



# Whoosh

**Official Newsletter of Canterbury Asthma Society  
Incorporated (trading as) CanBreathe**

**Summer 2022  
Issue 25.4**

## IN THIS ISSUE:

### Page 2

CanBreathe is moving!

Christmas Holidays and gatherings — be prepared to avoid COVID and respiratory flare ups

### Page 3

David has been running for asthma

Are you eligible for free prescriptions?

### Page 4

Health Advice 24/7

Respiratory Research Studies seeking eligible participants.

### Page 5

Energy Efficiency advice for summer

A Big Thank You

### Page 6

New Years Resolution— What's yours?

### Page 7

Health Professionals' Corner—upcoming education opportunities

**Follow us on Facebook and keep in touch with upcoming events.**

## Welcome to our Summer newsletter.

Welcome to our last newsletter of 2022. Take a few moments to read our Summer newsletter to find out what is coming up and the other useful information included for individuals, families and health professionals as well as information on upcoming events.

**Please note CanBreathe is moving to new premises on Wednesday 21st December. The new location is 117 Main North Road, Papanui, Christchurch 8052. Our telephone number and email address will remain the same. More details inside.**

The Staff and Board of CanBreathe would like to wish everyone a Merry Christmas and a safe and happy New Year. Our thanks to everyone who has supported CanBreathe and its services throughout 2022 and we look forward to another busy and productive year in 2023.

Phone 03 386 0278 Fax 03 386 0657

Email: [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) Web: [www.canbreathe.org.nz](http://www.canbreathe.org.nz)



## CanBreathe Christmas Office Closure

The CanBreathe office will be closed from midday on Friday 23rd December 2022 and will reopen at 8.30am on Monday 9th January 2023. For urgent assistance please contact your General Practitioner or After Hours Medical Clinic. If you need to hire a nebuliser or require a spare nebuliser and/or consumables over the Christmas break please contact us by midday on Tuesday 21st December. Alternatively your email or telephone message will be responded to when we reopen on 9th January.



## Thank You

CanBreathe wishes to thank our volunteers, members and donors for their ongoing support – without which we could not provide our services. Your assistance is very much appreciated. **Special thanks to Sharp for funding the printing of this newsletter.**

**We're making the flow of information** *effortless*

Our Workflow, Print and Visual solutions paired with Voice & Data expertise is helping reduce costs and increase productivity for Kiwi businesses just like yours.

[www.sharp.net.nz](http://www.sharp.net.nz)

**SHARP**  
Be Original.

p: 03 964 6880

e: [rbreitmeyer@sharp.net.nz](mailto:rbreitmeyer@sharp.net.nz)

*The authors, publishers and editor of "Whoosh" shall not be responsible or in any way liable for the continued validity of the information given; or for any errors, omissions or inaccuracies in this publication, whether arising from negligence or in any other way, or for any consequences arising there from. The inclusion or exclusion of any product or trial does not mean that the publisher advocates or rejects its use either generally or in any particular field or fields.*

## CanBreathe Moving to New Premises

Due to the premises at 196 Hills Road being sold CanBreathe will be moving to a new location on Wednesday 21st December. The new office is at 117 Main North Road, Papanui, just past Northlands. There is parking onsite and bus stops close by. Our new postal address will be 117 Main North Road, Papanui, Christchurch 8052. Our telephone and email contact information will be the same.

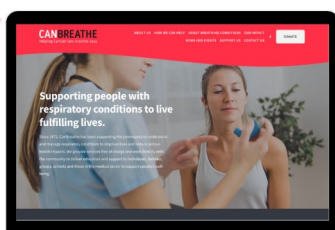
There may be some disruption in communications from midday Tuesday 20th until afternoon on Wednesday 21st December while the phone and internet is transferred, our apologies in advance for any inconvenience. For any urgent queries you can contact us on 027 909 8201 during this time.

As you can see from the photograph below there is good parking at the front and easy disability access.



CanBreathe has also just launched our new website, see below and check it out.

### New Website Live!



[www.canbreathe.org.nz](http://www.canbreathe.org.nz) 🔍

## Christmas Holidays and gatherings—be prepared to avoid COVID and respiratory flare ups

Make sure you have enough of your inhalers and your other regular medications to last you through the Christmas and New Year holidays and don't forget to take them with you if you are going away on holiday.

As you will be aware New Zealand is currently experiencing a spike in COVID cases. If you have any symptoms of COVID-19 get a test. Symptoms can include one or more of the following:

- a new or worsening cough
- sneezing and runny nose
- a fever
- temporary loss of smell or altered sense of taste
- sore throat
- shortness of breath
- fatigue/feeling of tiredness.

Whether you're getting on a plane to visit extended family for Christmas or planning a New Year's Eve party at home, you may be preparing to gather with the people you love during the holiday season.

If you are hosting or inviting people into your home:

- have hand sanitiser available
- open the windows and doors
- eat outdoors when possible
- spend time outside.

If you or anyone in your home is sick, do not host gatherings or invite people over. Encourage friends and whānau who are unwell to test for COVID-19 and stay home.

If you are attending events:

- do not go to an event if you are sick
- test immediately if you develop any COVID-19 symptoms
- stay outdoors as much as possible
- wash or sanitise your hands when you arrive and leave an event.

For more detailed information on COVID-19 precautions, symptoms, testing and self isolation go to <https://covid19.govt.nz/>



## David has been running for Asthma

When David Perez was a child, he used to imagine his Asthma as a giant grey smoky monster sucking all the air around whenever he practised any sport he loved, making every breath uneasy, making him gasp desperately for air on every single step. That is a feeling NOBODY should go through.

Respiratory therapies, GP follow-up, proper medications, and EDUCATION about Asthma and how to manage it are some of the elements that allowed him to take part in sports like Zumba, Running, and Biking without the fear of suffering an asthma episode.

For that reason he has been undertaking the challenge of running 30k weekly while collecting funds to help CanBreathe on their mission to provide free asthma and COPD management education and support, breathing tests and consults.

David has set up a Givealittle page to collect donations which will go to CanBreathe.

Our thanks to David for his incredible effort to raise funds and awareness and to all those who have made donations.

If you would like to support David's fundraising you can do so by going to: <https://givealittle.co.nz/fundraiser/asthma-awareness-challenge>



The photo is David with his medal on completion of one of the runs



## Are you eligible for free prescriptions?

Te Kāwanatanga o Aotearoa  
New Zealand Government



If you and/or your whānau need a lot of medicines, you might be eligible to receive some of your prescriptions for free.

Most people in Aotearoa pay a small co-payment of \$5 for each new prescription. You become eligible for the prescription subsidy once you have paid for 20 prescription items from 1 February each year. Once you're eligible, you do not have to pay any more prescription charges for the rest of that year (to 31 January).

**You can reach the 20-item threshold by combining prescription items for your partner and dependent children aged from 14 up to 18.** (As there is no charge for prescriptions for children aged 13 and under, you cannot count these items).

Just tell your regular pharmacist the names of all the people in your family to help them keep track of how many items you've paid for.

Remember, if you visit other pharmacies, you'll need to tell that pharmacist you've collected prescriptions elsewhere.

For more information on the subsidy and criteria go to: <https://www.health.govt.nz/.../prescription-subsidy-scheme>



### Health Advice 24/7

(from Te Whatu Ora Waitaha/Health New Zealand  
Canterbury website)

In an emergency, **call 111**. Otherwise you should phone your usual general practice number when you or someone in your family is not feeling well. After normal opening hours you can receive free health advice from a health professional on what to do and where to go if you need urgent care.

If you are not enrolled with a general practice you can call **Healthline** (for free) on **0800 611 116** or go to the HealthInfo website — [www.healthinfo.co.nz](http://www.healthinfo.co.nz) - for health advice.

The information on HealthInfo is specific to Canterbury, New Zealand, and is written by local doctors, nurses, and health professionals. Remember registering with a general practice team is really important for you and your family. A GP team can develop a relationship with you to have a much better understanding of your unique healthcare needs. For self-care at home, make sure you have a medicine cabinet with pain killers, plasters, and antiseptic cream. Go to your local pharmacy for advice and medicine if needed.



### RESEARCH PARTICIPANTS WANTED

**Do you or someone you know have a lung condition called bronchiectasis?**

The Canterbury Respiratory Research Group is looking for volunteers aged 18 years and over to take part in the ASPEN Study – a new study investigating a potential treatment for bronchiectasis that is not caused by cystic fibrosis.

You may qualify to take part in this study if you have a diagnosis of bronchiectasis, have symptoms such as coughing up sputum every day, and have had two or more ‘flare-ups’ or chest infections over the past year, that were treated with antibiotics.

You will be reimbursed for reasonable travel expenses.

If you are interested in taking part or want to find out more, we would like to hear from you. Please call 03 364 1157 or email [Sara.prue@cdhb.health.nz](mailto:Sara.prue@cdhb.health.nz).

## Do you suffer from COPD (Chronic Obstructive Pulmonary Disease)?

“If you are 40-90 years old and suffer from COPD, you may be eligible to participate in a research study”

**The Canterbury Respiratory Research Group is looking for volunteers to participate in a clinical trial exploring an investigational add-on treatment that is given by injection. The safety and effectiveness of this potential new therapy are being examined.**

### Are you eligible?

Are 40 -90 years old

Are a current or former smoker living with COPD

Have been prescribed a combination of inhalers to use every day

Have had two or more ‘flare-ups’ of your COPD symptoms in the last 2 years that required treatment.

### Participants will:

Receive the study drug or placebo, during the 52-week treatment period (as an ‘add on’ to your regular medication)

Attend regular appointments to see our study team

Be reimbursed for reasonable study related travel expenses.

**If you’re interested or unsure if you meet the requirements, reach out a member of the study team:** Sara Prue – Study Coordinator

[Sara.prue@cdhb.health.nz](mailto:Sara.prue@cdhb.health.nz)

03 364 1157



**Canterbury Respiratory Research Group**



## Energy Efficiency advice for Summer

(from Community Energy Action website)

In Summer we are generally outdoors more and spend less on heating, yet our power bills can remain high or spike during the festive season. Some tips for keeping your bills low in warmer weather:

- Do you have a large freezer or second beer fridge? These appliances, especially older models, are likely to use more power than any of your other appliances.
- Replace high use conventional light bulbs with LED's, they use up to two thirds less power.
- If going away for more than three days, turn off your hot water cylinder.
- Switch appliances off at the wall when you go away on holiday.
- Check out your power usage and company - switching to a night rate might save on hot water costs. Switch the hot water cylinder off between 11pm and 7am for a week. If you don't run out of hot water, you might be better off on a night rate.
- Check the seal on your fridge door with a piece of paper - if you can run a piece of paper between the seal and the door surface when it is closed, you need to replace the seal.
- Use your curtains to shade the house against the sun and prevent it from getting too hot.
- Using your heat pump as an air conditioner is expensive - if there is a breeze, open doors and windows instead.
- Fridges and freezers can make up 15% of your power bill. If you're shopping for a new one, go for a high energy star rating.

For more information and to check out the latest subsidies and discount for insulation and heating go to [cea.co.nz](http://cea.co.nz) or phone 0800 438 9276 (0800 GETWARM).



## A Big Thank You

**CanBreathe relies on contracts, grants, sponsorship, sales of products, membership and donations to continue to provide its full range of services.**

We wish to take this opportunity to thank the many individuals who have made important contributions towards funding our services through their membership, donations, bequests, purchase of products or support in our fundraising activities.

CanBreathe also wishes to acknowledge and thank the following businesses, trusts, organisations and other groups that have supported CanBreathe's services this year:

- Air Rescue Services
- Aotearoa Gaming Trust
- Asthma + Respiratory Foundation NZ
- AsthmaNZ
- Better Breathing Coffee Group
- Canterbury District Health Board
- COGs Christchurch/Banks Peninsula
- Entertainment Book Publications
- Four Wind Foundation
- Kiwi Gaming Foundation
- Mainland Foundation
- Merivale Medical Practice
- Hammersley Pharmacy
- NZ Charitable Foundation—Jersey Charitable Trust
- NZ Community Trust
- NZ Lotteries Community
- NZ Post—Community Post
- P A Blackmore Charitable Trust
- Pegasus Health Charitable Ltd
- Pub Charity
- Rata Foundation
- Sharp Corporation
- The Canterbury Asthma Charitable Trust
- The Lion Foundation
- The One Foundation
- The Trusts Community Foundation
- Trillion Trust



## New Years Resolution, What's Yours?

Improving your and your whanau's respiratory health would be a good one. There are many things you can do to achieve this with long term benefits to everyone. A few suggestions are as follows:

- Keep active and exercise regularly, you don't have to join a gym any regular exercise or physical activity is of benefit.
- Eat a balanced diet
- Try and reduce your stress levels or ask for help to do this
- Be smokefree and vape free and make your home and car smokefree/vape free environments. If you want free help to stop smoking contact Te Ha Waitaha/ Stop Smoking Canterbury on 0800 425 700
- If you have asthma, check your asthma control by going to: [www.asthmacontroltest.com](http://www.asthmacontroltest.com) and check it on online. If its not controlled or if you have any concerns see your doctor or contact us at CanBreathe for free advice.
- Make your home warm and dry and check out the CEA website—[www.cea.co.nz](http://www.cea.co.nz)—for help with this.
- If you have any chronic respiratory condition such as asthma, COPD or bronchiectasis, make sure you have an updated self-management plan so you know what to do when your symptoms or condition is getting worse.



**CanBreathe wishes to extend its condolences to the families of members and friends who have recently lost loved ones. Our thoughts also go to any members unwell at this time.**



## Got Asthma or know someone who does? Then get the App!

The 'My Asthma' app was launched by the Asthma + Respiratory Foundation NZ so that New Zealanders can have asthma information at their fingertips. This is a great tool for parents, teachers and whanau of anyone with asthma as well. The free My Asthma app is available in the Apple App Store and Google Play Store to download. To download the app just go to <https://www.asthmafoundation.org.nz/news-events/2017/my-asthma-app> and click on the link.



**Support CanBreathe and give a gift that counts this season!**



The Gift of Entertainment gives year-round savings to your special someone, and also supports our fundraising. The Gift of Entertainment is a new Digital Membership valid for 12 months from the day of activation. You can buy that special someone a Single City or Multi City Membership so they can save year-round on everything they love to do. Simply buy it, print or email it/gift it!

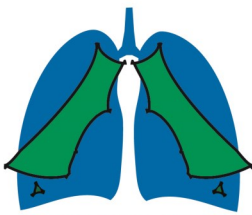
If you would like to support us, you can purchase a Membership here:

<https://www.entertainmentbook.co.nz/orderbooks/134h346>

The funds raised from our sales will be used to provide our Baxter Bear kits for children with asthma. These kits have proven to help asthma management with children under six years.-old.



## Health Professionals' Corner Upcoming Respiratory Education, Conferences and Meetings



**SIREF**  
South Island  
Respiratory  
Educators Forum  
Te Waipounamu

*Breathe Easy, Breathe Freely Kia Ngāwari Te Roma – Hā*

### SIREF 2023—Back to the Future

When—Friday 24th March 2023

Where— The George, 50 Park Terrace,  
Christchurch

Registrations are now open, for more  
information or to register go to  
[www.canbreathe.org.nz](http://www.canbreathe.org.nz) or email  
[teresa@canbreathe.org.nz](mailto:teresa@canbreathe.org.nz)



### The Annual Scientific Meeting for Leaders in Lung Health & Respiratory Science

When: 25-28 March 2023

Where: Te Pae, Christchurch

For more information or to register go to  
<https://www.tsanzsrsasm.com/>



The next New Zealand Respiratory Conference will be held in Wellington on the 16 - 17 November 2023. The theme for this event is 'Leading the way for change'. The full programme will include presentations, research and insights from New Zealand's leading respiratory experts. More information will be coming soon. For more information go to: <https://www.asthmafoundation.org.nz/our-work/nzrc>

## Asthma & COPD Fundamentals eLearning Course

The Asthma and Respiratory Foundation provides the most current Asthma & COPD Fundamentals course available in New Zealand, designed for all registered health professionals including nurses and pharmacists. The course aligns latest research with specific information for the New Zealand context, such as recently funded medications, treating Māori and Pasifika people and best practice health literacy.

The online modules were updated in February 2021 to align with the new NZ Asthma and COPD best practice guidelines.



To find out more about this course go to <https://www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals>



## Asthma & COPD Fundamentals Masterclass—

The Asthma and COPD Fundamentals Masterclass is a face-to-face one-day course that puts learning into practice and supports practitioners to utilise a range of tools and resources with their patients.

The Masterclass is also available as a stand alone refresher for health professionals who have completed the Fundamentals course, or equivalent respiratory education, in the past.

CanBreathe is the approved provider of the Masterclass for Canterbury. There is no set date for the next Masterclass as they are scheduled based on demand.

For more information and/or to register your interest in attending for the next Masterclass please email us at [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) or phone 386 0278.



# More about us...

### Contact Details:

Canterbury Asthma Society Incorporated  
Trading as **CanBreathe**

### Current location

196 Hills Road, Edgware  
Christchurch 8013

### New Location from 21st December 2022

117 Main North Road, Papanui  
Christchurch 8052

Phone: (03) 386 0278

Fax: (03) 386 0657

Email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz)

Web [www.canbreathe.org.nz](http://www.canbreathe.org.nz)



### Office hours:

8:30am - 4pm, Monday to Friday.

As we are often in consultations, doing home visits or education we recommend you give us a ring first to ensure we will be available if you wish to call in.

### CanBreathe Staff:

Acting Nurse Manager & Respiratory Nurse

Educator — Teresa Chalecki

Reception/Admin — Annette Best

Finance Administrator—Cheryl Pastoll

Respiratory Nurse Educator — Amanda

Williams

Spirometry—Rosemary Thompson/Joy Solano/

Clare Lawrence

## How we can help

### We Provide free:

Individual consultations and education

Pre-school Baxter Bear programme

Spirometry testing (requires Doctor's referral).

Education sessions for preschools and schools and community groups.

Education to Aged Care services and other health providers

### Charges may apply for:

Education providers and professional groups

### We Sell:

Dust mite allergy bedding covers

Nebulisers

Nebuliser filters & giving sets

E-Chamber (la Petite) spacers

Pari-o-pep devices

### We Hire:

Nebulisers (for short term hire only)

## Want to know more or Support CanBreathe?

Do you have a question or need some assistance? Phone or email us - our services are free.

**Become a Member** - in addition to supporting our services annual membership of \$20 offers discounts on products available through CanBreathe and the Whoosh newsletter published and posted to you four times a year \$30 membership includes all your family.

**Make a Donation** – Canterbury Asthma Society (Inc.) is a registered Charity with the Charities Commission, No. CC 33783. Some of our work is funded by the Canterbury DHB, but we also need your help to continue to provide all to the community. Donations over \$5 are tax deductible and receipts can be provided.

For any of the above please complete the form below, cut out and post to CanBreathe, 196 Hills Road, Christchurch 8013. Alternatively you can make payment direct into our bank account — **03 0802 0100118 00** and email your details to **office@canbreathe.org.nz** so we can acknowledge and provide a receipt.

.....✂.....

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone (day) \_\_\_\_\_

(evening) \_\_\_\_\_

Email \_\_\_\_\_

### I Wish to: (tick one or more boxes as required)

Become a Member (\$20 or \$30 enclosed).

Make a donation

Be contacted by a Nurse

Know more about how I can support CanBreathe