4
5 Father's Day	6	7	8 WA TIS Teams Workforce Development Day, Perth	9 WA TIS Jurisdictional Workshop, Perth R U OK? Day	10	11
12	13	14	15	16	17 Term 3 ends (NSW, ACT, Qld, Vic)	18
19	20	21	22	23	24 Term 3 ends (NT, SA, Tas, WA)	25
26	27 Queen's Birthday (Public Holiday - WA)	28	29 World Heart Day	30		

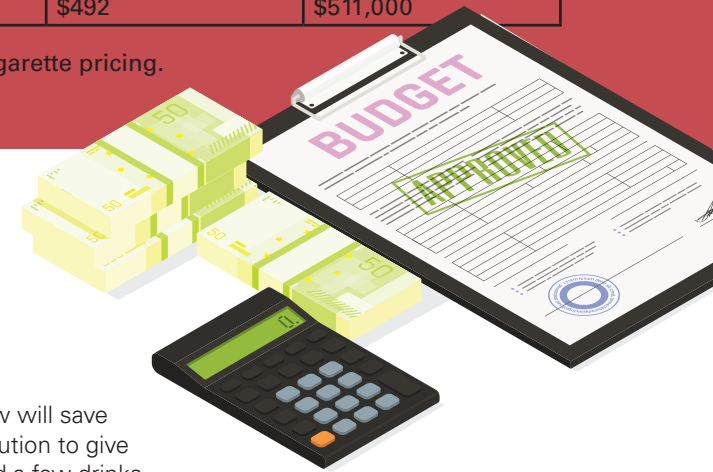
## Give Up, Save Up!

Giving up smoking is like getting a pay rise – when you're no longer buying cigarettes, there's more money to spend on other items. Quit websites across the country provide cost calculators so people who smoke can work out how much giving up the smokes could save them. As a guide, here is a suggested table of the money people who smoke 'cough up' for their habit...



Years Smoking	Cigarettes Per Day	Cost Per Week	Total Money Spent*
1	10	\$123	\$6388
	20	\$246	\$12,775
	40	\$492	\$25,550
2	10	\$123	\$12,775
	20	\$246	\$25,550
	40	\$492	\$51,100
5	10	\$123	\$31,938
	20	\$246	\$63,875
	40	\$492	\$127,750
10	10	\$123	\$63,875
	20	\$246	\$127,750
	40	\$492	\$255,500
15	10	\$123	\$95,813
	20	\$246	\$191,625
	40	\$492	\$383,350
20	10	\$123	\$127,750
	20	\$246	\$255,500
	40	\$492	\$511,000

\*Projected spend using averaged 2020 cigarette pricing.



### TIPS FROM TOM

It's a few months from Christmas, so it's a great time to remind people who smoke that giving up now will save them money to spend at Christmas. Start talking to your community about making a New Year's resolution to give up smoking; suggest they think about giving up now rather than on New Year's Eve when we have had a few drinks. Now is the time to start thinking about these steps rather than waiting until we're all excited at these big events such as Christmas and New Year's, when people might say, 'I wish I'd started doing this a couple of months ago'.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# OCTOBER

Sunday

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Thursday

Friday

Saturday

31					1 Breast Cancer Awareness Month	2
3	4 Labour Day (Public Holiday - ACT, NSW, SA) Queen's Birthday (Public Holiday - Qld) Term 4 begins (Vic)	5 Term 4 begins (ACT, NSW, Qld)	6 VIC & TAS TIS Teams Workforce Development Day, Melbourne	7 VIC & TAS TIS Jurisdictional Workshop, Melbourne	8	9
10	11 Term 4 begins (NT, SA, Tas, WA)	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Bush Tobacco

Bush tobacco is a native Australian tobacco plant. It grows in Queensland, the Northern Territory's Central Desert Region and Western Australia. It is known by different names including Pituri/Pitjuri and Mingkulpa. Dried leaves and stems are mixed with ash and then chewed. We are still learning all the health impacts of using bush tobacco, but what we do know is that:



- The leaves contain toxic chemicals, including some known to cause cancer.
- Mixing the tobacco leaf with ash might produce other harmful compounds.
- Using bush tobacco while pregnant increases the risk of premature birth and lower birth weight babies.
- A study of pregnant women showed those who chewed bush tobacco had higher levels of nicotine in their body than mothers-to-be who smoked cigarettes.
- Bush tobacco is addictive, with withdrawal symptoms including cravings, headaches, anxiety and grumpiness.
- Bush tobacco use can cause dizziness, drowsiness and sickness.



### TIPS FROM TOM

Giving up smoking can be a journey of ups and downs, as quitters work through the withdrawal symptoms. The good news is people who smoke often describe “gaining a new zest for life” within weeks of breaking free from using tobacco. This is supported by research showing, when compared to people who keep puffing, quitters report better moods, less anxiety, less stress and a better quality of life. Importantly, the well-being and positive mental health benefits from quitting align comfortably with our cultural focus on holistic health.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# NOVEMBER

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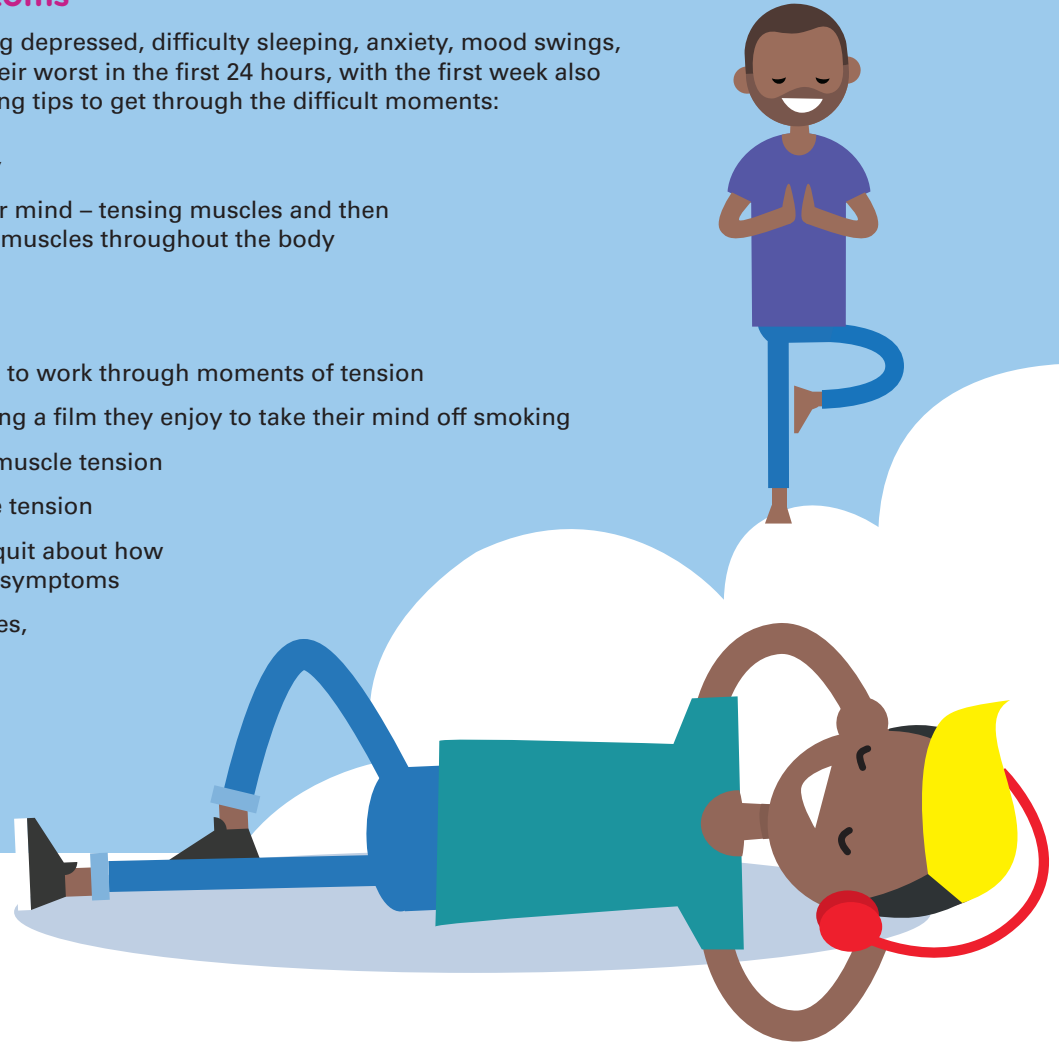
Saturday

	1 Lung Cancer Awareness Month	2 Melbourne Cup (Public Holiday - Vic)	3	4	5	6
7	8	9	10	11 Remembrance Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## 10 Suggestions To Minimise Cigarette Withdrawal Symptoms

Withdrawal symptoms from cigarettes include the ongoing urge to smoke, feeling depressed, difficulty sleeping, anxiety, mood swings, difficulty concentrating and restlessness. Withdrawal symptoms are usually at their worst in the first 24 hours, with the first week also likely to be difficult. People who smoke who have quit could consider the following tips to get through the difficult moments:

1. Breathing deeply and slowly
2. Relaxing their body and your mind – tensing muscles and then relaxing them, repeating on muscles throughout the body
3. Eating sensibly and well
4. Getting plenty of sleep
5. Having a stress ball on hand to work through moments of tension
6. Listening to music or watching a film they enjoy to take their mind off smoking
7. Gently stretching to relieve muscle tension
8. Getting a massage to relieve tension
9. Talking to others who have quit about how they coped with withdrawal symptoms
10. Focusing on creative activities, such as writing in a diary, reading or creating art



### TIPS FROM TOM

As we reflect on our hard work and achievements over another year, be sure to spread your team's good news stories. Good news stories play a vital role in showcasing the success of the TIS program and encouraging other community members to "say no to tobacco". The domino effect that positive stories can have is amazing and our stories of success should be celebrated. Thank you all for your dedication to the TIS program this year – you play a pivotal role in achieving better health outcomes for our mob.

*Prof Tom Calma AO, Tackling Indigenous Smoking National Coordinator*





# DECEMBER

Sunday

Monday

Tuesday

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Saturday

			1	2	3	4
5	6	7	8	9	10 Human Rights Day Term 4 ends (Qld, SA)	11
12	13	14	15	16 Term 4 ends (Tas, WA)	17 Term 4 ends (ACT, NSW, NT, Vic)	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27 Christmas Day Public Holiday	28 Boxing Day Public Holiday (ACT, NSW, NT, Qld, Tas, Vic, WA) Proclamation Day Public Holiday (SA)	29	30	31 New Year's Eve	



NATIONAL BEST  
PRACTICE UNIT  
**TACKLING  
INDIGENOUS  
SMOKING**

# 2022 CALENDAR



## January

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## February

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

## March

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## April

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

## May

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22	23	24	25	26	27	28
29	30	31				

## June

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19	20	21	22	23	24	25
26	27	28	29	30		

## July

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24	25	26	27	28	29	30
31						

## August

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## September

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## October

Su	Mo	Tu	We	Th	Fr	Sa
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## November

Su	Mo	Tu	We	Th	Fr	Sa
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## December

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

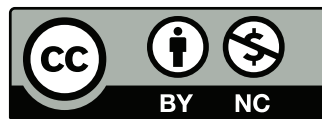
## Public holidays

1 January New Year's Day  
3 January Substitute day  
26 January Survival Day

15 April Good Friday  
16 April Easter Saturday  
18 April Easter Monday

25 April ANZAC Day  
13 June Queen's Birthday

25 December Christmas Day  
26 December Boxing Day  
27 December Substitute day



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