



# Caring for Our People

*Manaakitia ā tātou tāngata*

*December 2018*

*Malo e lelei! Talofa lava! Bula! Greetings! Goeie dag! Anyoung haseyo!  
Tēnā koutou, tēnā koutou, tēnā tātou katoa!*



## Smokefree. Did you know...?

Auckland Council has a policy to make their region smokefree by 2025. A recent change is to disallow all outdoor-dining-smoking areas; all Auckland dining licences have been (or soon will be) accordingly amended.

Auckland Council's Smokefree policy makes a range of public spaces smokefree, including: urban centres, plazas, popular beaches, council-owned parks, sports fields and transport hubs. They want everyone to enjoy Auckland's public spaces without breathing in second-hand tobacco smoke. The hope is that these changes will reduce:

- temptation for smokers who are trying to quit;
- the number of young people who copy smoking after seeing it in public places.

Vahefonua Tonga o Aotearoa has formally proposed and passed, in April 2018, that smoking cigarettes (or any other substance) be banned from all Vahefonua Tonga property.

“We acknowledge that this will be hard for some of our parishioners, but Vahefonua Tonga is working towards a more healthy lifestyle not only for our members, but for all New Zealanders and the environment. To that end, we are requesting your assistance, to ensure that our Stop-Smoking Policy becomes a reality for our members, and support the government total ban of smoking target by the year 2025.”

I could be wrong, however this is the first smoking policy that I have seen at Synod level and I commend Vahefonua Tonga o Aotearoa for their stand!

A holiday season of feasting and other festivities is a particularly hard time to control the urge to smoke. If you are interested in quitting smoking, or helping others quit smoking, help is available from:

I need help quitting smoking

<https://www.smokefree.org.nz/help-advice/stop-smoking->

I want to help others quit smoking

<https://www.smokefree.org.nz/help-advice/helping-others-to-be->

*The only thing that should be smoking this season is the barbecue!*

**Kia hora te marino,**

*May calm be spread around you,*

**kia whakapapa pounamu te moana.**

*May the sea glisten like greenstone.*

**Kia tere kārohirohi i mua i tōu huarahi**

*May the shimmer of summer dance across your path.*

**Kia tau te rangimārie o te Atua ki runga i ngā iwi o te ao.**

*Let the peace of God reign on all the people of the world.*

Seasons greetings to you all, and I wish you a very merry and safe Christmas season!  
Ngā mihi nui o tēnei wā ki a koutou katoa.

**Nā Trudy Downes**

Mobile 027 457 4196 [trudyd@methodist.org.nz](mailto:trudyd@methodist.org.nz)

