

## Stop Smoking Support Groups:

The Stop Smoking Service offers a range of fun and interactive **Support Groups** to kick start your journey to quit smoking.

Group support is currently available in Rotorua, Taupo and Turangi. Each group is tailored to the needs of different clients and include:

A **Hapū Māmā support group** exclusively for pregnant women

A **Kaupapa Māori Support Group**

A **Rangatahi/Youth Support Group** for young people aged 14 - 24

An **Open Support Group** for all clients

Please call us for additional information on the times and locations of our support groups.

## Service Zone:

Our service is available for anyone living in the Lakes DHB catchment area who is interested in quitting smoking



## Opening Hours:

### Rotorua Area:

**Monday - Thursday** 8.30am - 7pm  
**Friday** 8.30am - 5pm  
**Saturday - Sunday** By Appointment Only

### Taupō/Turangi Area:

**Tuesday** 9.00am - 4.30pm  
**Thursday** 9.00am - 4.30pm

Please note additional days and times will be made available for the Taupo/Turangi area as the number of enrolments increase.

A phone support service is also available in all areas:

**Monday - Friday** 8.30am - 5pm



TIPU ORA

Stop Smoking Service - Rotorua  
Tunohopu Centre  
16-20 Houkotuku Street, Rotorua

Stop Smoking Service - Taupō  
Waiora House  
129 Spa Road, Taupō

Phone - 0800 348 2400

Fax - 07 348 2403

Email

[referralhub@tipuora.org.nz](mailto:referralhub@tipuora.org.nz)



TIPU ORA



**STOP SMOKING SERVICE  
LAKES REGION  
ROTORUA-TAUPŌ-TURANGI**



**AOTEAROA  
NEW ZEALAND**

**2025**

## What services do we offer?

### One-to-One Support

We provide a one-to-one support programme designed to meet the needs of each individual client. You decide when to set your Target Quit Date (TQD) and how often you receive one-to-one support.

*We are here to support you as you embark on a journey of personal growth and self discovery*

Our service is based on tested and effective best-practice methods and we are here to walk alongside you every step of the way.



### Where is the service offered?

Our service has been designed to meet the needs of our clients:

- We are available to come directly to your door with our home visits.
- You are welcome to come to us at our clinic in Rotorua or at our location in Taupo.
- Or, if you'd prefer to keep things chill, we can meet you in town over a coffee.

## Who is the service for?

The service is for anyone living in the Lakes DHB Area who wants to give up smoking for good.

If you're sick of spending your hard earned money and you want to live a better, healthier life then we are here to help you!

### Stop Smoking Medicines



We are able to provide you with advice and guidance on a range of stop smoking medicines.

## WIN A \$500 NOEL LEEMING VOUCHER

The service is currently running an incentive programme where every client who enrolls, sets a quit date and achieves a minimum of four-weeks abstinence goes in the draw to win a \$500 Noel Leeming Voucher.

One winner is **drawn every three months.**

Terms and Conditions Apply.

## Special Support for Pregnant Mums:

Becoming smokefree during pregnancy reduces stress and means that both you and your baby will live better, healthier lives.

All pregnant mums enrolled in our service receive a range of additional supports to help them quit smoking.

We offer an incentive programme exclusively for pregnant mums with an opportunity to earn a \$100 grocery voucher after four weeks of being smokefree and an additional \$100 voucher at eight weeks.

We are able to support you to set achievable goals which will see you on the path to a smokefree future.



### For Employers:

#### Workplace Support Groups

We are happy to run workplace-based support groups if you are interested in supporting your staff to become smokefree. Please call us to learn more.