

December 2011
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Whoosh

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

Merry  *Christmas*

Welcome to our December newsletter!

Another busy year is drawing to a close and after the unprecedented challenges in Canterbury throughout 2011 everyone will be looking forward to a much needed break. From the staff and Board at Asthma Canterbury we wish you all a Merry Christmas and a safe and happy New Year. A reminder if you are going away for the holidays to remember to take your medication with you, especially inhalers, and ensure you have sufficient medication to cover you over the holiday period.

Phone 03 3665235 Fax 03 3665209

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

Moira, Mary, Marilyn & Teresa



Important Note—Christmas Office Closure

The Asthma Canterbury office will be closed from 12 midday Friday 23rd December 2011 and will reopen at 8:30am on Wednesday 4th January 2012. For urgent assistance please contact your General Practitioner or After Hours Medical Clinic.



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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Donors — Ensure you get your full reward

We at Asthma Canterbury rely on the generosity of our many donors to support the ongoing provision of our services. Asthma Canterbury provides full tax receipts for donations. If you donate over \$5 to any one organisation a third of it is tax deductible so it is worthwhile to keep your receipts and claiming this deduction. The money you receive in return can reward yourself for your generosity or make further donations.

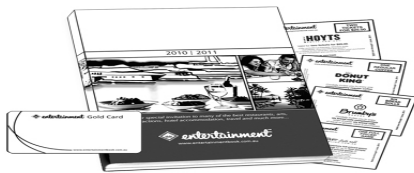
You can claim a tax credit if you:

- earned taxable income (such as salary or wages, benefit, NZ Super, self-employed income, interest and dividends) during the year you're claiming for, and
- were resident in New Zealand at any time during that tax year, and
- are an individual (not a company, trust or partnership), and meet the criteria

For more information on how to claim your tax refund go to www.ird.govt.nz or phone Inland Revenue on 0800 227 774.



Pre Order your 2012/13 Entertainment Book



Asthma Canterbury will be selling the very popular Entertainment Books again next year.

This is a great opportunity to receive wonderful savings on dining, entertainment and accommodation costs for you and your family while supporting Asthma Canterbury and the services we provide. Books cost \$65 and Asthma Canterbury gets to keep \$13 from each book we sell. To ensure you don't miss out put in your order early, no payment is required until April 2012. To pre order your book contact us by phoning 3665236 or email office@asthmacanty.org.nz.



Health Professionals Please Note

South Island Respiratory Educators Forum (SIREF) 16th & 17th February 2012 “Out of the Blue”

Registrations are now open for this very popular education forum being held in Christchurch on Thursday 16th and Friday 17th February 2012. Venue will be the Copthorne Commodore Hotel on Memorial Avenue (near the airport).

Registration forms are available on our website www.asthmacanty.org.nz or contact us by emailing office@asthmacanty.org.nz or phone 3665236 and a registration form will be posted or emailed to you.

Places are limited so be in quick.



ASTHMA FUNDAMENTALS COURSE FOR NURSES

Asthma Canterbury will be running the next Asthma Fundamentals Course for Nurses around March or April 2012.

Each course is limited to 10 participants. If you are interested in attending this course please contact us for more information or to register your interest and a registration form will be sent to you once dates have been confirmed.





The Gluten Free Food and Allergy Show held in Christchurch on 29th & 30th of October was a great opportunity for us to meet individuals and families and connect with those with asthma. We were kept very busy with enquiries and people wanting information on asthma and our services with over 160 people visiting our stand over the two days. Our nurses also provided a talk on asthma triggers on both days.

The winners of our free double pass to the Christchurch *Gluten Free Food & Allergy Show* were: S & S Harris, Barnes Family and M Johns.

The winner of the AllerProtect pillow in our free entry prize draw at the show was L Berry of Greymouth.

Thanks to those who entered our competitions and everyone that visited our stand. We hope you found our display informative and staff helpful.

Special thanks to Bendigo Valley Sports and Charity Foundation for sponsoring our stand at this event.



The Canterbury Asthma Society wishes to extend its condolences to the families of members and friends who have lost loved ones in 2011. Our thoughts also go to any members unwell at this time.



Our World COPD Day Nurses Breakfast on 16th November held at Hagley Netball Centre was well attended and feedback from attendees was very positive.

Thank you to our speakers Dr Mike Epton, Jenny McWha and Louise Lowerson for your time, expertise and support. Thanks also to Katie from Community Energy Action for the update on this service.

Special thanks to Rosie and Kathryn from Boehringer Ingelheim for sponsoring this event.

Our staff also provided an information stand on COPD at the Hornby Hub on 16th November. Thank you to Hornby Hub management for providing us with the free space in your facility.



Farewell to Belinda



We sadly farewellled Belinda O'Rourke, one of our Nurses, in November. We will miss her innovative ideas and commitment to helping people improve their respiratory health.

Thank you Belinda for the valuable contribution you have made over the last four years and best wishes in your new role.



Asthma Canterbury — Making a Difference

At Asthma Canterbury we undertake hundreds of individual client consultations each year. Many of these are home visits to families with young children. Nicola was one mother we visited recently. She kindly agreed to a short interview regarding how her contact with Asthma Canterbury has helped her and her daughter Olivia who is 4 years old and has asthma.

Q. What were your main concerns regarding your child's asthma?

A. She has no apparent triggers or no early warning signs of her asthma getting worse.

Q. Did you find the nurse consultation helped to alleviate some or all of these concerns and if so how?

A. Yes. It was good to know we were doing the right thing. She also taught Olivia to use the spacer without the mask.

Q Was the option of a home visit by the nurse helpful and if so why?

A. Yes. The time the nurse gave us allowed all our questions to be answered. Olivia was also more relaxed in her home environment.

Q Would you recommend an Asthma Nurse visit to other parents of children with asthma?

A. Yes definitely

If you want to know more about asthma or COPD or would like a free visit from one of our nurses please call us on 3665235.



Medication Reminder

Although Summer is now upon us and warmer weather prevails asthma flare ups can still happen so please remember to keep taking your preventer inhaler. Even if your asthma appears under control it is important to keep taking preventers every day as they make sure it stays that way. Also if you are going away on holiday be aware of the potential for exposure to new or different environmental triggers so its important to have your reliever inhaler on hand as well. For those with dust mite allergies, remember to take your allergy bedding covers with you for overnight stays.



Smoking — Lets stop the harm

Supporting smokers wanting to quit as well as supporting ex and current smokers who have developed COPD is a major part of the work we do at Asthma Canterbury. We all now know the harm that smoking can cause to health and not just for the smoker but for those around them. Children and adults with existing respiratory conditions such as asthma are even more vulnerable to harm from smoking and/or breathing in second hand smoke.

Nicotine is a major addictive substance and quitting smoking once you have started is no easy task. If you would like more information about quitting or assistance to quit please call Asthma Canterbury on 3665235 or contact Quitline on 0800 778 778 or visit www.quit.org.nz

Asthma Canterbury is also a member of the Smokefree Canterbury coalition working towards the goal of a Smokefree New Zealand by 2025. Its about making our community safer and protecting current and future populations from the avoidable harm that smoking causes. If you would like to know more about New Zealand becoming Smokefree check out www.hsc.org.nz .



Important Please Note Changes to subsidies and restrictions on some inhalers

From 1st February 2012, there will be some changes to access and subsidies on some inhalers.

Patients will no longer be required to be on separate inhaled corticosteroid (preventer) inhalers and long acting symptom controllers for 3 months before being eligible for funded combination inhalers. If you are on a preventer inhaler (e.g Flixotide, Pulmicort or Beclazone) **and** a long acting symptom controller (eg. Serevent or Oxis), talk to your doctor about having a combination inhaler prescribed. As well as being more user friendly as you only need to take one inhaler instead of two, there is evidence to suggest that receiving the two medications in the same inhaler provides a better result.

Flixotide will be fully funded in the accuhaler device. Accuhaler devices are a great option for teenagers or people who find using a spacer difficult or cumbersome so this option will be of benefit to some people.

Patients who are prescribed Symbicort or Oxis turbuhalers or Vannair inhalers may find the part charges to pay is increased after 1st February 2012 and again after 1st July 2012. This is because the subsidy available on these inhalers is going to be reduced to be comparable with that of other inhalers. The amount payable will depend on whether the supplier (Astra Zeneca) reduces it's charges to Pharmac before this date. If you are currently using Symbicort, Vannair or Oxis, talk to your Pharmacist about what these changes may mean for you. If you wish to change to a different inhaler that is fully funded, talk to your doctor about alternative inhalers that are available and which would suit you best.



Affordable Home Energy Checks - Now Subsidised

A warm, comfortable energy efficient house is important for your health and well being. If you have struggled with high electricity bills in the winter or a cold, damp home, a Home Energy Check provides a simple plan to make your home warmer, healthier and cheaper to run.

Community Energy Action Charitable Trust is offering **heavily subsidised Home Energy Checks** to residents located in the Christchurch Green Zones. The total charge for a Home Energy Check is **\$250**. However due to generous sponsorship from Christchurch Agency for Energy we are able to offer these whole-house checks for \$40 to households that have a Community Services Card, and \$100 for all other households. Conducted by friendly, practical Energy Advisers from Community Energy Action Charitable Trust, many of the tips we offer are free or low cost and the recommendations will fit your needs and priorities. The Home Energy Check also includes information about financial assistance available for eligible homeowners.

Although Summer is here **now** is a good time to book a Home Energy check because you can plan ahead and be prepared for next winter. Subsidised HECS are available on a limited basis, and fees may change without short notice. To book a Home Energy Check or simply ask for free, expert home energy advice,

- call 0800 388 588.
- or email: energyadvice@cea.co.nz.

For more information about Community Energy Action Charitable Trust, visit www.cea.co.nz. If you have a respiratory condition, ask Asthma Canterbury about a referral process for a Home Energy Check.



energy advice

community energy action

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 both the Whoosh and Asthma Foundation newsletters published and posted to you four 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 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 or doing home or school visits we recommend you give us a ring first to ensure we are available to assist.

Staff members:

Moira Green

Respiratory Nurse

Mary Wells

Nebuliser Coordinator

Teresa Chalecki

Manager/ Registered Nurse

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)