

New lease of life

With Pathways' Tupuake support, Fi is completely smokefree and enjoying the effects!

Tupuake, a Pathways service, is a peer support service for Manukau people to have time out when they are struggling with life at home. It's about preventing further stress and allowing people to get back on track. Peer support specialists offer a unique understanding and relationship with Tupuake guests, as they too have experience of mental illness and have training in how to use their experience to support others in their recovery journey.

I smoked for nearly 33 years. I smoked heavily, roughly up to 40 cigarettes a day. Six months ago I tried to give up. I was successful, although I was still smoking a couple of cigarettes every fortnight. Now, for the past two months (01/05/09) I have been completely smokefree!

My spiritual belief, plus some nicotine patches, gave me the strength and power to quit. Now I feel good within myself. I feel cleaner. I used to drink a lot of fizzy drinks. Now that I have quit smoking I don't like the taste of them, so I've quit them too. Instead of fizzy drinks I drink orange juice now. Instead of cigarettes I have been eating fruit. I feel a lot better.

I've been able to save lots of money. I've been treating myself and buying new clothes with those savings. I'm even able to buy presents for my grandchildren.

I encourage people to quit smoking by telling them about the benefits I have gained. I feel I have got a new lease of life!

Fi Maree
Tupuake guest

