

ASC

Asian Smokefree Communities

ASC is a free service for Asian people who

- Smoke
- Have a smoker in the family
- Wish to live smokefree – work, home & car –
- Live on the North Shore and/or are enrolled with Harbour PHO Doctors.

What services are offered?

Specially trained ASC co-ordinators who can speak English and Mandarin/Cantonese/Korean will offer:

- Help to you and your family to create a smokefree environment – work, home & car
- The smoker support to go smokefree
 - Advice on stopping smoking
 - Nicotine patch and/or gum
 - Counselling
 - Phone support
 - Home visit
 - Information, e.g. booklet, sticker

For an appointment

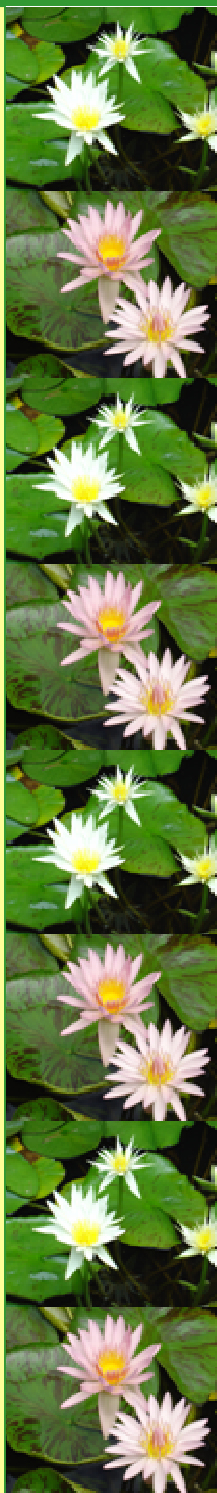
- Contact your doctor or nurse for details or
- Phone ASC co-ordinator for appointment

Christina Lee (*Korean*) 027 359 6880
Zhoumo Smith (*Cantonese & Mandarin*) 027 357 1800
Harbour PHO reception (*English only*) 09 415 1091

Free interpreting service

If you do not speak English, please ask an English-speaking family member/support person to contact Harbour PHO reception on 09 415 1091 to make an appointment with the ASC co-ordinator and also request for an interpreter to assist with the communication process.

ASC is here to support you and your family to be smokefree



Asian Smokefree Communities (ASC)

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For more information about ASC or to book an appointment with the Asian Smokefree Communities Co-ordinator please contact the Harbour PHO reception on **09 415 1091**

For more translated smokefree resources go to www.asianhealthservices.co.nz



This infosheet is adapted from information developed by The Quit Group

Quit Mā Mutu

April 2006

ASC

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Drinking and Smoking

Drinking makes it harder to stay quit

It's harder to cope with quitting if you drink alcohol. Drinking makes it harder for you to cope and easier for you to relapse.

It's easier to stay smoke free if you have a non-alcoholic drink. Habits are hard to break, and if having a drink is your "trigger" to light up, it makes it harder for you to stay quit.

A relapse does not mean you have failed – it means it is hard for you to stay quit when you are drinking alcohol.

Why it's good to stop (or reduce) your drinking while quitting

- Drinking less alcohol while quitting will reduce your risk of relapse, and you will be more likely to stay quit.
- Using alcohol and tobacco together means greater risk of cancers, heart disease, and breathing problems, than using either alcohol or tobacco by themselves. (Not drinking alcohol and not smoking has many health benefits).

If you drink when you socialise:

- try a non-alcoholic drink
- be with people who don't smoke – ex-smokers can help support you
- ask smokers not to smoke near you – if they smoke, move away from them
- say "I don't smoke", "I am a non-smoker", or "I don't want to smoke"
- meet up with friends in smoke-free places
- get a buddy to keep checking you are OK when you are in a place with smokers
- make your home smoke-free
- tell yourself it doesn't matter what other people think – it's your smoke-free life.

Use the four Ds

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|--------------------|--|
| DELAY: | Delay having a cigarette for five minutes, or until the urge passes. |
| DRINK WATER: | Take some time out, sip it slowly. |
| DEEP BREATHS: | Breathe slowly and deeply. |
| DO SOMETHING ELSE: | Keep your hands busy. |

**For more help, contact Asian Smokefree Communities
on 09 415 1091**