

June 2011
Issue 14.2

IN THIS ISSUE:

ENERGYWISE™
subsidies for
insulation and
heating

Keep Warm – Eat
Well

Entertainment
Books

Important reminder
- Flu vaccinations

Kids Korner

The Power of
Prevention

Asthma Canterbury
Update

Respiratory Relief
Update

A Big Thank You

Whoosh

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

Welcome to our June newsletter!

The last few months since the February earthquake have been very difficult for many people in Canterbury, particularly in the eastern and hill suburbs—our thoughts and sincere condolences go out to those affected by this tragic event.

With winter now upon us it is going to be a challenging time for many to stay well over the next few months. Please take care to stay warm and avoid common winter triggers like colds and flu. If you haven't had a flu vaccination this year talk to your doctor about getting one. If you or a member of your family have slipped back into the habit of smoking following the earthquake please consider quitting. Smoking will exacerbate any existing health problems and is not a good way to try and deal with stress. If you are feeling stressed talk to someone you trust, your General Practice team or you can also call the Right Service Right Time counselling and support line on 0800 777 846. If you are having trouble keeping your asthma or COPD under control or you want support with stopping smoking please contact your General Practice or one of our nurses at Asthma Canterbury.

Phone 03 3665235 Fax 03 3665209

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

Belinda, Marilyn, Mary, Moira & Teresa



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 in colour.



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ENERGYWISE™ subsidies for insulation and heating

Community Energy Action can offer ENERGYWISE™ subsidies for:

- Under floor insulation
- Ceiling insulation
- Damp proofing
- Draught stopping of external doors
- Hot water cylinder wraps and pipe lagging
- Energy efficient heating

There is no income cap for these subsidies.

At present Community Energy Action installs insulation and heating in Canterbury from Ashburton northwards.

There are no subsidies for double glazing but Community Energy Action does sell DIY window insulation which, when installed correctly, has similar insulation properties as some double glazing at a fraction of the cost. To find out more contact them on the number below.

For more information on the above services or for advice on improving the warmth and/or energy efficiency of your home contact:

- Community Energy Action: (03) 374 7222
- Curtain Bank Coordinator: 027 448 0584
- Home Energy Advice Centre 0800 388 588

Email Community Energy Action:

info@cea.co.nz

Email the Home Energy Advice Centre:

canterbury@energyadvice.org.nz



KEEP WARM – EAT WELL (From CDHB Earthquake Update)

Government agencies are working to keep Canterbury people healthy and safe through winter following the September and February earthquakes. Agencies are working together to help people prepare for the additional challenges of winter.

KEEP WARM – EAT WELL continued

A lot of work has already gone into restoring heating to homes that lost their primary source and making homes weather tight. Common repairs include those to roofs, chimneys, hot water cylinders, work to windows and doors and clearing drains.

Fletcher EQR, contracted by the Earthquake Commission, expects the 4,500 priority winter heating repairs initially estimated to be needed in Christchurch will have been completed by mid May, and is actively seeking to identify further households where such repairs are needed.

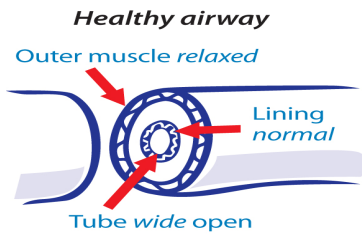
If you are still without your main form of heating or your house isn't weather tight, then contact 0800DAMAGE or email heating@eqr.co.nz.

- If you or a family member is sick, visit your GP early for advice.
- To help stay warm, eat warm food, have hot drinks and dress yourself and any children in your family in layers of warm clothing, even when you are at home.
- Don't be afraid to ask for help, especially from your family or neighbours. Keep an eye out for each other, especially if there are vulnerable people in your neighbourhood such as those who are elderly or unwell.

If your home or heating has been earthquake damaged, your first priority will be to stay warm and healthy. Environment Canterbury will not take action if the earthquake means you are not able to meet the clean air rules. This recognises that you may need to use whatever safe means you have available including an open fire or non-compliant wood burner. They advise you to check that any heating is safe to use and welcome calls if you are concerned about your individual circumstances. Phone Environment Canterbury customer services 0800 324636.



The Power of Prevention



Asthma is a reversible condition which means people with asthma don't normally have symptoms every day but for some people asthma can be like a chain around the ankle, slowing them down and interfering in everything they try to do. It doesn't have to be like this, most asthma can be very well controlled.

Having control of your asthma is important to reduce the likelihood of an asthma attack. The best way to achieve this is to, where possible, avoid the things that you know may trigger your asthma (eg dust mites, cigarette smoke, colds and flu, air pollution) and take your preventer inhaler (if you have been prescribed one) every day as prescribed. Reliever inhalers (usually blue) are only to help control symptoms if and when they arise. You should always carry your reliever inhaler with you just in case. If your asthma is under good control you should not need to take your reliever more than twice per week. Some inhalers contain a combination of preventer and reliever medication and these should be taken every day as prescribed by your doctor.

Preventer medications are effective but they only work well if they are taken every day as prescribed. Asthma is a chronic condition and therefore preventer medication to control it needs to be taken every day. The good thing about asthma is you can have weeks and weeks without symptoms but don't mistake this as a sign your asthma has gone away, it hasn't, it's just under good control. You still need to keep taking your preventer medication as prescribed to keep it under control.

Understanding how to prevent and/or manage asthma attacks when they occur is your best defence.

If you or your child have asthma make sure you have a good understanding of how to manage the asthma, on a day to day basis and in an emergency. An asthma action plan, can help you manage your asthma. It helps you identify when your asthma is under control, or getting worse and what steps you need to take to manage it. Your Doctor or health professional can develop an asthma action plan with you.

If you have any questions or concerns about your or your child's Asthma talk to your GP, Practice Nurse or contact one of the Nurses at Asthma Canterbury.



ASTHMA OR EMPHYSEMA?

WE NEED YOUR HELP!

If you are over 18 years of age and have asthma or emphysema (COPD) the Canterbury Respiratory Research Group would like to hear from you to help us with our research projects.

INTERESTED?

Please contact the Research Nurses on **364-1157** for further information



**Canterbury
Respiratory
Research Group**



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.



Asthma Canterbury Update

The last three months have been a very busy time for us at Asthma Canterbury. Our Cashel Street office sustained some damage but has been deemed safe so we were fortunately able to reopen on 10th March and provide our full range of services. Road access is via either Barbadoes Street or Fitzgerald Avenue. Please phone before you call in to ensure someone will be in the office to assist you - we are sometimes out on home visits or providing education and would be sorry to miss you.

Wednesday 27th April to Tuesday 3rd May was Asthma Awareness week and we were at Westfield Riccarton and Northlands providing free information and advice.



Respiratory Relief Society Update



The Respiratory Relief Society provides support and education for people with chronic lung conditions such as asthma, bronchitis and COPD (emphysema and bronchiectasis) via weekly meetings and exercise sessions designed specifically for those with breathing difficulties. Both the St Albans and Christchurch South Respiratory Relief exercise groups are operating but due to earthquake damage to the Centennial Hall the Christchurch South group now meet at Pioneer Leisure Centre.

Meeting Days and Times are:

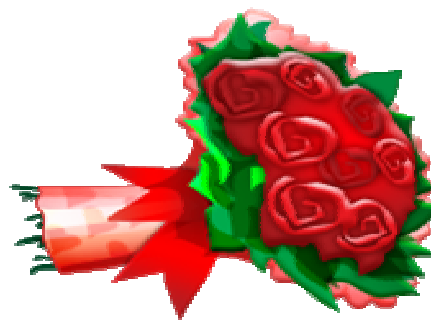
St Albans—every Tuesday from 1-2.15pm at Aldred Church Hall, Nancy Avenue (off Innes Road), Christchurch

For more information contact Sandra Yates
Ph 348 7896

Christchurch South—every Thursday from 1-2.15pm at Pioneer Leisure Centre, Lyttelton Street, Christchurch

For more information contact John Inkster
Ph 348 6118

A Big Thank You



Asthma Canterbury relies on grants, sponsorship, sales of products, membership and donations to provide our full range of services.

We wish to thank the many individuals who have provided a valuable contribution towards providing our services through their membership, donations, bequests or purchase of products.

We also wish to acknowledge and thank the following businesses, trusts and organisations that have supported us over the financial year (July 2010 to June 2011).

- Allergen Control Services
- AsthmaNZ
- Bendigo Valley Sports and Charity Foundation
- Boehringer Ingelheim
- Canterbury District Health Board
- COGS
- First Sovereign Trust
- GlaxoSmithKline
- The Hub Hornby
- Lottery Community National
- NZ Charitable Foundation – Jersey Charitable Trust
- Pegasus Health
- Pub Charity
- St Albans Masonic Lodge
- Southern Trust
- Sustainable Home Solutions Ltd —HRV
- The Asthma Foundation
- The Canterbury Asthma Charitable Trust
- The Canterbury Community Trust
- The Lion Foundation
- Westfield Riccarton

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
275 Cashel 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
Maira 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 individuals, preschools and schools, community and professional groups
Individual consultations
Pre-school Baxter Bear programme
Smoking cessation assistance and nicotine replacement therapy.

We Sell:

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

We Hire:

Nebulisers (for short term hire only)