**Newsletter Article (1)**

A message from Public Health South and WellSouth

Little Lungs – Pūkahukahu Iti

Your teachers at [\_\_\_\_\_\_\_\_\_\_\_\_\_] recently participated in some professional development around the Smokefree NZ 2025 goal and the importance of Smokefree environments for our children. They are taking some great steps to keep the centre Smokefree by updating their Smokefree signage, and Smokefree policies at the centre. They are also keeping up-to-date with messages and promotions coming from the health sector.

For help to stop smoking please contact:

* The Southern Stop Smoking Service on 0800 925 242 or email [admin@stopsmoking.nz](mailto:admin@stopsmoking.nz) or visit: <http://www.kaitahu.maori.nz/southern-stop-smoking-service.html>
* Quitline on 0800 778 778 or visit <http://www.quit.org.nz/>

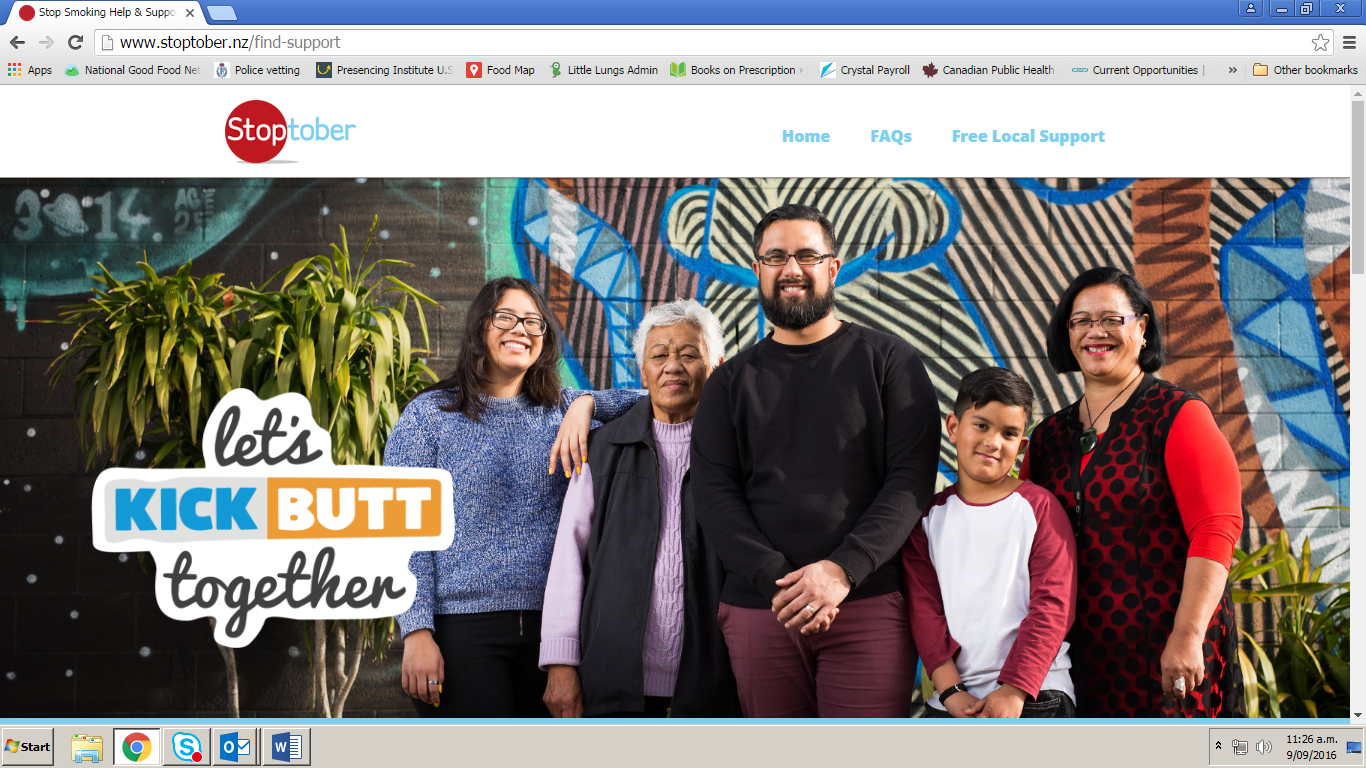
**Newsletter Article (2)**

A message from Public Health South and WellSouth

Little Lungs – Pūkahukahu Iti

Smoking is highly addictive and 1 out of 2 people who smoke will die of a Smoking-related illness. Did you know that it can take the average person up to 20 attempts to stop smoking?

This month we are celebrating Stoptober, an initiative designed to support loved ones to give up smoking.

Join Stoptober movement now and we’ll put you in the draw to WIN 4 tickets to Raggamuffin, including accommodation! Sign up to Stoptober: <http://www.stoptober.nz/>

For help to stop smoking please contact:

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* Quitline on 0800 778 778 or visit <http://www.quit.org.nz/>

Follow us on Facebook: <https://www.facebook.com/Smokefree-South-1222656824414901/?fref=ts>

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**Newsletter Article (3)**

[](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1/children/smoke-free-homes-and-cars)A message from Public Health South and WellSouth

Little Lungs – Pūkahukahu Iti

Children are extremely vulnerable to second-hand due to their smaller bodies and little lungs. Second-hand smoke causes:

* Fifteen hundred hospital operations to treat glue ear;
* More than 500 hospital admissions of children under 2 years; suffering from chest infections;
* Almost 15,000 episodes of childhood asthma; and,
* More than 27,000 GP consultations for asthma and other respiratory problems in childhood.

Protect your children from second hand smoke by:

* Wearing a “smoking jacket” - toxins linger in clothing and in car seats long after you have finished a cigarette;
* Making your car and home Smokefree; and,
* Removing ashtrays and lighters from your car and home.

If you can’t do this, try;

* not smoking on the drive to and from Centre;
* keep your child’s room or where they play (like the lounge) Smokefree and,
* ask your whanau to support you by not smoking in your car and home.



**Newsletter Article (4)**

A message from Public Health South and WellSouth- Little Lungs – Pūkahukahu Iti

Did you know that every year second-hand smoke causes:

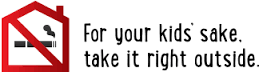
• More than 500 hospital admissions of children under 2 years suffering from chest infections;

• Almost 15,000 episodes of childhood asthma;

• More than 27,000 GP consultations for asthma and other respiratory problems in childhood;

• Fifteen hundred hospital operations to treat glue ear;

• Approximately 50 cases of meningococcal disease;

[](https://www.google.co.nz/imgres?imgurl=http://www.rightoutside.org/sites/all/themes/shs/images/kids-sake.png&imgrefurl=http://www.rightoutside.org/&docid=IQe-jNZyOJFwaM&tbnid=pnIv6bxG-YXNWM:&w=324&h=90&safe=strict&bih=985&biw=1920&ved=0ahUKEwjArt_qo4HPAhVGUZQKHbgWD8IQMwhFKCAwIA&iact=mrc&uact=8)• Approximately 1200 admissions to hospital for ischaemic heart disease; and

• Almost 500 admissions for persons suffering from strokes.

For help to stop smoking please contact:

* The Southern Stop Smoking Service on 0800 925 242 or email [admin@stopsmoking.nz](mailto:admin@stopsmoking.nz) or visit: <http://www.kaitahu.maori.nz/southern-stop-smoking-service.html>
* Quitline on 0800 778 778 or visit <http://www.quit.org.nz/>