

**Winter 2017
Issue 20.2**

Whoosh

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

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

Time to prepare for cooler months ahead

Welcome to our Winter newsletter. Winter is well and truly upon us with cold weather and snow already making an appearance in late Autumn. With cold and flu viruses doing the rounds it is important to ensure your asthma or COPD is under good control. Make sure your asthma or COPD action plan is up to date and get your annual flu vaccination to help ward off some of those nasty winter viruses. Remember to make sure your home is warm and dry to help you stay well.

Take a few moments to read our Winter newsletter—there is useful information included for individuals, families and health professionals as well as information on upcoming events.

Amanda, Carolyn, Cheryl, Rosemary & Teresa

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Thank You

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Great Local Honey for Good People

Hello Honey owner/operators Danny and Heather know that Christchurch and Canterbury have something special to offer when it comes to honey. With hot dry summers, a diverse range of plants and a massive community of keen gardeners our city is well equipped to supply us with beautiful honey.

Hello Honey is harvested and packaged seasonally in small batches. The Hello Honey that you put on your toast is single-origin honey.

Hello Honey believes in ethical, eco-friendly and sustainable business practices. This includes;

- Providing reasonable rates to beekeeper hobbyists for their honey
- Using glass jars
- Monitoring honey harvesting to ensure the bees have enough honey over winter
- Operating under AFB guidelines
- Extracting and packaging honey in a registered and verified kitchen
- Building beehives.

Your Hello Honey purchase helps local gardens bloom, fruit grow, hobbyists pay their bills, and it's made the bees and your taste buds very happy. For more information on Hello Honey and where you can purchase this product go to www.hellowhoney.co.nz

CanBreathe is fundraising with Hello Honey—\$6 for a 150gm Jar

Hello Honey support community fundraising by providing 150g hexagonal jars of their honey to non profit groups. The honey is sold for \$6 with \$2 from every jar sold going to the group. CanBreathe are selling these jars to help raise money to support our services in the community. Contact CanBreathe on Phone 386 0278 to order your jar or call in to our office at 196 Hills Road.



New Asthma study Volunteers Wanted

Is ASTHMA affecting your everyday life?
Is ASTHMA waking you up at night?
Trouble exercising with ASTHMA?
Have ASTHMA trouble at work?
Is your ASTHMA giving you trouble?

A local asthma research study will provide:

- No-cost investigational medication for asthma
- Study-related care from a local expert
- Compensation for travel expenses

If you are interested in taking part call Fiona at the Canterbury Respiratory Research Group on 364-1157



Free Stop Smoking Service

Te Hā Waitaha/Stop Smoking Canterbury 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



Keeping Warm to Save your Wallet & your Health

Winter is nearly upon us and staying warm, dry and healthy in your home is more important than ever. Studies have shown a clear link between living in cold, damp housing and poor health, particularly respiratory issues. While you might worry about the cost of winter power bills, being warm will actually save you money, as you won't need to take days off work sick, or pay for extra doctors bills and prescriptions.

CEA provides free, independent energy advice about cost effective ways to keep warm in your home. We do this via phone or email, and tailor our advice to your specific situation. We currently also have subsidies available (up to 100% for low income households) to help with a comprehensive home energy checks – this is where an energy advisor walks through your home with you, checks your insulation, heating, power bills, ventilation habits and more, and provides you with a comprehensive list of (income adjusted) recommendations.

Our Curtain Bank provides good quality curtains for free to households in need. If your curtains are thin, poorly fitting or deteriorating, the Curtain Bank can help you to choose from our large selection of curtains, and resize them if necessary. If you cannot get to the Curtain Bank at 299 Tuam St due to mobility issues, ask about our mobile Curtain Bank service.

CEA also currently has subsidies for landlords whose tenants hold a community services card. Up to 50% off insulation is available (some conditions apply). Insulating rental properties is now a legal requirement and the subsidies available are limited. Please contact us to find out more.

For more energy advice, tips and products, please call 0800 GET WARM, email info@cea.co.nz or visit www.cea.co.nz



How warm is your home?

While most households heat the main living areas, bedrooms are less likely to be kept at a healthy temperature, especially during the night. In the colder months the outside temperature in Canterbury can drop below zero during the night and can result in a significant drop in indoor temperature.

With the assistance of a grant from the Lion foundation CanBreathe has produced more of these very popular temperature cards to help clients to check if their home is warm enough. If you have a respiratory condition and would like to check how warm your home is contact us at CanBreathe to get a free temperature card.



The temperature card (pictured) includes a crystal thermometer strip with a range of 9 to 27 degrees Celsius.

The cards are free standing and can be placed on a piece of furniture in any room. The cards should be kept away from direct sunlight.

Better Breathing Coffee Group



Every Thursday morning
10-10.30 light exercise
10.30-11.30am coffee and chat

196 Hills Road (at the back of CanBreathe)

This is a place for all those with breathing difficulties or who support someone with a breathing condition. Drop in, relax and enjoy each other's company, share your knowledge and maybe learn something too.

A gold coin donation pays for the room, a cuppa and something to eat.

We would love to see you, please join us.





**CAN WE TAKE ON
THE FLU, AS SOON AS
THE FLU TAKES ON YOU?**

FEVER? ACHES? PAINS? COUGH? SORE THROAT?

When you reach for the tissues this flu season, think CAPSTONE-2. The CAPSTONE-2 clinical research study will try to find out if an investigational flu drug can speed up the recovery of people with flu who are at risk of developing further complications.

The study drug is available at no cost to you.

To take part, participants must:

- ❖ Have had flu symptoms (such as fever, aches, pains, cough, sore throat) for less than 48 hours
- ❖ Be at least 12 years old
- ❖ Be at risk of developing further complications (for example, those with another health condition and those over the age of 65)

Because participants need to enrol in the study within 48 hours of becoming ill, it's important to get in touch with the study team as soon as possible after symptoms appear.

***IF YOU THINK YOU/YOUR CHILD
MAY BE SUITABLE, PLEASE CONTACT:***

The Canterbury Respiratory
Research Group. Ph. **364 1157**



Health Professionals' Corner

Upcoming Respiratory Education, Conferences and Meetings

TSANZ/ANZSRS New Zealand Annual Scientific Meeting

10-11 August 2017,
Nurse and Trainee day 9 August 2017
Heritage Hotel, Queenstown
On-line registrations open March 2017
<https://outshine.eventsair.com/>
[QuickEventWebsitePortal/tsanz-2017/web](https://www.quickeventwebsiteportal.com/tsanz-2017/web)



23 - 24 November 2017 at Pullman Hotel, Auckland. For more information go to <https://www.nzrc2017.com/>



Save the Dates

SIREF 2018 will be held in Christchurch on Thursday 15th and Friday 16th February at The George. More information on topics and registration will be available from October 2017.



Save the Date

NZNO College of Respiratory Nurses Symposium in Wellington on 13th April 2018. More information will be available later this year via NZNO website



New format for the Asthma & COPD Fundamentals Course



The Asthma + Respiratory Foundation, in collaboration with Whitireia New Zealand have revised and updated the Asthma and COPD Fundamentals course with the new look format now available. This course is designed to provide nurses with the necessary skills to offer asthma and COPD self management education to their patients.

The new format includes four online modules at a cost of \$180 and a one day face to face Masterclass at a cost of \$120 equating to a total cost of \$300 for the modules and Masterclass.

The Masterclass must be attended within six months of completing the modules. For more information and/or to register/enrol for the online modules go to www.asthmafoundation.org.nz/health-professionals/copd-asthma-fundamentals

CanBreathe will be a provider of the Masterclass with the first scheduled for Tuesday 11th July 2017. Contact us at CanBreathe to register for the Masterclass.

For more information please email us at office@canbreathe.org.nz or call 386 0278.



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.



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



Saturday 10th & Sunday 11th June
9am to 4pm at Pioneer Stadium.

Door Sales Available—\$5 per adult, children under 15 Free. Free Parking

Discover all you need to know from bump, to birth and beyond. The Christchurch Baby Expo is a show not to be missed. A huge range of products and services will be on show, along with seminars, demos and workshops and of course a free onsite “crèche” service. For more information go to: www.christchurchbabyexpo.co.nz

CanBreathe nurses will be available at the Baby Expo with free information and advice on asthma.



Aranui Health Day

(Organised by Aranui Community Trust)

Wednesday 28th June, 10am-2pm.

Aranui Wainoni Community Centre.

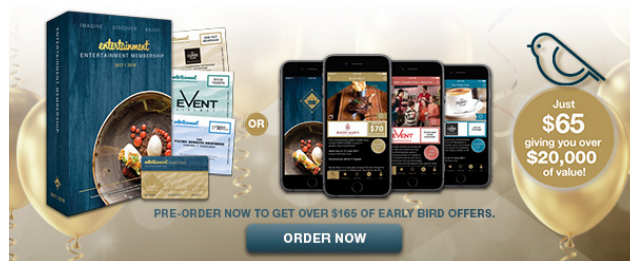
31 Hampshire Street

Free Entry. Spot prizes, health information, fitness demos and lots more.

CanBreathe Nurse Educators will be there providing free information and advice.



Be in Quick—2017/18 Entertainment Books are out now— Purchase one and help support children with asthma



CanBreathe are selling the very popular Entertainment Books again this year. This is a great opportunity to receive wonderful savings on dining, entertainment and accommodation costs for you and your family while supporting CanBreathe and the services we provide. The funds raised from our 2017 book sales will be used to provide the Baxter Bear kits for children with asthma (as shown below). These kits have proven to help asthma management with children under 6 years. It costs CanBreathe approximately \$40-\$50 per kit.

The book is also available in a Digital version so you can download the app onto your smartphone and always have it available when you are out.

Books cost \$65 and CanBreathe receives \$13 for each book we sell. To order your book contact us by phoning 386 0278 or email office@canbreathe.org.nz.

To go online to order and pay for books go to <http://www.entbook.co.nz/134h346>



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
Cheryl Tóvizi	Business 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)