



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

## Spring into Spring!

Take a few moments to read our Spring newsletter to find out what is coming up and the other useful information included for individuals, families and health professionals.

Phone 03 386 0278 Fax 03 386 0657

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Make your GP team your  
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Check out the upcoming public events

A big Thank You

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

  
**CANTERBURY ASTHMA SOCIETY INCORPORATED**  
*Notice of Annual General Meeting*

You are warmly invited to attend our 2016 AGM

**When: Tuesday 11th October at 6pm**

**Where:** Meeting room, rear entrance of the CanBreathe rooms, 196 Hills Road, Christchurch. Some onsite parking and free street parking available on Hills Road. *Light refreshments will be provided.*

**Please RSVP by Monday 3rd October for catering purposes by phoning 386 0278 or email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) We look forward to seeing you there.**

# Thank You

CanBreathe wishes to thank our volunteers, members and donors for their ongoing support – without which we could not provide our range of services. Our thanks to Suzanne Walker for proof reading this newsletter. Your assistance is very much appreciated.

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**Feeling unwell?**  
**Call your General Practice Team 24/7**  
**#carearoundtheclock**  
 (from CDHB website)

**Did you know that you can call your usual General Practice number 24/7 and when they are closed a team of nurses is available to answer your call? Make your GP team your first call 24/7.**

Unless it's an emergency (when you should call 111), always make your general practice team your first call 24/7 when you or someone in your family is sick. Even after-hours a nurse is available to give free health advice. Just phone your usual general practice number. You'll get care around the clock when you phone your General Practice team.

**If it's after hours you'll be able to speak to a nurse who can advise you on what to do and where to go if you need urgent care.**

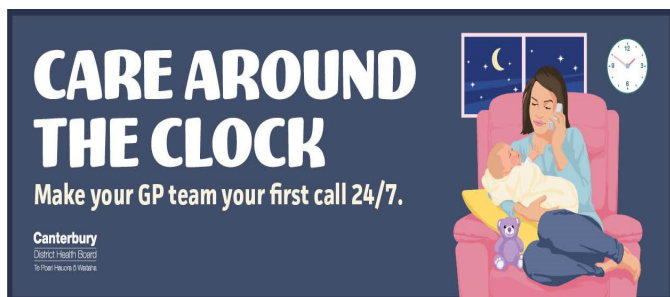
**There are many benefits to signing up with a GP team**

As soon as you enrol with a General Practice, you immediately have a team of people ready to help you and your family stay well and healthy.

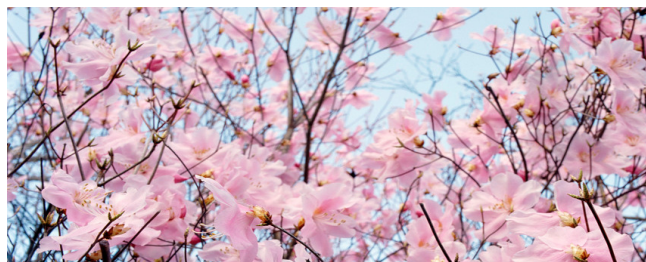
By enrolling, you and your family will have access to:

- expert advice and check-ups
- you'll pay less for your health care
- you'll have ongoing vaccination and health screening check reminders
- prescriptions will be cheaper (or free if you're under 13 and enrolled with a General Practice team!).

The nurses provide free health advice, and if you need to be seen urgently by a doctor, they can tell you what to do and where to go.



## Spring trigger reminder



Spring is here and with it comes airborne allergens like pollen. For individuals with a sensitivity to pollen these allergens can cause exacerbations of their asthma and/or allergic rhinitis. A number of plants are associated with triggering asthma and hay fever symptoms in some people.

As a general rule wind pollinated plants tend to be more problematic than plants pollinated by insects or birds, as their lighter, smaller pollen is more likely to become airborne and to be inhaled. Deciduous plants which release pollen from insignificant-looking flowers are in this category.

**Tips for preventing asthma attacks caused by airborne allergens:**

- Take medications as prescribed in the recommended dosage. Ensure you have your reliever with you at all times and if symptoms develop follow your asthma management plan.
- Minimise outdoor activity when pollen counts are high. Daily peak pollen times are usually between 10am and 4pm. The Met Service issues a dust/pollen forecast at 4am daily. Go to [www.metservice.co.nz](http://www.metservice.co.nz)
- Shut windows in your house on days when pollen counts are high.
- Wash bedding weekly in hot water.
- Dry laundry indoors. Sheets hanging on an outside line are an easy target for blowing pollen.
- Keep car windows closed.
- Wear a filter mask when mowing the lawn or gardening.
- Do a thorough spring clean — windows, book shelves and furniture can collect dust and mould throughout the winter which can provoke allergic asthma.



## Breathe Better September and Balloon Day

Calling all Kiwis to support better breathing and raise awareness  
(from the Asthma & Respiratory Foundation NZ website)

**We support better breathing. Do you?**



This September is the inaugural respiratory awareness month, known as **Breathe Better September**.

Kicking off Breathe Better September is Balloon Day on Friday 2nd September, where Kiwis join together to raise awareness of asthma in various ways, including fundraising events in their local communities.

**Breathe Better September is a national movement for Kiwis to show their support for better breathing and healthy lungs.**

Respiratory disease (or lung disease) includes asthma, COPD, lung cancer, bronchiolitis, pneumonia and countless other conditions. Although respiratory disease is largely preventable, in New Zealand it affects **1 in 6** Kiwis or **700,000** people, costing us **\$5.5 billion** each year and is our **third leading cause of death**.

Maybe you have one of these conditions yourself, or know someone who does. This September, join us to show the faces behind the statistics. We are all affected by it one way or another, and we want to see respiratory health being made a national priority. If you believe respiratory health is important and want to see the statistics change, sign our photo petition in support of better respiratory health for NZ. Write 'Breathe Better September' on a piece of paper, take a photo and submit it on the Breathe Better September website, or send it to [marketing@asthmaandrespiratory.org.nz](mailto:marketing@asthmaandrespiratory.org.nz).

This petition is part of our advocacy. With the signatures of this petition, we are one step closer to making respiratory health a national priority.

**Sign the photo petition in support of better respiratory health for all New Zealanders. Email your photo to: [marketing@asthmafoundation.org.nz](mailto:marketing@asthmafoundation.org.nz)**





**November 16, 2016**

Chronic Obstructive Pulmonary Disease (COPD) is when the breathing passages (airways) in your lungs are obstructed and your lung tissue is damaged. This causes difficulty breathing. COPD is a highly prevalent disease, has a large impact on quality of life for patients and their families, and kills millions of people worldwide.

The early stages of COPD are often unrecognised, but it is very easy to determine whether a person is at risk. If COPD is detected early there are options and treatments available to help prevent further deterioration of lung function.

- \* **Do you cough several times most days?**
- \* **Do you bring up phlegm or mucus most days?**
- \* **Do you get out of breath more easily than others your age?**
- \* **Are you older than 40 years?**
- \* **Are you a current or ex-smoker?**

**If you answered yes to three or more of these questions, you could have COPD. Contact your doctor or Practice Nurse to discuss or to arrange an assessment for COPD or contact us at CanBreathe for more information.**

World COPD Day is an annual awareness-raising event organized and sponsored by the Global Initiative for Chronic Obstructive Lung Disease (GOLD). For more information please visit [www.goldcopd.org/WCDIndex.asp](http://www.goldcopd.org/WCDIndex.asp).



## World COPD Day Nurses' Breakfast Education Session

To mark World COPD Day 2016 CanBreathe, in conjunction with Canterbury Clinical network, will be hosting a free breakfast and COPD education update for nurses. The breakfast meeting is for nurses in General Practice, community or hospital services but numbers are limited so you need to book in early. Education will include updates on new COPD medications and referral options.

**Date:** Wednesday 16th November 2016

**Time:** 7.30 – 8.30am

**Venue:** Meeting room, at rear of the CanBreathe premises, 196 Hills Road, Christchurch. Free street parking available on Hills Road and surrounding streets.

**To register for the breakfast:** Contact Teresa at CanBreathe by phoning 386 0278 or email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz)



## Better Breathing Coffee Group

The Better Breathing Coffee Group has been established for people who have breathing difficulties, and/or their family and friends.

The group meets every Thursday morning 10.30-11.30am in the meeting room at the rear of the CanBreathe office, 196 Hills Road, Shirley. Some parking is available on site and free street parking is available on Hills Road.

The group is a place for a chat over tea or coffee, discussing anything you can think of. We are a cheerful group, and have fun. Please join us. All we ask is a Gold Coin donation to offset costs. We look forward to seeing you there.



## The link between home and health

Earlier this year, a report was published by Community Energy Action (CEA) and Canterbury DHB, which looked into the effect of insulating the homes of people with high health needs, under a project within the Healthy Homes Programme. The report found that after providing over 1500 insulation installations and 450 heating appliances to 900 patients' homes, there was a 29% drop in hospital bed days compared to the previous year.

**In short, a well-insulated and heated home means you are less likely to be admitted to hospital.**

Cold, damp and mouldy homes are a known triggers for asthma and other respiratory illnesses. A warm and dry home is a healthy home, and Community Energy Action can help you to achieve that.



## 50% Subsidy for Landlords

If your home was built before 2000, it may have inadequate insulation, or none at all. Recent changes to the Residential Tenancies Act require all rental properties to have a minimum standard of insulation, and smoke alarms.

**CEA is offering landlords a 50% subsidy to insulate their rental properties, where the tenant has an income tested community services card.**

This subsidy is available for a limited time only. Conditions apply. For all other households, CEA is offering a 25% discount for a limited time only. Call today to arrange a free, no obligation insulation assessment and quote.

## Need curtains? Try the Curtain Bank

Community Energy Action also has a Curtain Bank service that provides good recycled curtains for free to families in need. If you need curtains, or if your current ones are thin, or do not cover the windows, the Curtain Bank can help. Visit the website to download a Curtain Bank measurement form or call us to have one sent to you.



A warm, dry home is a healthy home and at Community Energy Action (CEA) we can help you achieve that.

## Help and advice

There are many small, affordable changes you can make to improve the health of your home. CEA runs a free energy advice service via phone or email, where you can contact one of their expert energy advisors and get situation specific advice and tips.

Particularly important for those suffering from respiratory illnesses is ventilation and damp prevention; check out the top tip series on [www.cea.co.nz](http://www.cea.co.nz).

For free, personalised advice, call 0800 GET WARM/ 03 3747222 or email [info@cea.co.nz](mailto:info@cea.co.nz).



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

### Asthma & COPD Fundamentals course

CanBreathe will be running the next Asthma and COPD Fundamentals Course for nurses on Friday 9th and Friday 16th December 2016. This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients. For more information and/or to register your interest in attending a course please email us at [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz) or call 386 0278.



### New Zealand Respiratory Conference

Organised by Asthma+Respiratory Foundation NZ

24-25th November 2016

Venue: Pullman Hotel Auckland

Registration information:

<http://www.nzrc2016.com/>



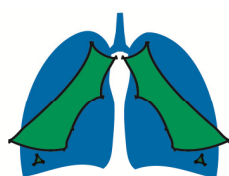
Today's research — Tomorrow's practice



**Save the dates— SIREF 2017**

**The Annual South Island Respiratory Educator Forum will be held in Christchurch on Thursday 16th & Friday 17th February 2016.**

SIREF provides updates on respiratory disease management, research and projects. More information on speakers will be available on CanBreathe's website from November 2016 along with registration details. For further information email [office@canbreathe.org.nz](mailto:office@canbreathe.org.nz).



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

Breathe Easy, Breathe Freely Kia Ngāwari Te Roma – Hā

## World COPD Day Free Education Breakfast for Nurses—16th November

See page 4 of this newsletter for more details.



## Upcoming Public Events of Interest

(Hint—Like CanBreathe on Facebook and keep up to date with what is on)

### Positive Ageing Expo (organised by Age Concern Canterbury)

**Monday 26th September, 9.30am-2.30pm**

**Papanui High School**

Free entry, all welcome

Come along for information and advice about everything to do with Health and Wellbeing, Recreation, Staying Safe, Nutrition, Social opportunities, transport opportunities and more.

A great day out—fun, food and entertainment. Bring a friend and make a day of it.

**CanBreathe Nurses will be available at this event**

### Healthy Food Guide Live, incorporating the Gluten Free Food and Allergy Show

Saturday 29 and Sunday 30 October 2016

10am to 5pm

Pioneer Recreation & Sport Centre

75 Lyttelton Street, Spreydon.

**FREE parking.** Entry is only \$15 and kids under 10 years are free. Gold Card holders receive a discounted ticket price of \$12. Family passes are available for \$50 (two adults and two or more children 10+ years).

### Aranui AFFIRM

**Saturday 3 December – 9.30 to 4pm, Wainoni Park – Hampshire Street, Aranui**

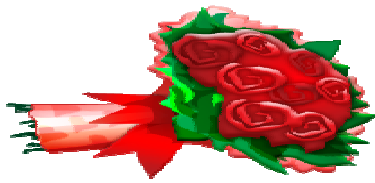
A fantastic day for your entire family. Great entertainment, fantastic food and awesome rides etc for all the children. AFFIRM is a family festival that the Aranui Community Trust delivers to provide health choices, education, employment and training opportunities and careers information in a fun filled family day to the Aranui Community. AFFIRM is a day-long festival that celebrates and showcases our people in Aranui.

**CanBreathe Nurses will be available at this event**





## A Big Thank You



**CanBreathe relies on 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 during the last financial year (July 2015 to June 2016):

- Air Rescue Services
- Asthma + Respiratory Foundation NZ
- AsthmaNZ
- Canterbury District Health Board
- Entertainment Book Publications
- First Sovereign
- Mainland Foundation
- NZ Charitable Foundation—Jersey Charitable Trust
- NZ Lottery Community
- Pegasus Health Charitable Ltd
- Pub Charity
- Rata Foundation
- Selwyn Centre Fendalton
- South City
- The Canterbury Asthma Charitable Trust
- The Lion Foundation
- The Southern Trust
- The Trusts Community Foundation
- Umbrellar Limited
- Westfield Riccarton



## Donate to CanBreathe online

CanBreathe is registered with the "Givealittle" on line donation website. This site is sponsored by SPARK . If you would like to make a donation to CanBreathe on line go to:

<http://www.givealittle.co.nz//org/CanBreathe>

All donations will receive a tax receipt and all donations over \$5 are tax deductible.



## Volunteer gardener(s) wanted



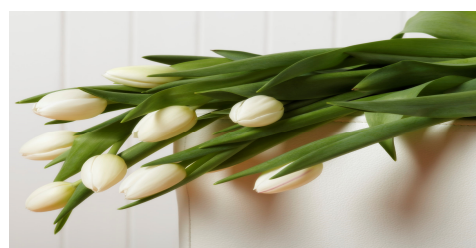
CanBreathe's new location at 196 Hills Road includes a garden at the front and along the side of the car park. The garden area is relatively low maintenance however it will need some regular gardening (light work only) to keep it tidy.

If you have an interest in gardening and are keen to help us out on a voluntary basis we would love to hear from you.

If you are interested or tidy or would like more information regarding what is required please contact Teresa or Rosemary on 386 0278.



**The Canterbury Asthma Society 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.**



## Want to know more?

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 as well as the Whoosh newsletter published and posted to you four times a year and Asthma Foundation newsletter three times a year.

\$30 membership provides the above and the AsthmaNZ O2 magazine, posted to you three times a year.

**Make a Donation** – Canterbury Asthma Society (Inc) is a registered Charity with the Charities Commission. Some of our services are funded by the Canterbury DHB but we also need your help to continue to provide all our services to the community.

For any of the above please complete the form below, cut out and post to CanBreathe, PO Box 13-091, Armagh, Christchurch 8141

.....✂.....

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

## More about us...

**Contact Details:- Please note our new street address, telephone and fax numbers**

Canterbury Asthma Society Incorporated  
Trading as **CanBreathe**

**196 Hills Road, Edgeware, Christchurch**

PO Box 13 091

Christchurch 8141

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 when you wish to call in.

### Staff members:

Rosemary Thompson	Respiratory Educator
Amanda Williams	Respiratory Educator
Carolyn Sewell	Reception/Administrator
Teresa Chalecki	Nurse Manager

## How we can help

### We Provide free:

Education sessions for preschools and schools and community groups.

Individual consultations and education

Pre-school Baxter Bear programme

Smoking cessation assistance and nicotine replacement therapy.

Spirometry testing (requires Doctor's referral).

### Charges may apply for:

Education to Aged Care services, education providers and professional groups

### We Sell:

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)