



# Makara patapa / quit smoking

Podcast transcript

## Introduction

The makara patapa program is a TAC initiative, as part of our holistic approach to health and wellbeing, supported by the Department of Health Tasmania.

## Episode 5: Di Spotswood

### Introduction:

Ya everyone. Nunami here, In 2022, I was asked to travel across Lutruwita and record our community stories of quitting smoking.

I heard so many great success stories of our people who managed to quit and got a good picture of why our people chose to quit, how they did it, and what supports they were able to access along the way.

This is the makara patapa podcast.

### Di:

I'm Di Spotswood.

Have quit smoking since early 2009? I worked at the Tasmania Aboriginal Centre in St John Street since 1986. I'd say 99 percent of the staff smoked, so at that time we was allowed to smoke in our offices.

So, it was probably about the early 90's where the centre provided a fantastic opportunity for community and staff who smoked to go to a workshop. Which was called - it could have been called 'no smokes' by a guy called Alan Carr who was from America and had died of lung cancer, and he developed a program saying there's gotta be an easy way to quit. So, his program was a guarantee the people who attended his workshop would quit. So, it wasn't about hypnosis or anything like that. It was changing our thinking.

I started smoking on the oval at Prospect High back in the late 70's. I'm going well, she smokes - why can't I? I wanna be cool like those girls.

We start at worked a quarter to nine so we've smoke at a quarter to nine, but of a weekend I wouldn't smoke until three or something in the afternoon.

So it's just like habit, I think with community and staff and stuff - and so much easier 'cause I could just light up in my office.

The workshop had 15 of us and from the 15, one quit - me. And three days it took me to get over the grumpiness. There have been times when, if my levels of stress go up, I could go, I could have a cigarette, and then I go "Di, your stress levels go up anyway, you're not going to have a smoke."



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So sometimes I do feel like it's still, not that I would ever. And what really gets to me is I'm walking behind someone who smokes. That's horrible.

And the other thing I find a bit, but I never say anything. If I'm working with someone who's just had a cigarette. 'Cause, then I get really bad headaches. But that's my journey.

My partner smoked constantly, but he had to smoke outside, and he quit simply because he got really sick with the flu. So, he hasn't smoked for probably about 12 years.

You know, I put weight on and one of the doctors said, look, you quit smoking, but you can always lose weight.

I was a teenager, 'I'll quit when they're a dollar (dollar come) I'll quit when they're two dollars. And what are they now? 50 odd?

So I try to encourage other people. I don't, you know, bully or anyone. I just say that we're here, you know, we're here to support you.

In the late 80's and 90's at the centre I'm saying there were 99 percent of staff smoked, but today you'd say four percent or 5 percent. So, it's really good.

I think one of the things that was bought into place, and I find very powerful is that community can't smoke in this section outside the centre. Staff can't smoke with community and staff have to smoke away. You can really tell that the Generation Cup or any events we have. So, where they have to smoke is like miles away from everybody else.

The biggest thing advice I would say is that their health was it will improve 100 percent. Exercising instead of taking having a cigarette, take your dog for a walk and take water with you. And the other big one is pregnant women who smoke, which I don't think is, I'm not sure the statistics, but doesn't look like it used to be anymore. But, you know, we're there for them. You know I say that we're here. I'll try not to nag. But we're here for them.

### **Nunami Outro:**

Ya Everyone, Nunami again - thanks for listening to the makara patapa podcast. A podcast series by the Tasmanian Aboriginal Centre with support from public Health Services Tasmania.