



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 8: Lucy Gardner

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.

Lucy:

So hi, I'm Lucy, Gardener, I work at the Tasmanian Aboriginal Centre.

I actually started smoking at a really young age. I grew up on Cape Barren Island and there was not a whole lot to do apart from get up to kind of mischief. So I started smoking probably when I was maybe 14 actually. And then when I moved from Cape Barren to Hobart for college, I quit smoking then.

Just because it's not as easy to get cigarettes. Yes, and I just had a whole new group of friends and stuff and it wasn't as cool. After college. I yeah, I wasn't smoking as much and then when I moved back to Launceston it was kind of more of a social thing and I started smoking again socially.

And then after that, when I fell pregnant with twins, I thought the best decision for me to make was to quit smoking. All the times that I've had to quit smoking, it's just been cold turkey and it's been quite easy for me. So yeah, I haven't really had troubles with it at all, actually.

Quitting this time around, I've definitely noticed the change financially. Um yeah, just having more money to kind of spend on other things other than cigarettes. 'Cause they're so expensive at the moment. Definitely a lot of health benefits. I have asthma, so it was never a good idea for me to smoke in the first place. So yeah, it's made me feel, yeah, just generally a lot healthier.

I think it's really mind over matter. I guess everyone's different. Like I understand that some people just can't quit cold turkey. It's super hard. I see a lot of community that are coming here and are needing heaps of help and yeah. But I think it's just kind of looking at all the benefits, in the end. Financially, and health and things like that. And yeah, just try to change, day by day. Yeah, yeah. Trying to change, I think.



Tasmanian Aboriginal Centre

Nunami Outro

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