

Whoosh

Official Quarterly Newsletter of
Canterbury Asthma Society Inc (trading as)
ASTHMA CANTERBURY

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Welcome to our September newsletter!

We have moved. On 29th August the Asthma Canterbury office moved to new premises in Unit 1, 6 Raycroft Street, Christchurch. More information on our new location is included on Page 2.

Please note the events coming up in the next few months—Gluten Free Food and Allergy Show and World COPD Day — information on both are inside this issue.

Phone 03 3665235 Fax 03 3665209

Email office@asthmacanty.org.nz www.asthmacanty.org.nz

Belinda, Marilyn, Mary, Moira & Teresa



CANTERBURY ASTHMA SOCIETY INCORPORATED

Notice of Annual General Meeting

You are warmly invited to attend our 2011 AGM.

When: Tuesday 11th October at 5.45pm

Where: The Society's rooms, Unit 1, 6 Raycroft Street.
Street parking available

Light refreshments will be provided

Please RSVP by Monday 3rd October for catering purposes

Phone 366-5236 or email office@asthmacanty.org.nz

We look forward to seeing you there



Thank You

The Canterbury Asthma Society wishes to thank its 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 Lion Foundation for their support in funding the printing of our newsletter.



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The *Gluten Free Food & Allergy Show* will be held in Christchurch on Saturday 29th and Sunday 30th October 2011 at Pioneer Stadium.

The Gluten Free Food & Allergy Show is New Zealand's only exhibition dedicated to bringing you ideas and solutions for a wide range of allergy and intolerance issues. At the show you will find products that cater to:

- Food allergies and intolerances such as - gluten, wheat, egg, lactose
- Airborne allergies and respiratory conditions - eg asthma, hayfever
- Skin conditions - such as eczema, psoriasis, chemical sensitivities
- Vegetarian, vegan, organic and other dietary requirements

Come along and meet the manufacturers of your favourite brands and find out which products best suit your needs. The teams from Coeliac NZ, Allergy NZ, Endometriosis NZ, and Asthma Canterbury will be there to answer your questions and provide practical advice.

At the show visitors get to sample a wide range of food and take advantage of fantastic show specials. For more information go to www.glutenallergy.co.nz

SHOW DATES & TIMES

Saturday 29th and Sunday 30th October 2011
– Pioneer Stadium, Lyttelton Street, Spreydon.
10am to 5pm.

\$10 entry, kids under 5 are free
\$35 family entry rate (2 Adults & 2 or more kids). Entry includes seminar attendance

Asthma Canterbury will have a stand at the show this year with information on asthma, dust mite allergy bedding products and much more.

WIN tickets to the Christchurch Gluten Free Food & Allergy Show

We have FIVE double passes to the show to give away. Just write your name, address and phone number on the back of an envelope and post it to: Asthma Canterbury - Gluten Free Food Show, PO Box 13 091, Christchurch 8141.

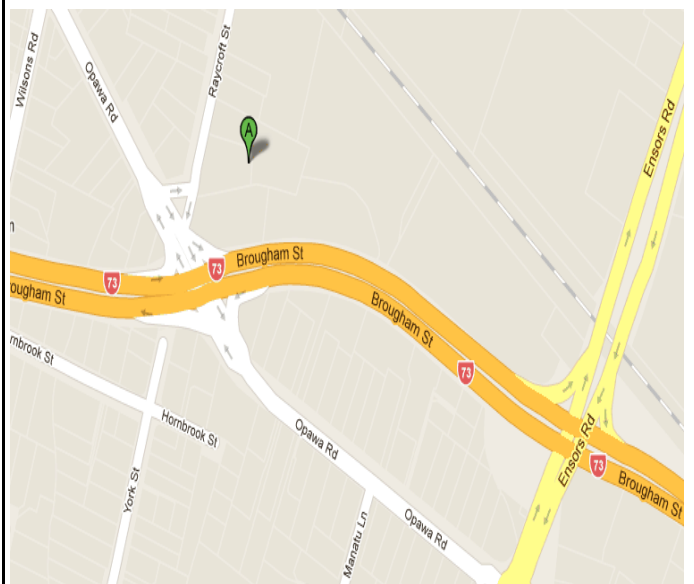
Entry closes Friday 14th October, winners will be notified by Friday 21st October.

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆ Asthma Canterbury New Location (continued from front page)

We are pleased to advise we moved to new premises on 29th August. Following the February earthquake the location of our old premises at 275 Cashel Street was no longer ideal for clients or visitors and also had sustained some damage.

Our new location is in Unit 1, 6 Raycroft Street (close to Brougham Street) - please refer to the map below. The two level unit is painted red and green and is easy to find. Client and visitor parking is available at the front of the building. The public transport option is the Woolston bus route. Our telephone, fax number and postal address remain the same.

We welcome visitors but please give us a call prior as we are sometimes out of the office providing education or home visits.



Reminder— Post Earthquake Information and Assistance Options

If you feel ill seek assistance or advice
Most General Practice and pharmacies in the city are open. If you need medical assistance contact your usual General Practice in the first instance. If you telephone your usual General Practice team day or night a registered nurse will answer and provide health advice about where to go for treatment if required. If it's an emergency dial 111.

Relationship Services earthquake counselling line

The Relationship Services earthquake counselling line (0800 RELATE) continues to operate 24/7.

Ministry of Health Healthline

The MoH Healthline can be reached on 0800 611 116

The Salvation Army takes general enquiries on 03 377 0799 during working hours, it will refer any clients who request counselling assistance.

All Canterbury primary care practices can either provide mental health or counselling services, or refer as appropriate.

The **Government Emergency Response** line (0800 779 997). This line is useful for general information and assistance.

Christchurch City Council - 941 8999 or 0800 800 169

Canterbury Earthquake Recovery Authority (CERA) - 0800 7464 2372 or email info@cera.govt.nz



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.



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 covers conditions such as emphysema and chronic bronchitis. It is estimated that COPD affects over 220,000 people in NZ.

Although there is no cure for COPD, treatments are available that alleviate symptoms of breathlessness so that people can participate more fully in daily life. Patients may be able to slow or even stop the progress of COPD by reducing their exposure to risk factors for the disease. COPD occurs most often in patients who are over age 40 and who have a history of exposure to COPD risk factors. Worldwide, the most commonly encountered risk factor for COPD is cigarette smoking.

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 should ask your doctor or Practice Nurse about your risk of having COPD and having a Spirometry test. If you want more information about COPD or if you would like assistance to stop smoking contact Asthma Canterbury to speak to one of our nurses.

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



Health Professionals Corner

WORLD COPD DAY PRACTICE NURSE BREAKFAST

As part of our activities to mark World COPD Day on Wednesday 16th November we will be hosting a Breakfast meeting for nurses. Dr Michael Epton, Community Respiratory Physician, will be speaking about COPD. Specialist Nurses from Canterbury Initiative and Christchurch Hospital will also be there to provide information on Spirometry and Pulmonary Rehabilitation.

The Breakfast meeting is free to nurses in General Practice, community or hospital services but numbers are limited so you need to ring and book early.

Date: Wednesday 16th November 2011

Time: 7.30-8.30am

Venue: Hagley Netball Pavilion, Hagley Avenue, Christchurch.

Bookings: Contact Teresa at Asthma Canterbury on phone 3665236 or email office@asthmacanty.org.nz

The venue and free breakfast is kindly sponsored by Boehringer Ingelheim.

ASTHMA FUNDAMENTALS COURSE

Asthma Canterbury will be running an Asthma Fundamentals Course for Nurses on Tuesday 1st and Tuesday 8th November 2011.

Each course is limited to 12 participants. Details and registration forms are now available on our website or email us at office@asthmacanty.org.nz for more information or to register your interest.

SIREF 2012 — Save the Dates 16th & 17th February

The Annual South Island Respiratory Educator Forum will take place in Christchurch on Thursday 16th and Friday 17th February 2012 at the Copthorne Commodore Hotel on Memorial Avenue. The 2012 Forum will run for two full days with one of the days focussing on Pulmonary Rehabilitation. Registration forms will be available from late November and will be available on our website or email us at office@asthmacanty.org.nz to register your interest and a registration form will be sent to you.

The Hazards of Spring



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.

Symptoms of allergic and non-allergic asthma include coughing, wheezing, shortness of breath and chest tightness.

Airborne allergens can not be totally avoided, especially in the spring. Good asthma management includes taking prescribed medications to prevent and control asthma symptoms and to reduce airway inflammation.

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. Peak pollen times are usually between 10am and 4pm. The Met Service issues a dust/pollen forecast at 4am daily. Their web site is 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 that can provoke allergic asthma.



Asthma Canterbury Update Introducing Asthma Canterbury's New Patron - Dick Taylor



It is our privilege to introduce Dick Taylor as the new Patron of Asthma Canterbury.

Dick became a national identity following his win in the 10,000 meter event in the 1974 Commonwealth Games held here in Christchurch. Dick has held numerous NZ titles and was ranked No.1 in the World for 10,000M in 1974 when he was also named "Sportsman of the Year".

The former athlete has been the official ambassador for the New Zealand Masters Games in Dunedin and Wanganui for the last few years. He is also the Westland District Councils Ambassador as well as being the President of the Canterbury Rugby Supporters Club.

Dick has always been a "people person" and was the NZ Marketing Manager for harness racing before taking up the reins with DB Breweries for five years. He later became involved in the gaming industry and is now the National Sales Manager for a company distributing gaming machines, called Konami.

Dick is held in high esteem through out Canterbury and is enthusiastic about supporting Asthma Canterbury to increase our profile and support in the Community.



Community Energy Action / Home Energy Advice Update

The search for a new home for Community Energy Action's Curtain Bank is finally over and they are open for business at Unit 8/310 Wilsons Road.

If you have a community services card and do not currently have curtains in your home (doesn't matter if you own or rent) then you may be eligible for free curtains. For more information Contact Community Energy Action reception on **374 7222** or the Curtain Bank Coordinator on **027 448 0584**.

If you have any **curtains you no longer require** please drop them off at one of the curtain bins listed:

- Community Energy Action, 71 Beresford St, New Brighton
- CCC Service Centre, 180 Smith St, Linwood
- CCC Service Centre, The Palms
- CCC Service Centre and Library, 66 Colombo St
- Hei Hei Broomfield Development Trust, cnr Hei Hei Red and Buchanans Rd
- 7 Denniston Cres, Redwood (private address)
- 17 Effingham St, New Brighton (private address)
- 6 Pamir St, Mairehau (private address)
- 211 Avonhead Road (private address)

More information is available through Home Energy Advice at the number below or e-mail Canterbury@energyadvice.org.nz for a copy. You can call them on **0800 388 588** between 10am – 4pm Monday to Friday or e-mail your questions to canterbury@energyadvice.org.nz. We try and answer all queries within two business days.



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 Canterbury Asthma Society as well as the Whoosh newsletter published and posted to you four times a year and Asthma Foundation newsletter published three times a year. \$30 membership provides the above and the AsthmaNZ O2 magazine - published 3 times a year.

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

For any of the above please complete the form below, cut out and post to Asthma Canterbury, 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 Asthma Canterbury

More about us...

Contact Details:

Canterbury Asthma Society
 Trading as Asthma Canterbury

Unit 1, 6 Raycroft Street

PO Box 13 091

Christchurch 8141

Ph (03) 366 5235

Fax (03) 366 5209

Email office@asthmacanty.org.nz

Web www.asthmacanty.org.nz

Office hours:

8:30am - 4pm, Monday to Friday – as we are often in a consultation, 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:

Belinda O'Rourke	Respiratory Educator
Moira Green	Respiratory Educator
Mary Wells	Nebuliser Coordinator
Teresa Chalecki	Manager/RN
Marilyn Bryce	Volunteer

HOW WE CAN HELP:

The Canterbury Asthma Society can help in the following ways:

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.

Charges may apply for:

Education to Aged Care services, education providers and professional groups

We Sell:

Allergy Bedding covers
 Nebulisers
 Nebuliser filters & giving sets
 Nose Pipes (for nasal irrigation)

We Hire:

Nebulisers (for short term hire only)