



Whoosh

**Summer 2016
Issue 19.4**

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

IN THIS ISSUE:

Page 2

Thank you and farewell to
Pamela O'Brien

New stop smoking service
for Canterbury

Page 3

New Adult Asthma
Guidelines launched in
November

Page 4

Earthquake wellbeing
reminder

CanBreathe welcomes
Cystic Fibrosis Fieldworker
to Hills Road office

Page 5

Summer is the best time to
get free curtains.

Page 6

Health Professionals'
Corner

Check out the upcoming
public events

Page 7

Local Café raising funds
and awareness for asthma

**Like CanBreathe on Face-
book and keep in touch
with upcoming events.**

Welcome to our last newsletter for 2016. Take a few moments to read our Summer newsletter—there is useful information included for individuals, families and health professionals. If you have a respiratory condition remember to ensure you have enough of inhalers and regular medications to get you through the Christmas break and make sure they are included in your packing if you are going away. If you are out and about remember to carry your reliever inhaler.

We extend our thoughts and best wishes to clients and colleagues in Cheviot and Kaikoura and confirm we will be back to do a clinic again up there in the New Year.

From the team at CanBreathe we wish you a very Merry Christmas and a safe and Happy New Year.

Amanda, Carolyn, Mary, Rosemary & Teresa

Phone 03 386 0278 Fax 03 386 0657

Email: office@canbreathe.org.nz Web: www.canbreathe.org.nz



Important Notice: CanBreathe Christmas Office Closure

The CanBreathe office will be closed from 12 midday on Friday 23rd December and will reopen at 8.30am on Wednesday 4th January 2017. For urgent assistance please contact your General Practitioner or After Hours Medical Clinic. If you need to hire a nebuliser or require spare nebuliser over the Christmas break please contact us by midday on Thursday 22nd December. Alternatively your email or telephone message will be responded to when we reopen on 4th January.



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.



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.

Thank you and farewell to Pamela O'Brien

Pamela O'Brien, CanBreathe's outgoing Board Chair and longstanding Board member, retired from the CanBreathe Board at the AGM in October. Pamela has been involved with the Canterbury Asthma Society for many years and her commitment and passion to help improve the lives of people with asthma can be best summarised in Pamela's own words below, taken from her final President's report.

"Breath is the finest gift of nature. Be grateful for this. It is after all, the secret of life. Amit Ray & Gregory Maguire

Our Vision:

"To empower every child and adult in Canterbury with asthma and respiratory illness to live an active and full life."

Today is my last meeting for CanBreathe, formerly Asthma Canterbury. I have been involved since my eldest son was two, years ago, when I wanted to learn more about his breathing problems. I began first by attending public meetings with specialist topical speakers and learnt so much that I then joined the Committee in Alison Wilkie, Sandra Yates, and Bert Bullen's time.

For all these years – 42 in all, excluding a short period of leave, and living in Timaru, Asthma, the asthmatic and the relief and education for those suffering from this illness has been a passion of mine.

Many, many changes have evolved over these years – medication, people, ideas, offices/facilities etc. The basic challenge, the control of Asthma, continues to confront us and the need for full participation by stakeholders and caregivers goes on.

Pamela O'Brien

Pamela was presented with a farewell gift and flowers at the AGM by Board Treasurer David Hackston. David extended huge appreciation to Pamela for her services to the Society over 42 years on behalf of past, present and future Board members and Staff.

This thanks was endorsed by all present at the AGM. In acknowledgement of her long term contribution Pamela was made an honorary life member of the Society.

Pamela thanked the Board and Staff and extended best wishes for the Society's future operations, financial viability and increased visibility.



Pamela O'Brien being presented with flowers by David Hackston at the CanBreathe AGM in October.



New Stop Smoking Service for Canterbury

Te Hā Waitaha/Stop Smoking Canterbury is a brand new service which provides quitting support in different locations and is available for all smokers.

This free programme is available to everyone and offers:

- Free nicotine patches, gum and lozenges;
- Individual, workplace or group sessions;
- Your own cessation practitioner; and
- Visits in your home if transport is a problem.

For more information on this service phone 0800 425 700



New Adult Asthma Guidelines launched in November

(from Asthma & Respiratory Foundation NZ)

The Asthma and Respiratory Foundation NZ launched the new Adult Asthma Guidelines at the New Zealand Respiratory Conference in Auckland on 25th November. The guidelines are designed to aid health professionals in delivering asthma care in the community and in emergency departments.

The purpose of the Asthma and Respiratory Foundation NZ Adult Asthma Guidelines is to provide simple, practical and evidence-based recommendations for the diagnosis, assessment and management of asthma in adults (aged 16 and over) in a quick reference format.

The guide has been developed by a multidisciplinary group of respiratory health experts under the leadership of Professor Richard Beasley and the Medical Research Institute of New Zealand. Prior to this project, New Zealand's asthma guidelines had not been updated since 2002.

The new guidelines align the latest research with specific information for the New Zealand context including available medications and relevant content for treating Maori and Pacific adults with asthma.

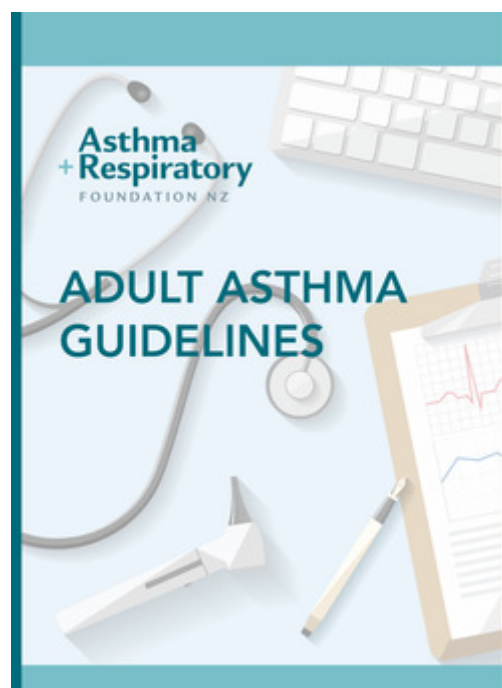
Jim Reid, a General Practitioner and Deputy Dean at Dunedin School of Medicine says if health professionals follow the guidelines for diagnosis and treatment of asthma they will see optimum outcomes for patients. "Implementing the guide nationwide will mean all asthma patients receive the same level of care and up to date information".

Betty Poot, Nurse Practitioner for Hutt Valley DHB, says the information on the medication is just one important factor of providing adequate care, and that "the strength of these guidelines is that they emphasise and address contributing factors such as inhaler technique, smoking and exercise and highlight the importance of self-management plans."

Along with tables illustrating technical information the guidelines are supplemented with plenty of practice points, references to handbooks and other appropriate literature.

The guide has been peer reviewed by a number of key health professional bodies and will be available for download on [nzasthmaguidelines.co.nz](http://www.nzasthmaguidelines.co.nz/) or to view go to

<http://www.nzasthmaguidelines.co.nz/adultguidelines.html>



The new NZ Child Asthma Guidelines are currently in progress and will be made available in 2017.



A reminder for people with asthma

- Get your asthma checked regularly by your doctor or nurse
- Have you got an asthma action plan? If not get one from your doctor or nurse.
- Taking your medication properly—right dose and right inhaler technique—can make a big difference in controlling your asthma. Check this with your doctor, nurse or pharmacist.

Kiwis urged to pace themselves as aftershocks continue

(From Healthy Christchurch website)

The *All Right?* campaign is urging those affected by the current earthquake sequence to take extra care of themselves. The campaign was established to help Cantabrians recover from the emotional impact of the greater Christchurch earthquakes.

All Right? strategist Ciaran Fox says the current aftershocks will be having an impact on many people's mental health. "Going through a disaster takes a toll on mental health. With each aftershock, anxiety can increase. We need to take care of ourselves and each other to prevent more serious mental distress emerging." Ciaran Fox says looking after your mental health is crucial. "It's easy to dismiss the need to take time to look after yourself when you're dealing with a crisis but the reality is it's even more important to do so, so you cope better and don't run out of steam."

Ciaran Fox says there are simple things we can all do to improve our mental health – even in times of stress. "Take time to think about your energy levels. If you are feeling tired or stressed, consider ways you can recharge your batteries. Things like doing some exercise or listening to music can help pick you up – just think about what makes you feel good and take even ten minutes to do it." Pacing yourself is also important. "Focus on the things that are most important to you, such as family or whānau and your health. Prioritising tasks can help take pressure off yourself," says Ciaran Fox.

Above all, Ciaran Fox says it's important to remember that there is extra support available for those who need it. "It takes time to recover emotionally from the effects of disaster but remember you are not alone. The best place to get help is the Earthquake Support Line (0800 777 846). Getting help early can help you cope better and prevent more serious mental distress from emerging."



CanBreathe welcomes Cystic Fibrosis Fieldworker to Hills Road Office

CanBreathe's new location in Hills Road had a spare room available and in November we were pleased to welcome Susan (Sue) Lovelock, Southern Region Fieldworker for Cystic Fibrosis (CF) New Zealand as the new tenant for this space.



Sue is the field work team leader for NZ and also provides support to families and people with CF in all of the South Island. Sue has lots of experience working with CF families and is well-versed in many of the challenges that face people with CF and their families. She can provide advice on all aspects of the condition, as well as life-planning and liaison with government agencies.

The office availability was a great opportunity with the relocation the Cystic Fibrosis NZ's National office to Auckland earlier this year and end of the lease of their previous office located in Riccarton Road.

The Hills Road location includes off street parking and a meeting room.

While CanBreathe and Cystic Fibrosis have a different client base they both have a respiratory focus and the ability for staff to network and support each other is a bonus of the co location.

Susan can be contacted by phone—021 0222 1203 or email her—susan@cfnz.org.nz



Summer is the best time to get free curtains



With summer fast approaching, it is tempting to forget about cold homes and winter illnesses. However, summer is a good time to start preparing for winter next year. Services to keep the house warm for those with a health condition, are not nearly as busy in summer as they are in winter.

One such service is the Curtain Bank, a Community Energy Action (CEA) project. The Curtain Bank provides recycled curtains free to all households who need them. Curtains can play an important role in keeping a house warmer and if you have an existing medical condition a warm home helps you stay healthier.

The Curtain Bank service is not income tested and a Community Services Card is not required. The Curtain Bank can supply curtains for lounges and bedrooms and both homeowners and tenants qualify for curtains. Householders who have received curtains previously can get curtains again when they move to another house. To access the service simply print out and fill in a curtain measurement form from CEA's website, fill in the online curtain measurement form or call CEA to get a measurement form sent to you. Then make an appointment to choose your curtains.

"We have more than enough curtains to serve everybody in the community who could do with better curtains to keep the heat in and shut out draughts and cold from windows," says Caroline Shone, Chief Executive of CEA. "However, in winter we get overrun with demand, and requests from potential customers come in faster than we can see people. In winter it is not unusual for people to have to wait five weeks to get curtains."

People who come to the Curtain Bank over summer can usually be seen within a week and will also have the added benefit of getting more time to choose.

"In winter we have one appointment after another, while in summer people can take all the time they need to make up their mind. We have a huge selection on our shelves, but especially if people need curtains for the whole house, it can take a bit of time to make a selection."

In addition to free curtains, insulation subsidies are also still available for rental properties with low income tenants. "Anecdotal feedback has shown that some tenants don't ask for insulation to be installed for fear the rent will go up," says Ms Shone, "However, tenants in a warmer, insulated house often save money on doctors bills."

In 2019 at the latest, it will be compulsory for landlords to have insulation installed in rental properties. At the moment landlords can get a subsidy but that is not likely to last until 2019. The current subsidy programme ends in 2018 or until funding runs out.

CEA is happy to take enquiries from tenants and negotiate with landlords about insulation. For homeowners and rental properties with tenants who do not have a Community Services Card a 25% discount is currently available.

Homeowners, tenants and landlords can contact CEA on 0800 GET WARM (0800 438 9276), info@cea.co.nz or www.cea.co.nz for more information or for a free, no-obligation appointment for an insulation check or for a Curtain Bank appointment.



Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

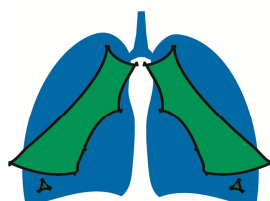
SIREF 2017—Registrations open

The Annual South Island Respiratory Educator Forum will be held in Christchurch on Thursday 16th & Friday 17th February 2017 at The George.

We have an exciting line up of speakers and topics of interest to those working with respiratory clients.

SIREF provides updates on respiratory disease management, research and projects. Registration forms can be downloaded from CanBreathe's website or email us at office@canbreathe.org.nz.

Please note the NZNO Respiratory Nurses AGM will be held on Friday 17th at 7.45am, prior to the day 2 programme.



SIREF
South Island
Respiratory
Educators Forum
Te Waipounamu

Breathe Easy, Breathe Freely Kia Ngāwari Te Roma - Hā



Asthma & COPD Fundamentals courses 2017

CanBreathe will be running the first 2017 Asthma and COPD Fundamentals Course for nurses on Friday 3rd and Friday 10th March 2017. This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients.

Numbers are limited to 12 pre course so please register early so you don't miss out. For more information and/or to register your interest in attending a course please email us at office@canbreathe.org.nz or call 386 0278.



World COPD Day Thanks

The World COPD Day Nurses' Education Breakfast held at CanBreathe on Wednesday 16th November was attended by over 30 nurses and other health professionals. Our thanks to Clare McKenzie, CNS Palliative Care for her presentation and to Kirsten from Novartis, Elsa from GlaxoSmithKline and Kathryn from Boehringer Ingelheim for their support of this event.

Thanks to Maureen and Donna from CRISS and Teresa Kilkenny from CCN for their assistance in organising this event.

Special thanks to the CanBreathe team for their assistance in organising and running this event.



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.



Upcoming Public Events of Interest (Hint—Like CanBreathe on Facebook and keep up to date with what is on)

Aranui 15AFFIRM

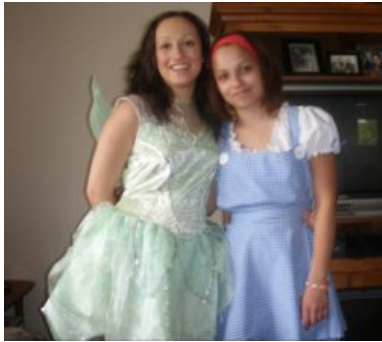
Saturday 3 December – 9.30 to 4pm, Wainoni Park – Hampshire Street, Aranui

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



Local Café raising funds and awareness for asthma



May Alsayyad and her sister

On October 31 2014 the team at Luciano Espresso Bar lost a close friend and family member to an asthma attack. May Alsayyad was a bubbly, cheerful and loud 25 year old with a real 'try anything once' attitude. While she had a love for fashion, her real passion was the hospitality industry, food and coffee.

On Friday 28th October, to mark the two year anniversary of her tragically early passing, her sister Nada and the crew at Luciano's held a themed mufti day to raise funds and awareness for the Asthma and Respiratory Foundation NZ. The team at Luciano's believe it is important that everyone is aware of how serious asthma can be and the growing concern that it has become for New Zealand.

The theme was Disney in honour of May's love of Disney movies and characters. The photos below show the team at Luciano's in their Disney costumes.



Our thanks to the team at Luciano's for raising awareness of asthma and all those who supported this fundraising event.

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.



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 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:

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
Web 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
Asthma minders

We Hire:

Nebulisers (for short term hire only)