

**Autumn 2018
Issue 21.1**

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Whoosh

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

Time to prepare for cooler months ahead

Welcome to our first newsletter of 2018. We hope you have enjoyed the summer, but now Autumn is upon us with cooler temperatures and the reminder that its time to start preparing for winter. 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. It is a good time to make sure your home is warm and dry before the cold weather arrives.

Take a few moments to read our Autumn 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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Attention Special Notice

Change of CanBreathe's Postal address

Please note CanBreathe will no longer be using a PO Box and the postal address will now be the same as our street address—196 Hills Road, Edgeware, Christchurch 8013. Please update your records accordingly.

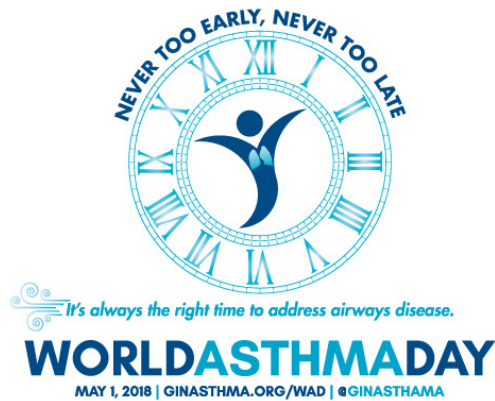


Thank You

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



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NEVER TOO EARLY, NEVER TOO LATE"

It's always the right time to address airways disease

World Asthma Day is on Tuesday 1st May 2018. It is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place annually on the first Tuesday of May.

Asthma is a common chronic inflammatory disease of the airways characterised by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm. Symptoms include wheezing, coughing, chest tightness, and shortness of breath. One in nine adults and one in seven children aged under 16 years takes asthma medication (over 460,000 kiwis in 2006). For good asthma control it is important to keep using your medication as prescribed; to visit your health professional regularly and to have an asthma management plan. Asthma management plans should be filled out with your health professional, they are designed to help manage your asthma and recognise when it is getting worse before it gets to an emergency situation.

Important 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.



This year Asthma+Respiratory Foundation NZ will coincide its annual "Balloon Day" asthma awareness and fundraising day with World Asthma Day. Balloons are a positive symbol that convey a serious message. Asthmatics struggle to breathe out for example when blowing up a balloon.

CanBreathe Nurses will be out at Westfield Riccarton from 9.30am to 2pm on Tuesday 1st May raising awareness and providing free information on Asthma. Come and see them there.

Charitable donations and your 2018 tax return

We know people support CanBreathe because they understand the importance of improving quality of life and health outcomes for people with asthma, COPD or other respiratory conditions. However we thought you would also like to know that you can claim a tax deduction on your donation.

It is the end of the tax year on 31st March 2018. This means generous New Zealanders are eligible to claim tax back on their donations.

As an individual you can claim 33.33% on donation, limited only by your net annual income. For example if you donate \$1,200 in total annually to charities you will receive a tax rebate of \$400 provided your annual income is greater than your donation.

Companies can also claim a deduction on donations up to their annual income. Donation receipts are required in order to make a tax claim and any donation over \$5.00 may be eligible.

Keeping homes cooler in summer and warmer in winter

With the stunning hot days we have had over summer, this maybe the time to start thinking about insulating your property, before winter kicks in and draughts and dampness affect your property. You might not be aware, that insulation actually helps keep your home cooler through the summer months as well as warmer in winter.

Why not start by having your insulation checked by one of Community Energy Action's (CEA) trained objective assessors, it is completely free! And remember that good quality insulation doesn't just keep your home warmer during the winter; it helps keep it cooler during the summer, too.

By arranging to have your insulation installed before winter it means that you can pay it off over a period when your power bills are normally lower. With the added benefit of insulation you will most likely notice that those bills will be lower next winter too!

CEA offers up to a 50% insulation subsidy if you have a community services card or, if you are a landlord, if your tenant has a card. CEA also offer a free energy advice service if you live in Canterbury (from Ashburton to Kaikoura) and the West Coast.

If affordability is an issue CEA may be able to organise a payment plan over a number of months, so why not ask?

To find out more about any of CEA's services, to arrange an insulation check, ask for advice or discuss how they might be able to help you, call CEA on **0800 GET WARM**, or email them on info@cea.co.nz or visit the website at www.cea.co.nz.



CEA Curtain Bank



Did you know that an uninsulated home, with no curtains loses up to 30% of heat through single glazed windows? A simple way to fix this is by installing thick curtains that reach at least over the window sill, with if possible, enclosed curtain tracks to keep the heat in.

The CEA Curtain Bank takes donated curtains, adjusts and lines them to fit your window measurements. If you don't have curtains or yours are thin, single layered, torn or poorly fitting and you cannot afford new ones contact them today. CEA's Curtain Bank provides **free**, good quality recycled curtains to homes in need.

CEA Mobile curtain bank

CEA Curtain Bank offers a mobile service to enable them to reach those within the community who cannot travel into the Curtain Bank itself. If you are elderly, have a medical condition or cannot access transport easily please contact them about this service.

If you have any questions about these tips or want advice specific to your home, email CEA at info@cea.co.nz or phone them on 0800 438 9276.



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.



**Don't let the flu get you or your
whanau/family!
Its time to get
your flu vaccination now**
(information below from fightflu.co.nz)

With winter approaching, put flu vaccinations at the top of your list of priorities. Influenza can be anywhere. Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza. Influenza, commonly called the flu, can be a serious illness that is sometimes fatal. Infection with the influenza virus may lead to a stay in hospital for any age group but particularly if you are elderly or have an ongoing medical condition.

Influenza can make an existing medical condition (such as asthma or diabetes) a lot worse. Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house. By immunising against influenza you can protect yourself and lessen the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza.

Influenza vaccination is FREE for people who are most at risk.

Almost everyone can benefit from the protection of annual influenza immunisation. The vaccine is especially important for people at risk of serious complications from influenza including:

- Pregnant women (any stage of pregnancy)
- Anyone aged 65 years or over
- Children aged six months to under five years who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- Anyone aged six months to under 65 years with any of the following medical conditions:
 - Chronic heart problems, excluding high cholesterol or high blood pressure if they have not caused problems with other organs
 - Cerebrovascular disease

- Chronic breathing or lung problems, including asthma if regular preventative therapy is required
- Diabetes
- Chronic kidney disease
- Cancer that is not in remission, excluding skin cancers if not invasive
- Other conditions (such as autoimmune disease, immune suppression, immune deficiency, human immunodeficiency virus (HIV), transplant recipients, neuromuscular and central nervous system diseases, cochlear implant, error of metabolism at risk of major metabolic decompensation, pre- or post splenectomy, Down syndrome, haemoglobinopathies and children on long term aspirin)

If you do not have one of these eligible conditions, you still benefit from an influenza immunisation available, at a small cost. Some employers may offer free influenza vaccination to employees.

Contact your General Practice now to arrange for your 2018 influenza vaccination.



For more information about influenza and influenza vaccination talk to your family doctor or practice nurse, go to www.fightflu.co.nz or call 0800 IMMUNE (0800 466 863).



How could your family benefit if you were smoke free?

In January tobacco prices increased by 10 per cent. In addition to the wealth of health benefits you can gain, by stopping smoking you'll also give yourself a massive pay rise which could range from \$150 to \$280 each week.

"For a 20-a-day smoker, quitting could save you and your family an extra \$175 a week. That's a tank of petrol or a chunk of your weekly grocery bill," says Vivien Daley, Canterbury District Health Board Smokefree Manager. "The monthly saving of \$750 could buy you a small smart TV, or gaming console. The yearly saving of over \$9,000 could pay for a family holiday. Smoking is going to be more expensive than it's ever been, but there's also more free support than ever before too – so now's a perfect time to quit."

Te Hā – Waitaha is a free stop smoking service which is available to all Cantabrians. While the service provides quality support for all, there is a specific focus on Maori, Pacific, pregnant women and other high risk groups.

"Quit coaches are based all across Canterbury, in both urban and rural locations and the support provided will be really up to the individual, whether it's face to face, via phone or text, in a group, or on your own. We work with our clients to decide on which programme and location suit them best. We provide information and work with clients to find ways that can help make quitting a little easier, including free nicotine replacement products like patches, gum and lozenges and advice on ways to beat the cravings. By beating this addiction, you and those around you will not only have a longer, healthier life, you will end up with more cash in the bank. That'll decrease your stress rates, which might be what makes you reach for a cigarette in the first place!"

Phone 0800 425 700 or register online at www.stopsmokingcanterbury.co.nz if you or someone you know would like help in the new year to quit.

WORLD SMOKEFREE DAY—31st May



Internationally, World Smokefree Day is known as World No Tobacco Day, and is celebrated annually on 31 May. World Smokefree Day is celebrated and delivered at a local level with a theme being applied to current initiatives and priorities. Regional smokefree coalitions provide a collaborative approach and touchpoints for anyone wanting to get involved. The objectives of World Smokefree Day (WSFD) in New Zealand are:

- raising awareness and contributing to the achievement of the Smokefree 2025 goal
- enabling better collaboration, planning and coordination of work within regions and across the country
- raising awareness of the smokefree kaupapa with the underlying objectives of reducing exposure to second-hand smoke and increasing quit attempts
- enabling continuity and consistency of messaging and creative across the country building on and complementing current work in tobacco control.

World Smokefree Day is on 31st May and CanBreathe is encouraging smokers to make the most of the occasion and quit for good. With the increase in cost and known harm from tobacco smoke this is the perfect time to quit. For free help and support to quit smoking contact Te Ha Waitaha/Stop Smoking Canterbury, your general practice, CanBreathe or talk to your local pharmacy to discuss what options are available to help you quit. Quitline provides support over the phone, online and by text. Contact Quitline on 0800 778 778 or www.quit.org.nz

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

NZNO College of Respiratory Nurses **Symposium and AGM—Wellington**

Taking Respiratory Care Beyond the
Rhetoric - Less Talk More Action

Keynote Speaker : Dr Lance O'Sullivan

Date: Friday 13th April

Registration: 8.00am

Start/Finish time: 8.30am - 4.30pm

Venue: ASB Sports Centre, Kilbirnie

For more information or to register go to:

https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses/conferences_events

World Asthma Day **Free Education Session for Nurses** **and General Practitioners** **Topic— New Child and Adolescent** **Asthma Guidelines**

Date: Tuesday 1st May

Time: 6.30-7.30pm

Venue: - CanBreathe meeting room, 196 Hills Road, Christchurch

For more information or to register please phone CanBreathe on 386 0278 or

Email office@canbreathe.org.nz

TSANZ/ANZSRS New Zealand **Annual Scientific Meeting 2018**

Dates: Thursday 16th & Friday 17th August.
Wednesday 15th August (Nurse & Trainee Day)

Venue: The Heritage Hotel, Queenstown.

Online registrations open 19th March 2018

Early bird registrations close 8th July 2018

For more information or to register go to

<https://outshine.eventsair.com/>

QuickEventWebsitePortal/tsanz-2018/web



Discounted Asthma & COPD **Fundamentals course in 2018**

The Asthma + Respiratory Foundation NZ, in collaboration with Whitireia New Zealand have revised and updated the Asthma and COPD Fundamentals course with the new look format was released in 2017. The new format includes four online modules and a one day face to face Masterclass.

CanBreathe is the provider of the Masterclass for Canterbury and have reserved Monday 23rd April for the first class in 2018.

The Asthma+Respiratory Foundation will be discounting the online modules in March/April for anyone wanting to enrol in Canterbury.

For more information on the course and/or to register for the Masterclass please email us at office@canbreathe.org.nz or call 386 0278.



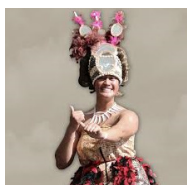
The 2018 South Island Respiratory Educator Forum (SIREF) was held on Thursday 15th and Friday 15th February at The George. The Forum was attended by nurses, physiotherapists and other practitioners with an interest in respiratory health. We were again fortunate to have a range of expert speakers who donated their time and shared their expertise with those present.

A big thanks all the presenters for their time, expertise and important contribution to this education event. Thank you to the businesses who sponsored the Forum — Apex Medical Ltd, AstraZeneca Ltd, Boehringer Ingelheim, GlaxoSmithKline, McLaren Medical and Novartis Your support has enabled us to continue providing this very valuable learning and networking opportunity. Our thanks also to the team at The George for the great venue and assistance. Our thanks to those who attended for their contribution to this annual event. We hope to see you again next year.

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

**Age Concern Ashburton
Positive Ageing Expo**

When—Thursday 8th March, 10am-3pm
Where—the Ashburton Racecourse.



Polyfest Canterbury 2018

9.30am to 4.30pm, Saturday 17th March

Red Zone Dallington, Cnr New Brighton Road and Locksley Ave. Gold coin entry.

An awesome day celebrating Pacific youth through cultural performance. Representing schools from around the greater Canterbury region. Come early, find your picnic spot, enjoy the food of the Pacifica and sights and sounds of our youth.

CanBreathe nurses will be at this event. Come and see us for free information and advice.



Christchurch Baby Expo

Saturday 9th & Sunday 10th 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.



**Order your 2018/19 Entertainment Book
now and help support children with
asthma**



The NEW 2018/2019 Entertainment memberships will be available from early April. CanBreathe will be 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 2018 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 Entertainment membership is available as a book or in an electronic version with an app which you can download onto your smartphone and always have it available when you are out.

Books cost \$70 and CanBreathe receives \$13 for each book we sell. To pre-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>



Photo of CanBreathe's Baxter Bear kit. Each kit includes a teddy (Baxter), placebo inhaler with spacer, child asthma book and backpack.

More about us...

Contact Details:

Canterbury Asthma Society Incorporated
Trading as

CanBreathe

196 Hills Road

Edgeware, Christchurch 8013

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/Admin
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)

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, No. CC 33783. 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, 196 Hills Road, Christchurch 8013

.....✂.....

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