

## Smokefree - do it for your kids

No-one ever said giving up smoking was a walk in the park, but a new free service for whānau in the Wellington region is making it much easier to quit. Takiri Mai Te Ata Stop Smoking service is free and tailored to what works best for individuals and their whānau.

Manager of the service Catherine Manning says it is all about helping people quit in a way that works for them.

"New Zealand has a goal to be smoke free by 2025 and we've been set up to help make sure our communities get there. But more importantly, we want to help you quit because the best thing you can give your children is a 'smoke-free' you."

"The first thing we do with our clients is meet with them face-to-face. We work intensively with them to help achieve their goal and support them to remain smoke free," she says.



Takiri Mai Te Ata provides support to anyone wanting to quit smoking, with 24 hour phone support and face-to-face help from expert quit smoking coaches. The coaches help people through a six-week programme and provide free nicotine patches, lozenges and gum. People can choose how they would like support - with texting, Skype, emails and in-person support all on offer.

The service is available throughout the Wellington, Hutt Valley, Kapiti, Porirua and Wairarapa regions.

"We know trying to give up smoking is hard but with the right support you are much more likely to be successful," says Catherine Manning.

Everyone who signs up to start their Smokefree journey by the end of February, and who remains Smokefree for one month, will go into the draw to win one of two \$250 Pak 'N' Save vouchers.

To start your Smokefree journey go to:  
[www.takirimai.org.nz](http://www.takirimai.org.nz)  
 or  
**0800 926 257**

Join us on Facebook

[www.facebook.com/HuttValleyDHB](http://www.facebook.com/HuttValleyDHB)



## Healthy options at Hutt Hospital

Healthy choices are now easy choices following the introduction of healthy food and beverage guidelines at Hutt Hospital.

Over the last year food and drinks high in sugar and calories have been replaced with healthier alternatives.

Implementation group chair Peter Gush says the introduction of healthier

choices set a good example to visitors and our wider communities.

"Obesity and lifestyle diseases are significant health risks in New Zealand. As a hospital we need to model healthy eating, spread the message about healthy living, and make it easy for people to make healthy choices when they are here."



## Learning to manage your diabetes the 'DIY' way

### How can you take part?

The programme is currently held monthly at Te Awakairangi Health Network with plans to hold more programmes in GP practices and local marae through 2017.

To find out more contact

**Libby Stuart**

on 04 576 8618  
 or [libby.s@teahn.org.nz](mailto:libby.s@teahn.org.nz)

D.I.Y. Diabetes is a free programme that provides tips and tools to help those with Type 2 Diabetes take control of their diabetes.

Libby Stuart, a dietitian at Te Awakairangi Health Network, runs the course alongside a registered nurse, exercise coach, and pharmacist ensuring people are provided with the most up-to-date information.

Those who have completed the course feel more positive about their

diagnosis saying "it would be great if all new diabetics could attend the course."

The programme runs over four weeks, with a two hour session held each week. Each session covers a different topic including nutrition, physical activity, medications, blood tests and how to look after yourself.

"Diabetes can be a tough thing to live with day to day, but many find comfort in being able to talk, share tips, and problems with people that are in the

same boat as themselves. It reminds the participants they are not alone in their journey managing their diabetes" says programme coordinator Libby.

"Bring a member of your whānau or a friend for support", she suggests.

"Many of the support people who have attended have been inspired to make healthy changes themselves, as well as improving their confidence to manage and support their loved one and their diabetes."



Call 0800 Talk Teeth to make an appointment for your child!

Hutt Valley DHB Board meetings are open to the public

Boardroom, Pilmuir House,  
 Hutt Hospital campus, High Street,  
 Lower Hutt

See our website for information

### Hutt Valley District Health Board - members



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