



## Galambila Aboriginal Health Service

November 2024



This story was submitted to the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) by Jane Lennis, Galambila Regional TIS Manager. Many thanks to the Ready.Quit.Solid. TIS team for sharing their story.

### **What area do you service?**

The Ready.Quit.Solid. TIS team features staff from Awabakal, Bullinah and Galambila health services and services the NSW Central and North Coast region.

### **Tell us about your success story.**

The Lismore Aboriginal Knockout took place on September 21 and 22 at Crozier Field and Oakes Oval. This event is a significant cultural and sporting gathering, featuring rugby league matches and bringing together communities to celebrate and compete. Having Ready.Quit.Solid. as a major partner must have added significant value to the event. The collaboration with Northern United Dirawongs over the three days helped amplify the message about the impacts of smoking and vaping, and promoted healthier choices within the community.

Having a stall with educational props and materials on the impacts of smoking tobacco and vaping is a great way to engage the community and spread awareness. Visual aids and interactive resources can make a big difference in helping people understand the health risks and encourage them to make healthier choices. Engaging with community members from such a wide area, including South East Queensland, Moree, Toomaluh, Newcastle and Kempsey, shows the extensive reach and impact of Ready.Quit.Solid.'s efforts. It's great to see such a broad engagement.



### **Who was the activity designed to reach?**

The women's competition drew a crowd of more than 1000 community members. During this day, the TIS team engaged with over 200 community members. There were more than 5000 community members in attendance for the men's competition, where Ready.Quit.Solid. engaged with over 300 community members. During these days the team gave away numerous prizes featuring tobacco and vaping messages, established new contacts and explored ideas for future partnerships. We are looking forward to partnering on more events following these successes.

We conducted an impactful workshop with Under 17s youth, most on scholarships with Titans NRL, with 60% of players being Indigenous. The workshop focused on:

- Prevention of youth uptake of vaping and smoking.
- Nicotine addictions and how vaping is marketed to youth.
- Health impacts of vaping on the body, including lungs, heart and kidneys, and the importance of early prevention and detection of chronic diseases.
- Good health addictions versus bad health addictions.
- Maintaining wellbeing and social and emotional health during their rugby league journey, including dealing with injuries, successes and setbacks.

It was inspiring to see the engagement and enthusiasm from the youth.





### **How did you measure the success of the activity?**

We completed 100 pledges and over 150 Q&A sessions on the first day and 150 pledges and over 200 Q&A sessions on the second day.

### **Summary and conclusion**

We received some great feedback from the community – they were particularly happy to see that Solid Mob (Bullinah Aboriginal Health Service's former TIS team) were now incorporated into the new Ready.Quit.Solid. partnership. Our videos and ambassador videos were played on the big screens across the two days and were broadcast on the streamed (online) games. Community were talking a lot about the videos from [Steven Oliver](#) and also our [Newcastle Knights](#) ambassadors. There was a great response from community about the information that we had on vapes and vaping, since there is a lot of concern from mob about vaping among young people. We did receive feedback from mob that expressed disappointment that we can't conduct preventative workshops in the community and that it is through referrals for cessation support and NRT.

