

VOL. 54
MARCH 2022



SOUTHERN STOP SMOKING SERVICE

SMOKING & COVID-19
Information from the
Whanganui District
Health Board

FAREWELL ALISON
This month we
farewell our
Central Otago Stop
Smoking Coach

**CELEBRATING
SUCCESSES**
Celebrating huge
successes over the
years



Editor's Note

I can't believe it's March 2022 already! Welcome to another edition of our Southern Stop Smoking Newsletter.

Times have been tough lately with the re-emergence of COVID in our community, but we would like you to rest assured that our coaches are continuing to work in the same way, which includes face-to-face sit downs adhering to COVID-19 safety measures (i.e. mask wearing). If you feel more comfortable, we are also happy to carry out phone consults or Zoom! Just let us know.

I am looking forward to celebrating successes, following journey's and sharing all of our wonderful news throughout the year.

See you soon!

Nicci Fowler

EDITOR

Smoking & COVID-19

The Whanganui District Health Board have put together an informative brochure around the higher risk people who smoke face when infected with COVID-19 and why this makes it a great time to quit! Check out the info below:

In light of the COVID-19 pandemic, there's never been a more important time to quit smoking. Evidence shows people who smoke may be at greater risk of severe respiratory disease, hospitalisation and death from COVID-19.

It's a stressful time for everyone. Some people who smoke believe that smoking helps you to relax, when actually smoking increases anxiety and tension. Quitting not only improves your physical health –it boosts your mental health and wellbeing too. Quitting:

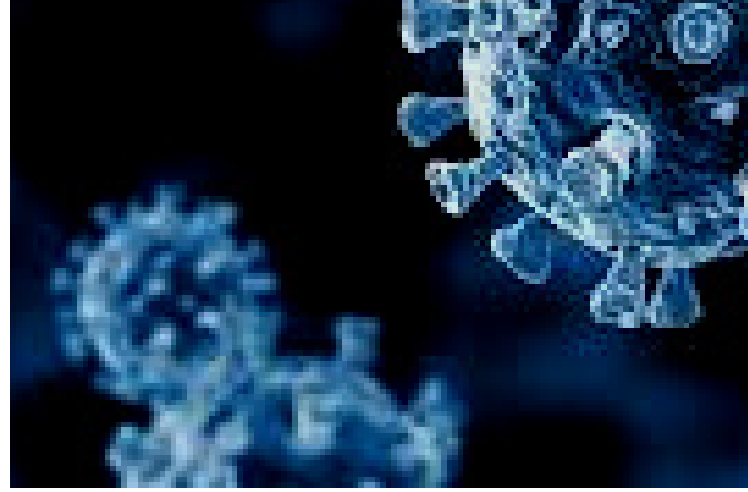
- Improves mood
- Relieves stress
- Reduces anxiety and depression

If you smoke you're at greater risk of developing serious disease.

Smoking damages your heart and lungs, which can put you at greater risk of developing severe disease from COVID-19. A review of studies by public health experts convened by the World Health Organization in 2020 found that people who smoke are more likely to develop severe disease with COVID-19, compared to non-smokers.¹

If you smoke you are more likely to be hospitalised with COVID-19

Data suggests if you smoke, you're 60-80% more likely to be admitted to hospital if you are infected with COVID-19.²



If you smoke you also have a higher risk of dying from COVID-19

A recent review involving 863,313 COVID-19 patients found smoking was significantly associated with a 19% increased risk of death.³

Quit smoking today!

There really has never been a more important time to quit smoking. Even if you've tried before - give it another go - you can do it!

- Clear out old ashtrays, lighters and cigarettes.
- Get support (contact the Stop Smoking Service)
- Think of your reasons for quitting – and keep them front of mind.
- Use stop smoking aids to help you manage cravings.
- Try new routines and remember you CAN do it.

Sources:

1[www.who.int/news/item/11-05-2020-who-statement-tobacco- use-and-covid-19#:~:text=Tobacco%20smoking%20is%20a%20 known,to%20non%2Dsmokers](https://www.who.int/news/item/11-05-2020-who-statement-tobacco-use-and-covid-19#:~:text=Tobacco%20smoking%20is%20a%20known,to%20non%2Dsmokers)

2www.theguardian.com/society/2021/sep/27/smokers-much-more-likely-to-be-admitted-to-hospital-with-covid-19-study-suggests

3<https://doi.org/10.1093/ntr/ntab112>



FAREWELL ALISON

This month we say farewell to our Central Otago Stop Smoking Coach, Alison Milne, who is heading away to start a Bachelor of Occupational Therapy at the Otago Polytechnic in Dunedin.

Alison has been a Stop Smoking Coach since the inception of the service in 2016. We wish her all the best for the future.

"Seriously, I do not know where the last 5 and a bit years have gone. As a wise person once told me, "You will look back on the past year and think gosh, I didn't know much this past year, but look at me now". I will take this in to my next chapters of study and work. As long as we continue to grow, life will never be boring.

I will certainly miss all the wonderful people I have met, be they clients,

whanau or the stunning people that work in the Central Otago community.

For them I am grateful, as they have shared and grown me as a person. Looking forward to seeing and hearing those heartwarming stories of smoke-free lives continuing.

If you see me out and about, please come up and remind me of your journey and if I was lucky enough to be on it with you.

"I will certainly miss all of the wonderful people I have met. Stay Safe and keep well."





**Stop Smoking
Coaches
Michelle Ryland
and Sandra
Chalmers were
proud to be a
part of the Free
Haircuts &
Other Services
For Those in
Need event.**

Presenting



Jade chatting to the midwifery students



Jade showing the midwifery students a Co Machine

The midwifery students taking part in the workshop

STOP SMOKING COACHES PRESENT TO MIDWIFERY STUDENTS

Teina, Jade and Andrew presented a workshop to third year midwifery students at Otago Polytech.

The students enjoyed the presentation and learnt about different ways of engaging clients around stopping smoking, how to break down barriers, and how to come up with solutions for everybody!



Celebrating Successes

Over the years, I've had the wonderful opportunity to write some amazing inspirational stories of your stopping smoking journey's from right across the Southern District! Well done on your huge successes!

I have not been able to include everyone's photo - but look out for the next edition!





FREE STOP SMOKING SUPPORT CLINIC



HOKONUI RUNANGA

Hosted by expert Stop Smoking Coach Michelle Ryland to support you on your journey to becoming smoke free

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

Every Friday
10am-2pm
140 Charlton Road, Gore

FOR MORE INFORMATION GET IN TOUCH ON:
0800 925 242 OR
MICHELLE RYLAND 022 529 0627





ASK ANDREW

Andrew Marbrow, one of our Otago Stop Smoking Coaches, answers some questions about his career.

Andrew, how long have you been a Stop Smoking Coach?

I have been working as a Coach for three months now, so I'm relatively new!

What do you enjoy the most about being a stop smoking coach?

Being able to help make a significant change to people's health, financial health, and general wellbeing.

What is your gem of advice?

To grab hold of the reasons you are stopping smoking and focus on those reasons when the going gets hard.



**STOP SMOKING
SERVICE**



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.

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



**SOUTHERN
STOP SMOKING
SERVICE**