

# NEWSLETTER

SOUTHERN STOP SMOKING SERVICE

February 2024, Vol. 18

## Inspirational Story

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A client discusses her journey to become smoke free

## Out and About with Evaline

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We joined our Central Otago Stop Smoking Coach to experience two days in her role

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[www.stopsmokingservice.co.nz](http://www.stopsmokingservice.co.nz)



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# FROM THE MANAGER

## TEINA WILMSHURST



Nga mihi mahana ki te tau hou ki a koutou katoa.

Welcome to 2024. I hope that you were able to spend some quality time with your whānau and, like many people, have made a resolution to be the change this year! The team is all back and eager to go again this year. We are looking to change some things up and try some new things, so watch this space!

The team attended the Te Waipounamu Smokefree Hui in Christchurch in November and it was great to see how other services work in our arena. I definitely see us as leaders in our field and I am so proud of the achievements of our team.

The new Coalition Government are looking to make some changes but thankfully, they have said that Stop Smoking Services will still be available for people who need support to stop. Therefore, we will be here to assist and support people to make those changes. With the rise in people vaping, there is also an increased demand for support to stop vaping. We can support people to stop vaping so if you have someone that would like support, feel free to put through a referral. Please note on the referral that it is for vaping, thank you.

Unfortunately, we are no longer able to provide the Smokefree Families Incentive programme but we are still able to support hapu mama to stop smoking with a revised Hapu Mama Incentive programme. Get in touch if you would like some more information around this.

We are looking for a new coach in the Moeraki/Oamaru area and we are looking forward to working once again with Te Hā o Maru to fill this role.

2024 is looking to be a year of changes and I look forward to what we can do and achieve further going forward.

Take care  
Nga mihi  
Teina Wilmshurst

# INSPIRATIONAL STORY

I started smoking when I was 11 or 12. It was the cool thing to do and everyone else was smoking. It was normal.

By the time I was 14, I was using substances and drinking and because of this I never thought of smoking as a problem. I felt everything else I was doing was worse.

I never thought of smoking as being addictive and I just assumed I could stop when I wanted to.

Once I was sober, smoking was the one thing I wanted to hold on to. But after a while, I realised I needed to stop. But I could never seem to do it.

I tried to quit every year for a long time, but would mostly only last two months. I used all sorts of stop smoking aids – Zyban, Champix, patches, acupuncture and hypnotherapy. Nothing seemed to work.

I didn't want to give up and I think that was the problem. I always really enjoyed the habit.

By now I was smoking a packet of tailor-mades a day, and spending almost \$1000 a month on cigarettes. I was sick of running out of money before pay day, and I wanted to do things but couldn't because of the cost. This time, I really wanted to stop.

I self-referred to the Southern Stop Smoking Service. The minute I was sitting with the coach, I knew I was done because now I was responsible.

The coach was fantastic. She walked me through everything and explained clearly how to use the patches properly. Every time I had tried to stop in the past I would only put one patch on because I thought that was how it worked. I didn't realise you could use more! I've been wearing two and it's really helping.

I also switched to a vape, but I don't intend to stay on that for long. The coach has been helpful and supportive and it's good to have someone holding me to account. I thought I was a stubborn enough person to do this on my own, but I'm not.

Since I stopped, my skin looks better and feels softer and my smell is starting to come back. I love having the extra money and I intend to start putting it in a jar so I can see my savings.

I'm so pleased to have finally stopped.



# MEET THE TEAM



**Teina Wilmshurst**  
Manager



**Evaline Surekha**  
Central Otago



**Andrew Marbrow**  
Otago



**Donna Watson**  
Otago



**Lisa Preston**  
North Otago



**Sandra Chalmers**  
Invercargill/Western Southland



# MEET THE TEAM



**Jude Cresswell**  
**Rural Southland**



**Rachel Chalmers**  
**Invercargill**





# OUT AND ABOUT WITH EVALINE

**We spent a couple of days on the road with one of our Stop Smoking coaches, Central Otago Coach Evaline Surekha.**

I usually spend my Tuesdays in Alexandra and Cromwell.

I left Hawea around 9am and reached Alexandra just after 10am. I headed straight to Castlewood Nursing Home, where I had an appointment with one of my clients. Next I dropped off NRTs for clients who could not meet me around Alexandra and Clyde.

My next destination was Hawksburn to meet with a new client. After meeting her I dropped off products in Cromwell for other clients and left for home.

After reaching home I organised everything for the next day – Smoking Cessation Clinic in Wanaka.

Wednesdays are spent in Wanaka at the clinic 9am to 12 noon where I see clients face to face and do follow ups with clients over the phone. Clients make prior appointments or can also walk in to see me at the Medical Centre in Wanaka. After I finish the clinic I do NRT drop offs in Wanaka and then off to Hawea.

I absolutely enjoy driving around Central Otago and meeting clients, being out in the community. The scenery and views of this district never gets old or bores me.

*Evaline Surekha*







Smoking Cessation 8





Port Softball Club Inc



WANT TO  
**STOP?**

*Need Help?*

*We can assist*

**00 925 242**

[smokingservice.co.nz](http://smokingservice.co.nz)



**SANDRA CHALMERS REPRESENTING THE SERVICE AT TRY WHĀNAU - A FREE TRIATHALON AND WHĀNAU FESTIVAL EVENT IN BLUFF.**





**MEETING WITH MEGHAN BARRETT, THE HEALTH PROMOTION ADVISOR (SMOKEFREE) FOR NATIONAL PUBLIC HEALTH SERVICE SOUTHERN.**





I have been introducing some activities for our stop smoking clients to assist and support them on their journey. For a lot of them the hand to mouth action is one of the hardest parts in stopping smoking. They have been having a go at Diamond Art which has been really successful and can occupy a lot of their time if they want it to. We have also been gardening - growing vegetables and tomato plants from potting to nurturing them to get a good crop. For some with confined spaces we have come up with some ideas for where to plant. Cherry tomatoes are great for cravings and very satisfying if they have grown them on their own.

-Jude Cresswell







**HOSTING A WORKSHOP FOR 3RD YEAR  
MIDWIFERY STUDENTS AT OTAGO POLYTECH**





WE'RE HERE FOR YOU

# WHEN YOU'RE READY FOR US

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*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.stopsmokingservice.co.nz](http://www.stopsmokingservice.co.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 & surgical), marae, kura, kohanga, schools and more.





# WEEKLY CLINICS

**Tuesday**

Oamaru Hospital, 10am–12pm,  
drop in or by appointment

**Wednesday**

Salvation Army, Dunedin,  
1pm–2pm (closed group)

**Wednesday**

Tokomairirio Community Hub, Milton,  
10am–12pm, drop in clinic

**Wednesday**

Happiness House, Queenstown, 10am–  
4pm, by appointment

**Thursday**

South Dunedin Community Network,  
4.30pm–6.30pm, drop in clinic

**Thursday**

Hokonui Runanga, Gore, 10am–3.30pm  
By appointment

**Thursday**

Fiordland Community House, time by  
appointment (otherwise home visits)

**Wednesday/  
Thursday**

Wanaka Medical Centre, 9am–  
12pm, by appointment



# Celebrating Successes



Editor: Nicci Fowler

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! *Have you stopped smoking with the support of our service and keen to tell your story? Get in touch with Nicci today on 0800 925 242*





# 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.



*Stop Smoking Coach Sandra Chalmers*



- 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](mailto:admin@stopsmoking.nz)

Submit your referral online:

[www.kaitahu.maori.nz/online-referrals.html](http://www.kaitahu.maori.nz/online-referrals.html)

ERMS: Nga Kete Matauranga Pounamu Charitable Trust





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