

# Better breathing Better living

World Asthma Day  
2019 Highlights!



PLUS!

Breathe Better September 2019  
*Are you up to the challenge?*

Asthma  
+ Respiratory  
FOUNDATION NZ

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**Better breathing,  
better living** is now  
increasing to quarterly  
publications and will  
be distributed every  
September, December,  
March and June!



Letitia O'Dwyer, Chief Executive

# Chief Executive's Message

It has been fantastic getting out and visiting asthma societies around the country as part of my Chief Executive tour earlier in the year. This was also a great opportunity to hear about the fantastic local initiatives and challenges faced by our local societies.

My tour started with a visit to Manaia Health PHO in Northland. I thoroughly enjoyed meeting with the team, discussing the much-needed asthma and COPD Te Reo resources for the Northland community, as well as hearing about what the real issues were in Northland and how the Foundation could better support them.

Later that day I joined the Bronchiectasis Foundation, where I was invited to speak at the blessing ceremony for their newly published bronchiectasis resources. These wonderful resources will have a hugely positive impact on those who live with bronchiectasis within New Zealand, well done!



The launch of the Bronchiectasis resources

*"There are exciting things happening with the Sailor the Puffer Fish Show and the new campaign aimed at raising awareness of asthma amongst children. It was nice to connect and talk about the work that is happening in Northland"*  
- Manaia Health PHO

Continuing the tour, I visited Asthma and Respiratory Management BOP Inc in Tauranga, to hear how the Foundation could better support this community. One item that came up was around the translation of resources into other languages, such as Hindi and Mandarin. It is certainly a topic we are looking into, and one we will be assessing the need and funding for.

*"It was interesting to have an update on what the Foundation is up to, useful information about how they are funded, and what they could do to help work with us in the future"*  
-Asthma & Respiratory Management BOP

When visiting Breathe Hawke's Bay, I received a warm Kaumātua welcome and it was pleasing to hear that the Te Reo Māori asthma emergency poster and management plans are being well utilised.

*"It was great to get an update on the multitude of work that the Foundation is doing, including being a strong voice in advocacy for respiratory illness in New Zealand."*  
- Breathe Hawke's Bay



Meeting with Breathe Hawkes Bay

Other centres visited included CanBreathe Christchurch and Asthma Marlborough Inc in Blenheim, where I attended a pulmonary rehab course educating patients living with COPD.

*"It was awesome that our pulmonary rehab course was on, and that Letitia got to see what goes on – her first ever session"*  
- Asthma Marlborough

To all our societies, thank you for the wonderful support you are giving to your local communities, and please let us know of initiatives you would like us to share in our newsletters. Also, make sure to check out the MyAsthma App asthma society competition on page 14, as we look forward to monitoring the downloads from each region.

Ngā mihi

Letitia O'Dwyer

# Community News



## World Earth Day Partnership: Air Quality & Asthma

In conjunction with World Earth Day on April 15th, the Foundation has partnered with NIWA (National Institute of Water and Atmospheric Research) to provide the latest air quality research to over 700,000 people who live with respiratory conditions throughout New Zealand.

Air pollutants such as nitrogen dioxide and particulate matter created by human-made sources (including road transport emissions) are known to cause major health issues. This air pollution is known to cause and aggravate respiratory diseases such as asthma, chronic obstructive pulmonary disease (COPD), and lung cancer.

This partnership will provide the asthma and respiratory communities with information about local and regional air quality, to assist in making informed decisions about their respiratory health. There is also progress towards creating an alert to avoid certain areas due to significantly high levels of air pollutants.

The partnership will also provide an opportunity for the asthma and respiratory community to participate in future studies, ensuring that air quality research is relevant and representative of those who will benefit from its research.

"We are looking forward to working with the Asthma and Respiratory Foundation NZ" says Dr Guy Coulson, Air Quality Scientist at NIWA. "We anticipate that this partnership will help us to continue to ensure that our air quality research is useful and relevant to the New Zealand public and will also help us to reach some of the people for whom our research findings are most relevant."

## grace:gives Grant Presentation

In early June, the Foundation was honoured to be among six community groups to receive a Grace Gives grant from Grace Removals.

This grants programme was launched in 2016 as a way of giving back to the local communities that support Grace and their employees. More than 100,000 people voted to select the finalists this year, showing just how important this initiative is to the communities it supports.

The Foundation is extremely grateful for this support, as well as the support of everyone who voted.



Wellington Branch Manager Corey Reid presenting the Grace Gives grant to ARFNZ CE Letitia O'Dwyer

# Health Professional News

## New Te Reo Māori Resources

In addition to the launch of the Foundation's new Te Reo Sailor the Puffer Fish Asthma Show (Sailor Te Heremana), the Foundation is proud to present a brand-new range of asthma health resources for patients in Te Reo Māori. These include asthma action plans, symptom diaries, COPD action plans, asthma first aid charts, Managing Your Asthma booklets, and trigger posters. These resources can be ordered for free through [printing.com](http://printing.com), or downloaded and printed from [asthmafoundation.org.nz](http://asthmafoundation.org.nz).



Asthma First Aid Poster in Te Reo Māori

## Nurse Practitioner Conference

The Foundation's Head of Education and Research, Teresa Demetriou, presented at the 2019 Nurse Practitioners Conference on 12 April. Teresa spoke alongside Georgina Osbourne, Senior Nursing Lecturer for Postgraduate Studies at Whitireia, on the benefits of delivering asthma and COPD training through e-learning to better reach and educate healthcare professionals across New Zealand. In addition to removing the geographic barriers to facilitated training, the Foundation's e-learning modules can be continually updated in response to new medications and clinical guidelines, ensuring that nurses can provide the best possible patient care.

## COPD Best Practice Training

Earlier this year, the Foundation held another COPD Best Practice training workshop for health professionals. This training gives our specialist trainers the updated best practice knowledge to deliver training to primary care health professionals, and provides vital skills and knowledge on how to manage their patients who live with COPD. Many thanks to our special guest speakers who participated this year: Betty Poot, Melinda McGinty, and Dr James Fingleton. For more information on COPD or asthma workshops, email [teresa@asthmaandrespiratory.org.nz](mailto:teresa@asthmaandrespiratory.org.nz).



Best Practice trainers during a recent education training session in Wellington

## New Bronchiectasis Resources

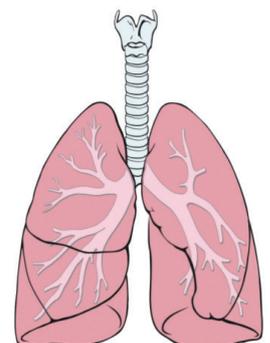
The Bronchiectasis Foundation has recently launched a range of resources for those who live with the chronic condition, as well as those who care for them.

These resources include action plans, information for caregivers, and vital information for schools and preschools.

The Bronchiectasis Foundation was established in 2015 to support those who live with bronchiectasis and their caregivers, and to raise awareness and conduct research into this rare disease.

To access these resources please visit [bronchiectasisfoundation.org.nz](http://bronchiectasisfoundation.org.nz).

BRONCHIECTASIS  
FOUNDATION



INFORMATION FOR  
PRESCHOOLS AND  
KINDERGARTEN

# Lou's Better Breathing Challenge ...one year on!

**W**e recently caught up with Asthma and Respiratory Foundation NZ's board member Lou Jurlina, who was excited to share with us her fantastic progress almost two years on from her Breathe Better Challenge.

Lou was one of the Foundation's first 'Everyday Heroes', and signed up to complete a Breathe Better Challenge in 2017 to raise awareness and funds for the Foundation. Lou challenged herself to be more active and to complete a daily walk around the block from her home in Whangarei.

"Being a chronic asthmatic, I wanted my asthma to be comfortable with me rather than something that held me up from the things I wanted to do," said Lou.

***"The Foundation's Breathe Better challenge gave me the push I needed to make this happen, and finally do something about my asthma."***

Lou described herself as extremely nervous when she started her challenge, but was determined to make it work, and set a goal of walking a small distance daily. Lou then extended the route as she felt herself getting stronger over time, soon realising that she didn't need her asthma medication as often.

Lou shared her progress on the Everyday Hero fund-raising platform, with her family and friends sending messages of support and donating funds towards the cause.

"My friends were overwhelmed with my progress as they understood how heavily asthma impacted my everyday life. By sharing my story, I wanted others to know that they could do this also and inspire those who thought they couldn't" said Lou.

However, it wasn't until Lou arrived at the Foundation's board meeting earlier this year that she realised the true extent of her progress.

***"Travelling to board meetings was always so distressing, as I found it extremely difficult to walk between the various gates of the airports due to my asthma, so I would always end up having to request a wheelchair."***

"However, today was the first day that I was able to complete the commute without the aid of a wheelchair. The stewardess even high-fived me on arrival as I had pre-booked the wheelchair but instead chose to walk through the airport unaided - in high heels at that!"

Lou attributes her success to the Breathe Better Challenge and now feels more in control of her asthma.

"I am grateful that the challenge provided a timely opportunity to do something positively for my health."

"I'm a retired respiratory clinician and although I've had a long-spanning career and thorough education on asthma and how it's treated, I now realise that I had neglected maintaining an active lifestyle."

In addition to Lou's increased fitness, she believes that the challenge provided a deeper understanding of her medication and when to use it, now reducing her medication to largely preventative only.

***"I have just turned 70, am a great grandmother, and I feel fitter than I ever have! But the best thing is that this challenge has given me a more positive state of mind."***

"I no longer have so much stress and anxiety about travelling, as I know that my condition doesn't limit me - I am just over the moon".



Lou (pictured left) during her recent visit to the Foundation

# Breathe Better September

Are you up for the challenge?

**Breathe Better September is fast approaching, and provides a time to set new goals and challenges to raise some much needed funds and awareness for the Asthma and Respiratory Foundation NZ.**

Over 700,000 people live with respiratory disease within New Zealand, which works out to be about 1 in 7 Kiwis. The Breathe Better September campaign aims to raise awareness for people living with respiratory conditions, and demonstrate how living a healthy lifestyle can benefit anyone, including people with respiratory conditions



## **Erin's Better Breathing Challenge**

ARFNZ ambassador Erin Simpson (pictured above), who has asthma herself, has set a Better Breathing challenge to run the Auckland half marathon while fundraising for the 700,000 Kiwis who live with a respiratory condition. Keep up with Erin's training progress on her Instagram [@erinsimpson13](#).

## **Want to get involved?**

What is a challenge you've wanted to set yourself, but haven't been able to accomplish? Are you a dancer? A runner? A yoga enthusiast? Do you just love walking? We invite people from all ages, walks of life, and fitness levels to set themselves a health or fitness challenge for the month of September to help raise funds for those living with respiratory illness.

To create your own Better Breathing Challenge and get involved with Breathe Better September this year, head to [BreatheBetterSeptember.co.nz](http://BreatheBetterSeptember.co.nz) and sign up to become one of our 'Everyday Heroes'.

## **Come Celebrate with Us!**

Are you in the Wellington region? Head down to Midland Park, Wellington from **11am-3pm on Monday 2nd September** for the official launch of Breathe Better September 2019. Come along to help raise funds and awareness for respiratory conditions in New Zealand.  
See you there!




# WORLD AS



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2



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3

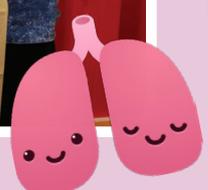
Asthma affects one in seven children within New Zealand; that's one in four children in a class of 30! So on May 7th, the Asthma and Respiratory Foundation NZ and schools across the country got involved to celebrate World Asthma Day!

This year, over 130 schools throughout New Zealand signed up to receive the Foundation's World Asthma Day School Activity Pack, which was packed with fun and engaging activities for teachers and students alike to learn about the triggers and management of asthma.

This year's activity packs focused on kids helping kids during an asthma emergency, and included role-play activities on what to do in an asthma emergency, art activities on asthma triggers, and fun ideas for schools to raise funds for the Foundation.

Taieri Beach School Principal Gloria Penrice was excited to get her school involved, and observed that the children were most interested in experiencing what it felt like to have asthma.

"Each student was given a paper bag and asked to blow it up with a straw, simulating what it was like to have asthma," said Gloria.





Taieri Beach School photos and story used with permission from Otago Daily Times

# THMA DAY



**“This gave students a visual of what asthma feels like and demonstrated the feeling of not being able to inflate your lungs as much.”**

Mangere East Rise UP Academy also got involved with the celebrations, and held a Blue Tee Day that raised over \$130. Student administrator Laura Fe’ao said that she believed it was especially important for their school to fundraise, as they have many students and staff with asthma.”

Mihi School in rural Reporoa also got involved with the activities and created a coin trail, with all 33 students on their roll participating. Principal Kim Graham said that their students really enjoyed the activities the Foundation provided, and that it was wonderful to see students understand the impact of asthma on daily life.

A number of other organisations also signed up to celebrate World Asthma Day, including the children’s ward in Southland Hospital. Respiratory nurse Annie Smith, along with asthmatic patient and Asthma Ambassador Alyssa Orr, made cupcakes to sell in the hospital, raising over \$200. In addition to the cupcakes, the ward also educated children on asthma.

The Mangere CPU office of the Ministry of Social Development also celebrated the day with a gold coin mufti, balloon games, and information display. MSD staff member Beverly Papeau said that they loved being able to share love and support, and raise awareness for the asthma family.

## World Asthma Day 2019 Winners!

Congratulations to **Alyssa Orr** and **Rise Up Academy** for getting involved this World Asthma Day! You have won a brand new scooter kindly donated by Micro Scooters!



# Remembering Graham Milne



Dr Graham Milne OBE

In April, we were saddened to learn of the passing of our Founder, Dr. Graham Milne OBE.

While working in Naenae as a GP more than fifty years ago, Graham was instrumental in implementing New Zealand's first Asthma Society, after realising the disproportionately low level of care that asthma patients were receiving.

A general practitioner of ideas and action, Graham was the initiator of the first meeting on asthma, carried out the first survey on prevalence, was one of the first to suggest the value of a Foundation, and one of the first to support including other respiratory conditions in the Foundation's work. In recognition of all this, he was made a life member of the Foundation in 1987.

***We are indebted to Graham and his dedication to combating asthma in New Zealand.***

From those early days in 1964 when he started the asthma movement, the Foundation, societies, researchers, and committed healthcare workers have never given up on preventing asthma attack deaths in New Zealand, and Graham was instrumental in making us who we are today. Graham's work highlights the importance of continued and ongoing research in this area.

Graham celebrated his 100th birthday last year. A hundred years is a great age, and he made good use of every one of them.

***Graham touched the lives of many people, some of whom he will never know, and he will be missed dearly.***

May the memories of his wonderful personality and his many contributions to the asthma and respiratory communities be forever in our hearts.



Graham & Lt Gen The Rt Hon Sir Jerry Mateparae, GNZM, QSO at Government House



Graham and Letitia O'Dwyer CE ARFNZ





# SINGING FOR COPD

A Wellington based organisation has found a novel way to approach Chronic Obstructive Pulmonary Disease (COPD) rehabilitation – through a community choir.

Over 200,000 New Zealanders live with COPD, an umbrella term used to describe a variety of progressive respiratory diseases such as emphysema, chronic bronchitis, and chronic asthma. Traditionally, treatment for COPD includes smoking cessation, medication, and an improved tolerance to exercise, yet many find exercising difficult due to the reduced lung capacity brought about by the condition.

Porirua Sing your Lungs Out (PSYLO) are a division of Wellington based community choir SYLO, established in April 2016 to assist those who live with COPD and improve their lung fitness, mood, and quality of life.

The community choir was originally started as part of a research project under the leadership of respiratory physician Dr Amanda McNaughton to assess the emotional and physical impact that social singing has on those who live with COPD. The results of this research

found that those involved in community singing reported substantial increased health benefits such as improvements in breathing, sputum clearance, exercise tolerance, as well as a general sense of improved well-being.

Lyn Darroch, who lives with COPD, has been a member of PSYLO for the past 18 months, and finds that the choir has provided immense benefit both physically and socially.

**“I like being able to sing and socialise with people who accept and understand my condition,” says Lyn, “without having to apologise for coughing or my voice being somewhat unreliable.”**

In addition to regular group sessions, PSYLO has also performed at numerous venues over the last three years, including colleges, rest homes, museums, and community groups. PSYLO was awarded both the Supreme and Community Team of the Year Awards in the 2016 Ministry of Health Volunteer Awards.

PSYLO coordinator and board chairman Claire Richards maintains that the choir’s

focus should always be on providing a relaxed and supportive atmosphere.

“The DNA of our choir consist of warm community relationships,” says Claire. “In a recent feedback session, our choir members said the things they liked best about the choir was the singing, having fun, friendship, and community.”

The PSYLO choir has members of diverse backgrounds and ethnicities, and includes music from all genres, including several songs in Te Reo Māori and Samoan. The choir is open to all those with respiratory disease and does not require an audition to join; all you need is a willingness to sing.

PSYLO meet each Friday at 10.30am at Mungavin Hall in Porirua East, Wellington. For more information, please visit PSYLO’s Facebook page: [facebook.com/poriruasinyourlungsout](https://facebook.com/poriruasinyourlungsout) For further information and resources on COPD, please visit [asthmaandrespiratory.org.nz](https://asthmaandrespiratory.org.nz).



# Top Tips for Spring

## for asthma and allergies

Spring is a time for cleaning out the cobwebs of winter and preparing for the return of summer. However, although the ills and chills of winter will slowly subside, spring time brings its own set of asthma and allergy triggers. Check out the following tips for managing asthma and allergies during spring time, and make sure you're prepared for the warmer seasons ahead.

- 1. Prepare for pollen**

Pollen counts dramatically increase over the spring months, and are well-known as a seasonal trigger for those with allergies. The key pollen culprits are grass, weeds, and trees, all of which are rapidly spread through wind. To keep on top of this, try to avoid mowing the lawn or use a mask when doing so, shower when you have arrived home from outdoors, and avoid drying your washing outdoors. Trying to avoid the outdoors on windy days, and use sunglasses to protect your eyes. To help, an annual pollen calendar can be found at [www.allergy.org.nz](http://www.allergy.org.nz).
- 2. Keep an eye out for mould**

Spring can often be the worst month for mould growth, especially in areas with high rainfall; the combination of warmer weather and damp conditions make the perfect environment for mould to prosper. Mould can appear both indoors and outdoors, so it is important to check for damp areas and water build-up both outside and in the home. Ensuring there is adequate drainage surrounding your property both on the ground and roof will aid in reducing the likelihood of mould gaining a foothold in your home.
- 3. Follow your Asthma Management Plan**

Making sure that you are aware of your symptoms as the seasons change will enable you to be better prepared and act quickly in the event of an asthma or allergy flare up. Make sure you follow your Asthma Action Plan; don't leave yourself vulnerable. You could also use the **My Asthma App** to have your plan with you at all times.
- 4. Keep your medication on hand**

Keeping your medication on hand while both at home and outdoors will ensure you are prepared for any aggravated symptoms or flare-ups, no matter the occasion. Your GP may also suggest you have antihistamines handy to keep allergies at bay. If you have any concerns regarding your current medication routine, consult your GP or other respiratory health specialists.
- 5. Spring clean sensitively**

When spring cleaning your home, make sure you use cleaning products free of fragrance and chemicals to minimise the risk of an allergic reaction. If vacuuming dusty areas, it is recommended to use a HEPA filter vacuum and air purifier to reduce the number of airborne triggers in the home. A vast range of allergy friendly vacuums and cleaning products can be found at [sensitivechoice.com](http://sensitivechoice.com).

# Building a Better Breathing Home

For those who live with asthma and allergies, building or renovating a home often means trying to avoid the dust, fumes, and debris that come with the process. However, did you know that the materials used to build your home can also have an impact on asthma and allergies, long after the building process is complete? To make this process easier, we've put together a checklist of common allergy triggers, and things to look out for when building or renovating your home.

## 1. Wall Frames:

Traditional timber frames made from plywood or fibreboard can often contain chemicals such as urea, phenyls, and formaldehyde, which can be emitted into the air and trigger those with asthma and allergies. To reduce this risk, steel framing your home may offer some benefit as it requires no preservatives or chemical treatments, removing the risk of poisonous gas emissions. Additionally, steel framing will not rot in damp conditions, reducing the risk of mould; as a bonus, it's also 100% recyclable and non-combustible.

## 2. Roofing:

When building an allergy friendly home, roofing is often forgotten as a key factor in preventing asthma and allergy triggers. However, the roof cavity can often harbour moisture build-up, which can result in mould and trigger asthma and allergies. To aid in reducing this, install a roof system which controls and manages moisture, creating dry roof cavities and reducing the risk of mould.

## 3. Insulation:

Insulation is essential in New Zealand's variable climate and key in maintaining a warm and dry home. However, the material used to insulate can be a major trigger for some people, and can often be susceptible to mould build up due to water vapour absorption. To aid in reducing this risk, make sure that your insulation is hypoallergenic and humidity resistant.

## 4. Ventilation:

Ensuring your home has proper ventilation can make a huge difference for those with asthma and allergies, and assists in reducing common triggers such as mould, dust, allergens, and pollen from the air in your home. To create a well-ventilated healthy home, install a ventilation system which provides dry, filtered, fresher air throughout your home aiding in preventing mould and mildew build-up.

## 5. Flooring:

Carpet is often a common home to dust mites, which trigger allergies in many people. If your asthma or allergies are triggered by dust mites, it may be of benefit to use hard-surface vinyl flooring or wooden flooring that is varnished with a low volatile organic compound (VOC) to lessen the risk of allergy flare-ups. However, if you still prefer carpet, make sure that both your carpet and underlay are anti-microbial treated, which can aid in suppressing mould, bacteria, and dust mite growth.

## 6. Interior Walls:

When decorating your asthma and allergy friendly home, many believe that paint is not an option for those with respiratory conditions. This is due to the strong fumes that traditional paints emit which can be a major trigger for those with asthma or allergies. To aid in reducing this risk, select a paint which is low in VOCs and low in odour. These paints also allow quick re-occupancy of the room without lingering harmful odours.

## Health Based Building: Foreverbreathe Architecture

Foreverbreathe Architecture consists of high performance and breathable wall systems which allow moisture vapour to travel through the wall while remaining airtight. This technology offers a huge benefit to those with asthma and allergies as it improves the indoor air quality, reduces humidity, and provides immense energy savings by reducing the need for heating and cooling systems and traditional insulation.



The systems are also built using environmentally friendly and non-toxic breathable materials and are simple to design, build and maintain, seamlessly integrating with conventional timber, steel framed walls or prefabricated structures

## Valspar Paint

Valspar Interior is a smooth and durable acrylic wall paint designed to protect and decorate most interior surfaces, sustain the rigours of everyday living, and is virtually odourless both during and after painting, making it a better choice for those with asthma and allergies.

Valspar Interior meets the requirements of Environmental Choice New Zealand for its low environmental impact credentials. Better still, the Hydrochroma® 100% water-based tinting system guarantees a low VOC



For further information on creating an allergy friendly home or to find out more about these and other allergy sensitive products and services, visit [www.sensitivechoice.com](http://www.sensitivechoice.com)

# ASTHMA SOCIETY

## — UPDATES —



Ready, set, blow! Balloon blowing up races and peak flow tests were a hit with Hawke's Bay tamariki at this year's Tough Kid event.

### Breathe Hawke's Bay's Tough Kid Challenge

The Asthma and Respiratory Foundation NZ works together with many societies across the country, to ensure that all New Zealanders can access resources, education, and advice for their respiratory related conditions.

Local Hawke's Bay society, Breathe Hawke's Bay (BHB), has hit the year off with a bang at the annual Mitre 10 MEGA Tough Kid Challenge, which was held in Hastings on 27 March. The event was the perfect platform to educate and connect with tamariki, schools, and attending families. BHB's mission is to empower their community to breathe freely and breathe well, and their interactive station at the event gave over 2,600 children the opportunity to test their lung power, and learn about respiratory health.

Balloon blowing-up races, peak flow tests, and general information about BHB's services were all delivered from the centre of the field at the gazebo, with the result being smiling kids, lots of giveaways, and plenty of requests for follow-ups and respiratory reviews.

It's the third year Mitre 10 MEGA have supported BHB as the charity of choice for the event. "We are so grateful for their ongoing support and willingness to collaborate to ensure great outcomes for our community", says BHB Clinical Nurse Manager Julie Shaw.

"Tough Kid really is a highlight of our year"



Inquisitive tough kid participants checkout peak flow meters

### Nelson Asthma Society Pulmonary Rehab Course - enrol now!

The Nelson Asthma Society is holding pulmonary rehab courses for those who live with COPD or other respiratory illnesses. The classes run for two hours, twice per week and are held at the Nelson Asthma Society, Richmond, Nelson. The classes include breathing technique and exercises, flexibility, balance, posture and aid in improving overall confidence. The classes are free of charge when referred through a general practitioner. For more information on enrolling please contact Sue Alsop at [asthma.nelson@xtra.co.nz](mailto:asthma.nelson@xtra.co.nz)

### Send us your stories!

**We would love to hear from you! We appreciate all the hard work that our societies put in within their communities and we want to celebrate that!**

**Drop us an email and let us know what you have been up to within your local respiratory community. This can be anything from a few sentences to a full page story with photos!**

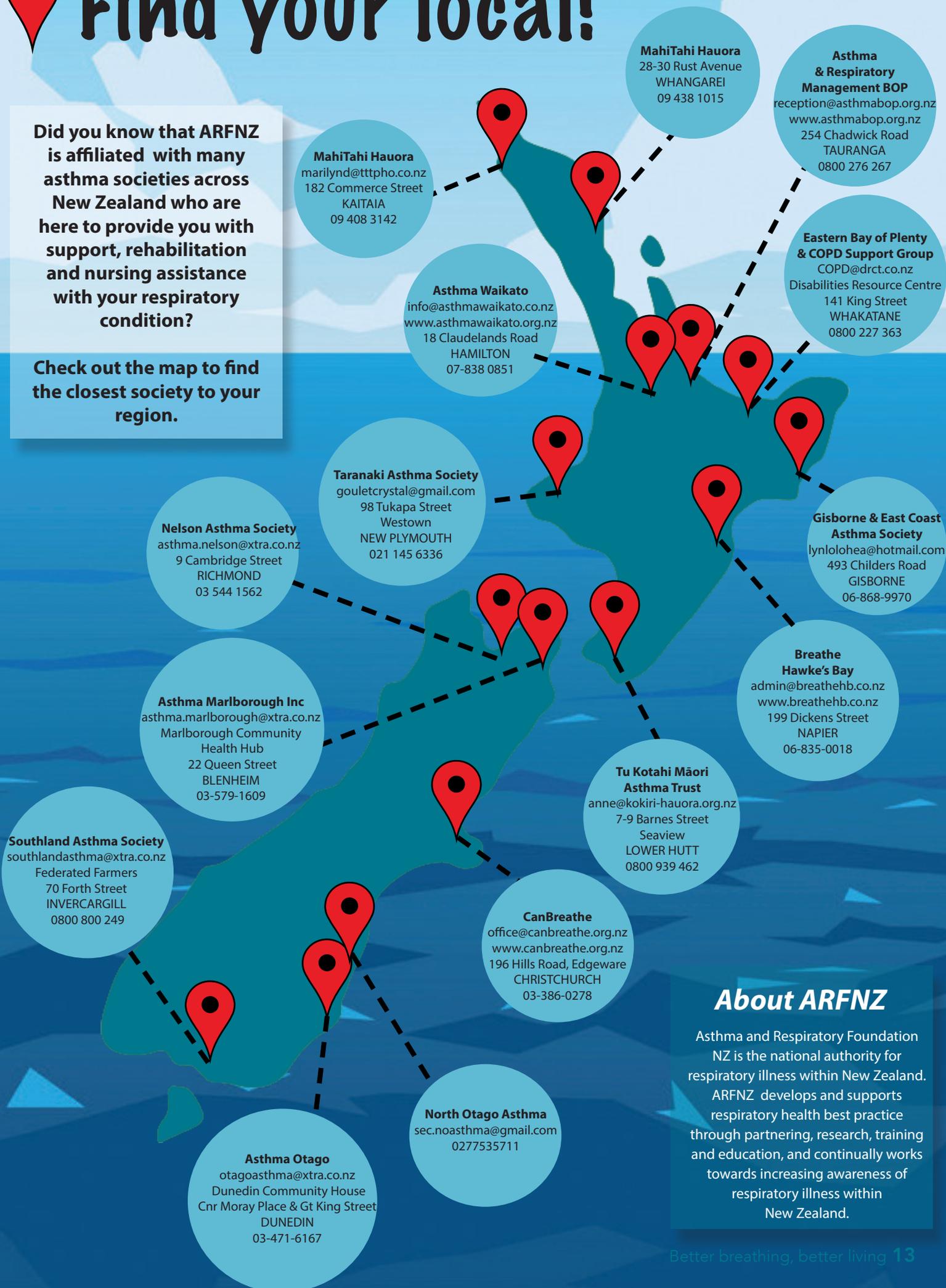
**Send your stories to [marketing@asthmaandrespiratory.org.nz](mailto:marketing@asthmaandrespiratory.org.nz)**

**We look forward to hearing from you!**

# Find your local!

Did you know that ARFNZ is affiliated with many asthma societies across New Zealand who are here to provide you with support, rehabilitation and nursing assistance with your respiratory condition?

Check out the map to find the closest society to your region.



## About ARFNZ

Asthma and Respiratory Foundation NZ is the national authority for respiratory illness within New Zealand. ARFNZ develops and supports respiratory health best practice through partnering, research, training and education, and continually works towards increasing awareness of respiratory illness within New Zealand.

# Become an Everyday Hero for Breathe Better September!

Get involved with Breathe Better September this year with your very own Better Breathing Challenge! Head to **BreatheBetterSeptember.co.nz** to sign up as one of our 'Everyday Heroes, and help raise funds and awareness to support the 700,000 kiwis living with a respiratory condition.

## Win a Sailor Asthma Show!

Spread the word about the **My Asthma App** and be in to win a free Sailor the Puffer Fish Asthma Show (in Te reo or English) for your local asthma society!



Every download between **1 August until 30 September 2019** from your region, puts your local society in the draw to win a free performance, which educates children on the triggers and management of asthma in a fun and interactive musical.

The Asthma and Respiratory Foundation will track the My Asthma App downloads during this time on Facebook, and announce the winners at the end of Breathe Better September.

To enter in the competition, search for **#WeWantSailor2019** on Facebook and click on the download now link in the post.



Yes, I want to support better respiratory health for New Zealanders!

*(Donations of \$5.00 and over are tax deductible)*

Please accept my donation of:  \$25  \$50  \$75  \$100 \$

*Surprise us!*

I prefer to pay by  Cheque (enclosed) OR  Credit card

Visa  MasterCard  Amex  Diners

Expiry Date

Cardholder's Name  Signature

Please send me information about leaving a bequest in my Will for the Asthma and Respiratory Foundation NZ

Please send me information on making a monthly contribution through my bank

I would like one receipt per year for all donations on **31st March**

**Monthly Pledge Partner Programme. Please charge my credit card every month** \$

• **Online:** [www.asthmaandrespiratory.org.nz](http://www.asthmaandrespiratory.org.nz)

• **Electronic transfer:** Bank account 03 0518 0186452 00

*Don't forget!*

include your name & cellphone number as the reference

### Do we have your details?

If not, please fill in the correct details below

NAME .....

ADDRESS .....

PHONE .....

EMAIL .....

*Thank you!*

The Asthma and Respiratory Foundation NZ is a registered charity no. CC53035

Please return this slip with your donation to:  
Freepost 140226 **ASTHMA and RESPIRATORY FOUNDATION NZ**, PO Box 1459, Wellington 6140

To make an automatic \$20 donation phone **0900 4 ASTHMA (0900 4 278462)**