

the asthma foundation

...keeping in touch

November 2011

this
issue

02
Our News

04
Supreme Achievers all
deserved winners

08
World COPD Day



Oh what a night!

Congratulations to our Supreme Achievers for 2011.

The Asthma Foundation's Achievers Awards are for New Zealanders with respiratory conditions who achieve things despite the challenges that their conditions bring into their lives.

From the many nominations we received, nine inspiring people were chosen as Supreme Achievers. Each nomination tells a story – some of them are sad, they are often moving, but, above all, they are about people triumphing over adversity.

The Supreme Achievers were presented with their certificates and trophies by the Governor General, Lt Gen The Rt Hon Sir Jerry Mateparae, at Government House in Wellington on 22 November.

See more inside and visit our Facebook page under Asthma Foundation (New Zealand) for more photos.

Our Supreme Achievers with Lt Gen The Rt Hon Sir Jerry Mateparae and Lady Janine Mateparae. Left to Right - Joshua Nicholls, Oringa Barach, Vaughan Somerville (at back), Nathan Brown, Their Excellencies, Mathew Myers (at back), Harlem Morrell-Wilson, Nita Rouse and Des Vincent-Dustow



the asthma foundation
Better respiratory health for New Zealanders

Our News

11/11



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appreciates their support.

We have moved

The Asthma Foundation's offices have moved from Panama Street to 39 The Terrace. We are now much closer to the Beehive, Parliament and Government agencies that formulate and implement health policies, including those affecting respiratory health.

In addition to providing a much higher level of protection against earthquake damage the new venue is considerably more spacious than our Panama House offices, gets much more natural light and has a fresh feel to it. If you are based in Wellington, or passing through, please drop in. You can reach us via Masons Lane off Lambton Quay. Masons Lane is diagonally opposite the Supreme Court building and across Lambton Quay from the Occidental Hotel.

We are on Facebook

Check out our new Facebook page – The Asthma Foundation (New Zealand) and click 'Like' to keep up to date with all the news and events at the Asthma Foundation.

Advocacy Award for North Otago Asthma Society stalwart

At the 2011 Asthma Foundation AGM, an Advocacy Award was presented in absentia to Shirley Stevenson from North Otago Asthma Society.

Advocacy Awards are presented periodically by the Foundation to people who are outstanding in contributing to the Asthma Foundation's goal of better respiratory health for New Zealanders.

Shirley is a very willing and conscientious committee member of the North Otago Society. Her contribution to our Society is quite significant, she freely gives of her time to help raise funds such as Asthma appeal week and the selling of our Annual Raffle tickets, she also donates raffles for COPD Day dinner and our respiratory class mid winter dinner. Shirley also supplies fresh scones for respiratory exercise class morning tea each week, all while still coping with her own asthma.

People like Shirley, who offer ongoing support to our Societies, truly work towards our goal of better respiratory health for all New Zealanders. Shirley's award was presented to her by Robert Gonzales, Manager of the Oamaru Hospital.



Shirley Stevenson was presented her Advocacy Award by Mr Robert Gonzales, manager of the Oamaru Hospital. Mr Gonzales was a special guest at North Otago Asthma's World COPD Day dinner.

The New Zealand Respiratory Conference

The successful two-day New Zealand Respiratory Conference from 1-2 September in Wellington was about improving the lives of over 800,000 New Zealanders with respiratory conditions, says the Chief Executive of the Asthma Foundation, Angela Francis.



Aaron Gilmore, dancer and MC extraordinaire at the conference.

The conference, at the Michael Fowler Centre, featured the latest research, technology, and respiratory best practice. It also offered excellent networking opportunities for all health professionals in the respiratory space.

Presentations were given by a number of nationally and internationally reputed academics and health professionals from a wide range of disciplines. The conference Master of Ceremonies was professional MC and 2006 Dancing With The Stars winner, Aaron Gilmore.

Plenary addresses by Professor Innes Asher (University of Auckland) and Associate Professor Kathleen Liberty (University of Canterbury), introduced new findings related to children's respiratory health into the public arena.



Professor Innes Asher, University of Auckland (Chair of ISAAC, the International Study of Asthma and Allergies in Children, the world's largest asthma study) and Associate Professor Kathleen Liberty from Canterbury University.

Professor Asher, who is the Chair of ISAAC – the world's largest asthma study - spoke about asthma hospitalisation rates among young Māori being higher than their peers. Associate Professor Liberty spoke about the positive relationship between asthma severity and challenges with learning to read identified in the Children's Learning Study (CLS). The study was conducted in Christchurch between 2005 and 2008 (and funded by the Asthma Foundation). It is helping us understand the link between asthma and underachievement in reading for some children.

The other plenary speeches covered "bong lung", – a sort of "the truth about smoking dope and the lungs" session; voice box asthma and Pasifika respiratory health.

As well as providing an excellent opportunity to keep up to date with the latest respiratory information and networking with other respiratory professionals, attendees also enjoyed the dancing session by our MC, Aaron Gilmore.



Asthma Canterbury Respiratory Educator, Belinda O'Rourke, and Ruth Gardener, a Foundation Board member (and chair of the Otago Asthma Society), share a laugh.



Angela and Vikki Blundell – Asthma Waikato

Some presentations can be found on our website under Events.

The 2011 Asthma Foundation Achievers Awards

The bi-annual awards celebrate New Zealanders with respiratory conditions who achieve things despite the challenges that their conditions bring to their lives.

On Tuesday, November 22 the Asthma Foundation Achievers Awards were held at Government House in Wellington.

Certificates and trophies were presented by our Patron Lt Gen The Rt Hon Sir Jerry Mateparae. After the presentation guests were offered drinks and nibbles and invited to look around the recently refurbished Government House.

Sir Jerry Mateparae commented that our Achievers “represent the best of New Zealand and its people. You can be extremely proud of overcoming the significant challenges you face every day and for your supreme achievement.”

Our Supreme Achievers come from Auckland, Hawkes Bay, Wellington, the West Coast and Whangarei. Their stories are inspirational – these include Oringa (64) with asthma who completed the Hawaii Ironman in 2007; Nathan who is New Zealand’s 11 year old diving champ; Mathew (16) a national age group swimming champion and Harlem (10) who has spent a lot of time in hospital with severe asthma and other life threatening conditions. Despite all this Harlem plays many sports and never complains. Harlem’s Principal describes him as “a fantastic role model to others and a wonderful boy deserving of the ‘big pat on the back’ that this award will provide”. Read more about our Supreme Achievers on the following pages.

The overwhelming message that came through from our Supreme Achievers is that managing your condition can be the difference between letting your condition run your life and achieving your goals.

Many of the guests commented on a beautiful setting for a wonderful evening to celebrate truly inspirational New Zealanders.

Asthma Foundation Chief Executive, Angela Francis spoke for the Foundation when she said “We are so proud and inspired by all our Achievers and congratulate them on taking control of their condition and not letting it stand in the way of leading a full life.”

A thank you to our Judging Panel.

The Asthma Foundation is grateful for the great thought and consideration shown by our Achievers Awards Panel of Judges. They have been generous with their time and impressive in their decision making.

They are: Dr Matire Harwood (former Asthma Foundation Board member and GP and researcher), who convened the Panel, Louise Te Hinepouri Jurlina, (Registered Nurse and Asthma Foundation Board member), Petera Wahanui, 2009 Māori COPD Supreme Achiever and Jason Wynyard, many times world chainsaw and wood chopping champion and 2009 Open Māori Supreme Achiever.



Asthma Foundation Board members Professor Ian Town (President), Lois Meneer, Lou Jurlina, Ruth Gardener and John Knight (absent Dr Bob Hancox, Bill Smith and Tu Williams)



Supreme Achievers Oringa Barach and Mathew Myers discussing the benefits of swimming.



Asthma Foundation Board member Bill Smith, Foundation Kuia June Jackson and Lewis Moeau, Kaumatua for the Governor General.



2009 Supreme Achiever and Judge for 2011 Petera Wahanui with Sharon Cavanagh, National Maori Health Manager at the Foundation



Kylie and Des Vincent-Dustow with Asthma Foundation Board member Bob Hancox.



Nathan Brown with Their Excellencies and proud Mum.



2009 Supreme Achiever Award winner Aalyana Iosefa, her Mum Alesha and Asthma Foundation Board Member Ruth Gardener share some fun.



Harlem Morrell-Wilson receiving his award from the Governor General.



Cody Forbes Award Winner Vaughan Somerville with his proud Dad.



Mohan Parbhu and his wife Hansa with Judy McLuskie from the Asthma Foundation



Joshua Nicholls with Their Excellencies.

Supreme Achievers all deserved winners

Nine inspiring people were chosen as our 2011 Supreme Achievers. Following are their stories and comments from our judges.

Open Asthma 5 to 12 Years



Nathan Brown, 11, Henderson, Auckland.

An incredible young man, Nathan told his mum "Asthma doesn't stop you from doing anything Mum!" Clearly he lives by this motto. Despite having asthma and severe food allergies including anaphylaxis, Nathan lives life to the fullest.

An excellent student, Nathan competes in school netball and cross country, is a member of the choir, learns guitar, is student council member and class leader, buddies the younger children and has achieved distinction in the Australian Maths Exam (top four percent in New Zealand) three times. He's recently had to forgo some extracurricular activities to focus on diving, a sport in which he is ranked top for his age in New Zealand!

The judges were particularly impressed with his commitment to asthma management. Nathan works with his GP, hospital staff and family, taking great care and responsibility with his management plan of twice daily preventers and ventolin as required. An outstanding young man, Nathan is a deserving recipient.

Open Asthma 13 to 18 Years



Mathew Myers, 16, Arkles Bay, Auckland.

Mathew's asthma was not diagnosed until he was seven years old. Until then he battled recurrent chest infections and breathlessness, made worse by cold temperatures and pollens. Mathew started swimming when his doctor suggested that it was the best sports option. But the pool chemicals and cold temperatures outside would still trigger exacerbations.

Mathew's performance was erratic and coaches would become frustrated with him. After one particularly bad asthma episode, Mathew's mum took him to see a respiratory specialist. Things fell into place. The doctor increased his preventer dose, provided an action plan and referred Mathew to learn breathing techniques. He has never looked back, winning gold, silver and bronze medals at national age group swimming meets and being selected to train at the Millennium Institute of Sport and Health. His coaches describe him as an exceptional swimmer with potential to represent New Zealand in the future. Mathew says he just loves being in the water!

Open Asthma (Adult)



Oringa Barach, 64, Whangarei.

Oringa has had asthma since childhood and remembers being treated with ephedrine and a hand-made aerosol. Today she keeps on top of her asthma with medication delivered by more practical daily inhalers. More importantly, Oringa and her whanau believe that her wellbeing is the result of a healthy attitude to asthma, never letting it stop her from enjoying work, sport and family.

Oringa aims high. She has worked as a nurse most of her adult life, many years in high pressured environments, and is currently a clinical nurse specialist in diabetes. On top of this, she trains and competes in multi-sport events, the high point being in 2007 when she qualified for and competed at the World Ironman Champs in Kona, Hawaii, in the 60 to 64 age group.

Māori Asthma 5 to 12 Years



Harlem Morrell-Wilson (Tainui), 10, Hastings.

Harlem has spent a lot of time in and out of hospital as a result of severe asthma and numerous other life threatening medical conditions. But these have never stopped him from participating in school life. He plays hockey, t-ball, touch rugby and ripper rugby; races cross country; and enjoys all the physical challenges that come with school camping trips. Despite all obstacles, Harlem never complains.

He monitors and manages his asthma and allergies and works extremely hard with all aspects of schooling. And whilst he may miss considerable periods of schooling when receiving surgery or treatment, he keeps up with his peers academically. Harlem's Principal describes him as a fantastic role model to others and a wonderful boy deserving of the "big pat on the back" that this award will provide.

Māori Asthma 5 to 12 Years



Joshua Nicholls (Ngati Kahungunu), 12, Westport.

Joshua has had asthma and skin allergies since infancy. School life has been interrupted with many hospital admissions with asthma. Until recently he allowed his mother to monitor and manage the asthma. But this changed 18 months ago when Joshua decided to take control himself. He now manages the asthma

with regular medication that he takes without reminders. He also enrolled himself in the swimming club which has improved his fitness

and lung capacity. As a result his self confidence has developed and he now takes a lead role in most school activities, and is considered a role model and mentor for younger asthmatics. When his mother was unwell with asthma this year, Joshua assumed extra responsibilities at home, even calling the ambulance when required. Joshua is an exceptional young man taking an active role in his asthma management, his story highlighting the positive impacts of his decision.

Respiratory Conditions



Des Vincent-Dustow, 35, Wellington.

Des was born football mad. He was also born with Cystic Fibrosis. But this hasn't stopped him from enjoying life and the sport he loves. Des played football as a child and into young adulthood. But as his illness progressed, he couldn't continue playing. He sought an alternative outlet for his passion and moved to coaching.

Des has made a significant contribution to junior and girls' soccer in New Zealand as volunteer coach, mentor and spokesperson. As well as the 20 hours per week he puts in at training sessions, he works tirelessly behind the scenes to ensure better facilities, to support funding and development opportunities and run tournaments. As a result, some of his "flock" will represent New Zealand on the world stage in future years – something Des should be extremely proud of. The judges were impressed with the many letters of support attached to his nomination describing his humility, compassion, leadership and the outstanding contribution he makes to our community.

Open COPD



George Anderson, 76, Napier.

In 2008, George completed a pulmonary rehabilitation group course before joining the COPD support group in the Hawke's Bay. These two seemingly minor events have had significant impacts on his wellbeing and on the lives of other members in the group.

George says the COPD support group has taught him to understand the benefits of exercise for his respiratory health. And so he attends the gym five times a week, and goes out of his way to provide transport for others to attend.

George has had recent eye surgery and is due to have a hip replacement. Yet that hasn't stopped him from his commitments – to being physically active and as mentor and motivational speaker at the group. The person nominating George, describing herself as an "admirer", says, "we would be lost without him." The judging panel agreed.

Māori COPD



Nita Rouse (Ngapuhi), 68, Napier.

When initially diagnosed with COPD, Nita struggled for breath. But she wanted to "take charge" of the management of COPD in order to live life to the full. Smoke-free for over 10 years, Nita also took steps to understand the management of exacerbations – how to prevent them and how to treat them with the right medications.

Working at The Warehouse during the day, Nita is also an active member of the Māori Wardens and often fills the night shift duties at her work. She welcomed the Canadian, French and Japanese rugby teams during their visits to Hawke's Bay during the Rugby World Cup tournament with her warm smile and beautiful generosity. Nita is a wonderful example of someone taking control of COPD so that it doesn't control her. One judge described her as a "super achiever" and therefore well deserving of this award.

Cody Forbes Award

All nominees are automatically eligible for the Cody Forbes Award, which is named after a wonderful boy from Turangi who had Cystic Fibrosis. Cody was a Supreme Achiever in 2005, and passed away on 31 May 2007, shortly after his 16th birthday.



Vaughan Somerville, 18, Epsom, Auckland.

Vaughan has been in and out of hospital with Cystic Fibrosis since six weeks old. His management plan includes daily physiotherapy and nebulisers yet there are times when the condition can cause him to be so breathless that he struggles with simple tasks like walking a few steps.

Last year Vaughan received the Ian Mackinlay prize at Auckland Grammar school for personal excellence in every field of endeavour. He represented the school in football, cricket and water polo; was in the school debating team, concert band and School Chronicle committee; and worked as Twinkle Child Foundation project manager and Cystic Fibrosis Ambassador. The award also acknowledged his integrity and commitment in tackling challenges.

Currently at Auckland University studying BioMed, Vaughan hopes to achieve a lifelong goal of specialising in sports medicine. The judges felt that Vaughan was an exceptional role model, outstanding young man and perfect recipient for this special award.

World COPD Day

Theme “Are you short of breath? You may have COPD! Ask your doctor about a simple breathing test called spirometry.”

Chronic Obstructive Pulmonary Disease, or COPD, covers conditions such as emphysema and chronic bronchitis.

The Asthma Foundation supports the Theme for World COPD Day. If you have symptoms of COPD, including cough, increased phlegm and breathlessness, we urge you to visit your doctor and ask for a spirometry test. Early detection and management can slow the progression of COPD disease and improve your quality of life.

Also, check out our tips below for helping you manage your COPD.

Our 18 affiliated Asthma Societies and Trusts offer support groups and one on one education on COPD. To learn more about COPD look on our website – www.asthmafoundation.org.nz and click on the COPD link.

COPD is an irreversible disease but is almost entirely preventable by avoiding exposure to tobacco smoke. Over 15 percent of all smokers are likely to become affected.

Nita Rouse, Maori COPD Supreme Achiever at the Asthma Foundation Supreme Achievers Awards quit smoking and, with the support of her doctors, “took charge” of the management of her COPD in order to live life to the full.



Nita Rouse receives her certificate and trophy from Sir Jerry Mateparae at Government House.

To support World COPD Day, a number of Asthma Societies ran activities.

Asthma Society Northland: A display and resources at Whangarei Hospital. “Move to improve” fitness classes held at local gym. Free COPD spirometry screening test, information and support at the library.

Asthma Waikato: Dr Cat Chang, Waikato Hospital respiratory specialist spoke at Hamilton Gardens Cafe. This was followed by a walk.

Asthma Hawke’s Bay: Professor Richard Beasley spoke on COPD management. Update and review of spirometry for practice nurses in Taradale.

Nelson Asthma Society: Encouraged participation in on-going breathing exercise classes, known as BBC (Better Breathers Club), at little or no cost.

Asthma Canterbury: Free breakfast meeting for nurses with presenters discussing management of COPD and pulmonary rehabilitation. Also, information stands at local shopping mall.

Asthma South Canterbury: A display at Disability Information Services in Timaru featured information about services to help people with COPD. The display moved to the Timaru District Library Foyer.

Otago Asthma Society: A community exercise class was held at Wood Haugh Gardens. This was followed by a barbecue and cake.

Tips to help you manage your COPD :

1. Become smokefree
2. Keep as physically active as possible
3. Take your medication as prescribed
4. Follow a self management plan
5. Visit your health team regularly

COPD in New Zealand:

- COPD affects an estimated 15 percent of people over 45 (at least 200 000 New Zealanders.)
- Over 85 percent of people with COPD are smokers or ex-smokers
- COPD is the 4th leading cause of death
- COPD is ranked 2nd in men and 5th in women with regards to its health impact

COPD is an irreversible disease but is almost entirely preventable by avoiding exposure to tobacco smoke. Over 15 percent of all smokers are likely to become affected.

Regime change



Dr Bob Hancox
Medical Director
the Asthma Foundation

Anyone working in respiratory health knows that patients often get their inhalers mixed up. I don't have any figures to prove it, but I suspect that one of the most common reasons for poor asthma control and unnecessary emergency department visits is that people don't use their inhalers as they should.

The good news from Pharmac is that they are dropping the requirement for patients to use separate inhalers for three months before their doctors can apply for subsidies for a combined corticosteroid/long-acting beta agonist inhaler. This means that people whose asthma is not controlled by inhaled corticosteroids (preventers) alone and need a long-acting beta-agonist controller, can be started on a single inhaler containing both medicines straight away. This is really important because many people don't realise that it is dangerous to rely on the long-acting beta-agonist controller alone and getting the two medicines in one inhaler is safer as well as easier.

The not-so-good news is that Pharmac will fully subsidise only one controller medication. This means that people who are taking eformoterol (Oxis or Foradil) and combined formoterol/budesonide inhalers (Symbicort and Vannair) will either have to pay substantial part charges for their prescriptions or change to a different inhaler. The only fully subsidised long-acting beta-agonist will be salmeterol (Serevent) and the subsidised combination inhaler will contain salmeterol and fluticasone (Serevent). For most people, this will mean a change in both the type and the colour of their inhalers increasing the potential for confusion both with the inhaler technique and knowing which device to use when.

The change will also mean that single inhaler treatment using combined eformoterol/budesonide inhalers for both maintenance and symptom relief will no longer be subsidised. This approach to treatment works because eformoterol works quickly enough to be used as a reliever as well as a controller. Hence patients using these combined inhalers (Vannair or Symbicort) can use the same inhaler twice a day to maintain their asthma control as well as to relieve breakthrough symptoms. I am not sure how widely used this treatment (sometime known as "SMART" treatment) is in New Zealand, but it is backed by good evidence and endorsed by international guidelines. It allows patients to use just one

inhaler and is likely to reduce confusion and improve adherence to treatment. The problem with the alternative combination inhalers, which will be funded in full, is that the salmeterol component is slow-acting. It is a good controller medication, but just not quick enough to relieve symptoms. Hence patients will need an alternative reliever inhaler and single inhaler asthma therapy will no longer be available to those who cannot afford to pay.

These changes are going to limit the options available to patients in New Zealand. There will be people who get confused over the changes and the concern is that some will have worsening asthma control. The Foundation and Asthma Societies will have a vital role in educating people about their new inhalers and checking inhaler techniques.

It is Pharmac's job to get the most affordable medications for New Zealanders. This inevitably involves making some compromises and difficult decisions. We have tried to persuade them to change their minds on this one, but it looks like they are going ahead. Of course, we can hope that the manufacturers of the other inhalers will reduce their prices to match the subsidies. This would be a great outcome for New Zealand (saving money) and patients (more choice and less confusion). Time will tell. In the meantime, we had better get prepared to help people to understand their new inhalers.

Celebrating our partners

Like minds meet to discuss Sensitive Choice

On the 24 November, the 2011 New Zealand Sensitive Choice Partner Forum was held in Wellington.

The Sensitive Choice programme is offered by the Asthma and Respiratory Foundation of New Zealand and the National Asthma Council Australia. The Sensitive Choice logo helps clients easily identify companies that are committed to reducing asthma and allergy triggers.

The forum provided a great opportunity for partners and the Foundation alike to forge ahead, discussing what worked in the year that had passed and what could be improved. It is also a chance for the partners to see what value they add to the Asthma Foundation as a Not-For-Profit organisation. The Foundation takes great pride in the Sensitive Choice programme and the 23 partners it is associated with.

The Asthma Foundation has appointed a new Business Development Coordinator, Jennifer Smyth, to grow the Sensitive Choice programme and to look after current partners. "There is huge room for growth. It's great to be a part of something with such integrity and the aims of providing an easier choice of products for New Zealanders with respiratory conditions," said Jennifer Smyth.

All Sensitive Choice products go through a rigorous, independent assessment process. "It's not just a matter of paying the money and getting a tick," said Adam Trumble, Partnership Manager of the National Asthma Council. Those who make it though the rigorous assessment process end up with a point of difference against their competitors.

"The Sensitive Choice brand is valuable to us and our customers because our product was rigorously assessed rather than just endorsed," said HRV Research, Government and Media Relations Coordinator, Iain Hosie.

Josh Forde from Clean Planet, the newest Sensitive Choice Partner, echoed these sentiments saying "In our market talk is cheap. Sensitive Choice is relevant to the people we work with and it can't be easily imitated".

The Sensitive Choice programme gives the consumer the opportunity to identify products that could have a positive impact on their health. As with most chronic conditions, self-management is key to a better quality of life. The ultimate aim of the programme is to make a difference in people's lives.

The Sensitive Choice Programme focusses on :

- Encouraging manufacturers and suppliers to produce products and services that are asthma and allergy friendly and that could benefit people with asthma and allergies.
- Providing a way of identifying products and services that may benefit people with asthma and/or allergies and improve your health and wellbeing.
- Generating sponsorship funds to enable both the Australian and the New Zealand asthma organisations to continue their work in improving asthma care.



Angela Francis, Chief Executive of the Asthma Foundation (left) with Kristine Whorlow, Chief Executive of the National Asthma Council Australia.



From left to right - Iain Hosie from HRV, Menno Oortgiesen from Warm Up New Zealand, and Josh Forde from Clean Planet.



Asthma Foundation Business Development Coordinator Jennifer Smyth (left) with Angela Francis, Chief Executive.

Our thanks

The Asthma Foundation is immensely grateful to the funding partners that have supported its work over the last year.

Funding partners

We would like to thank the New Zealand Lottery Grants Board for their support of the Asthma Foundation's communications programme, educational outreach (Puff, the promotional, educational hot air balloon) the Asthma Foundation AGM and the New Zealand Respiratory Conference.

We would also like to thank:

Pub Charity for providing funding additional office furniture.

WN Pharazyn Charitable Trust for their generous support.

The Lion Foundation for providing funding for new PCs.

Community Post for their on-going support with Freepost envelopes.

NH Taylor Charitable Trust for providing resources in Te Reo Māori.

Donations were gratefully received from the following corporate sponsors in the 2010/2011 year.

Gold Supporters

- CMS Alphatech
- Brookfield Multiplex Constructions (NZ) Limited
- Nu-con Limited

Bronze Supporters

- Milligans Food Group

We would like to thank the following companies that donated goods to the New Zealand Respiratory Conference and our Balloon Day raffles:

Bohemein Fresh Chocolates, Butlers Chocolate Café, Caffè L'affare, Entertainment Book, Gilly's Nutrimerics, J H Whittaker & Sons Ltd, Kirkcaldie & Stains Ltd, L'avage, Law Staff (Now Niche), MOJO Coffee, Molly Woppy Ltd, Pacifica Skincare, Shott Beverages, 180 Degrees Biscuits, Tohu Wines.

Thanks to **Wayne Stemp** and **Peter van Ryn** of Trophy House, Alicetown, Lower Hutt, for their beautifully crafted commemorative medals and their continued support of our corporate programme. The Foundation would also like to acknowledge **Russell Joseph** of Corporate Risk and **Alan Hard** and his team at Marketing Impact for their support of our work.

We also extend our thanks to our family of donors. Thank you so much for your generous support.

We are grateful to the following sponsors for their continuing support of the Asthma Foundation.



