



SOUTHERN STOP SMOKING SERVICE

WORKING FROM HOME

Our team shared some lovely views from their at-home offices!

NEW LEGISLATION

Smoking and vaping in vehicles with children will be illegal

INCENTIVES

You could earn up to \$300 through our incentive programmes



DRIVE SMOKE FREE FOR TAMARIKI

"To limit children's exposure to second-hand smoke, it will be illegal from November to smoke and/or vape in a vehicle that has children and young people (under 18 years old) in it - whether the vehicle is moving or not.

The **Smoke-free Environments (Prohibiting Smoking in Motor Vehicles Carrying Children)**

Amendment Act was passed in May 2020 and comes into force on 28 November 2021. This will prohibit smoking and vaping in motor vehicles carrying children and young people under 18 years of age.

Smoking (or vaping) in a vehicle carrying a child occupant may result in

the individual being liable for a fine of \$50, or a court can impose a fine of up to \$100.

Children can't get away from the smoke in your car. Opening or winding down the window doesn't remove all the poisons in second-hand smoke. The poisons will stay long after the smoke and smell have disappeared. There is lots of evidence about the harms of second-hand smoke.

- Children who are exposed to second-hand smoke are more likely to develop illnesses such as chest infection, glue ear and asthma.

- Exposure to second-hand smoke increases the risk of sudden unexpected death in infancy (SUDI).
- Young people who have friends or whānau who smoke are more likely to become smokers.
- Younger children/babies are particularly vulnerable to the effects of second-hand smoke exposure due to their smaller lungs, higher respiratory rate (they breathe faster), and because their immune systems are still developing."

MAKE YOUR CAR SMOKEFREE ME AUAHI KORE TO WAKA

- Agree with the whānau that your car is always smokefree for everyone.
- Clean out the ashtrays and remove the lighter from your car.
- Display Smokefree/Auahi Kore stickers to show you mean business!

Choosing to drive smokefree can be tough at first, but honestly it gets easier:

- Try swapping your smokes for some chewing gum
- Turning up the tunes
- Sipping a drink
- Put them out of sight in the glovebox

All information sourced from:

<https://www.smokefree.org.nz/drivesmokefreefortamariki>

ME AUAHI KORE TŌ WAKA

— MŌ Ō TAMARIKI TE TAKE —

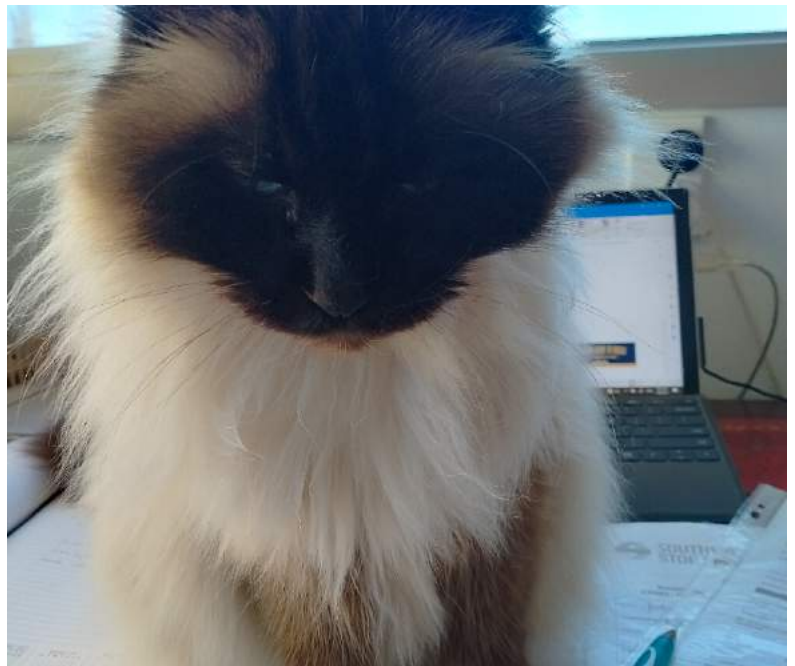
smokefree

Working From Home

Our team worked from home once again during the recent COVID-19 Alert Levels 3 and 4.

Some lovely outdoor views were shared with the team as we continued to contact our clients and complete contactless NRT drop-offs.

We're always there for you whanau!





OUT & ABOUT

North Otago Stop Smoking Coach Lisa Preston is pictured above next to a stop smoking car and, right, enjoying lunch out with some of the team!

Right: Central Otago Coach Alison Milne was visited by a curious wee goat checking out the stop smoking car!





OUT & ABOUT



FREE STOP SMOKING SUPPORT CLINIC



FINISH STRONG

Is our brand new **FREE** stop smoking clinic!

Hosted by two expert stop smoking coaches here to support you on your journey to becoming smoke free

The clinic will be open and free to everyone
Free nicotine replacement therapy
Coffee and tea provided

Every Tuesday commencing Tuesday 19 October 2021
5.30pm-6.30pm
Level 4, 333 Princes Street, Dunedin

FOR MORE INFORMATION GET IN TOUCH ON:

0800 925 242 OR

JADE FRASER 022 423 6485

FIONA SCOTT 027 444 7989



STOP SMOKING
SERVICE



ASK FIONA

Fiona Scott, one of our Otago Stop Smoking Coaches, answers some questions about her career.

Fiona, what do you enjoy the most about being a stop smoking coach?

I enjoy representing NKMP and I love been part of a programme that promotes health and wellbeing. I love that there are so many supportive wrap around services available for clients at their time of need. I love seeing Te Tangata take back their mana and transform themselves into the best version of themselves through taking control of their lives.

What is your gem of advice?

My advice is even when the road is hard and at times you feel like you're

falling or failing, remember every day is a new day and small steps are great steps in life. Know there are Tangata there to walk beside you. Take control of your destiny, you can live a smoke free life and Kia koa. Belly laugh at least once a day!

My Mantra
Ha ki Roto
Breath in
Ha Ki Waho
Breath out

Kia Tau Te Mauri e Kokiri nei
Settle the Mauri that stirs inside me
I Nga piki me Nga heke
Thru the ups and downs
Ko te rangimarie Taku e Rapu me
It is peace that I seek.
You got this whanau.



WE'RE HERE FOR YOU

WHEN YOU'RE READY FOR US



So how does it work?

All you need to do is give us a call on (03) 214 5260 or free phone 0800 925 242, pop in and see us at 92 Spey Street, Invercargill, or visit www.stopsmoking.nz and refer online! Once you have filled in a referral form, a coach in your area will be in touch within 48 hours. Our coaches are mobile, so we can come to you!



We will provide you with support and all of the information you need to get you on track to becoming smoke free. We provide **free** NRT products (patches, gum and lozenges) and support around other stop smoking resources such as medications and vaping.

Not only do we support individuals, we also support entire workplaces, hospital patients (maternity), marae, kura, kohanga, schools and more.



South Port Staff, Bluff.

SMOKEFREE WORKPLACES

Did you know we can offer support to groups at workplaces? Stopping smoking as part of a group can be beneficial as you're able to support each other on your individual journeys.

We have supported some amazing workplaces such as

South Port, Port Otago, Sanford Limited, Waste Management and more.

Want to know more? Give us a call on 0800 925 242 or pop in and visit us at our head office 92 Spey Street, Invercargill,

"A few of us at work have stopped together and we're all encouraging each other."

- James Kelly, Triple Star

INCENTIVE PROGRAMMES

**Smoke Free Families
Smoke Free Pregnant Women**



The Smoke Free Families Incentive Programme is offered to parents and family members who smoke in the primary home of a child who has recently been admitted to hospital for a tobacco associated health issue (i.e. respiratory infection or glue ear)

YOU COULD EARN UP TO \$300 THROUGH OUR INCENTIVE PROGRAMMES! CALL US ON 0800 925 242 FOR MORE INFO.

The Smoke Free Pregnant Women Incentive Programme aims to encourage and support pregnant women to become smoke free.

"The secret to
getting ahead is
getting started".



What is a Stop Smoking Coach?

A free and qualified Stop Smoking Coach can:

- Help you plan to get everything you need in place.
- Advise you about vaping or using nicotine replacement (gum, patches and lozenges) and medications.
- Provide you with free nicotine replacement.
- Be there to help you through when things get tough.



*Service Manager
Teina Wilmshurst*



- North Otago
- Central Otago
- Otago
- Lakes District
- South Otago
- Central, Western, Northern Southland
- Invercargill Metro

HOW TO REFER:

Phone: (03) 214 5260

Free Phone: 0800 925 242

Email us: admin@stopsmoking.nz

Submit your referral online:

www.kaitahu.maori.nz/online-referrals.html