

# the asthma foundation

...keeping in touch

July 2011

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## New look magazine

Welcome to the first issue of *the Asthma Foundation ...keeping in touch*. This magazine replaces the *Asthma and Respiratory News*, and the change reflects our new direction (see Chief Executive's message on back page). *Keeping in touch* will come out in March, July and November.

We've incorporated *Cordially Yours*, our newsletter for people with COPD, into a *Cordially Yours* section on pages 4 and 5.

We also have a children's section called *Asthma Kids*, on pages 8 and 9. We urge you to encourage any children you know with asthma to read this part of the publication.

Chaos reigned in the most delightful way at Frimley Park Kindergarten in Hastings when they celebrated Balloon Day.

We sincerely hope that you enjoy the new magazine.



the asthma foundation  
Better respiratory health for New Zealanders

# News

07/11



**the asthma foundation**  
Better respiratory health for New Zealanders

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*the asthma foundation...keeping in touch* is produced with the assistance of the New Zealand Lottery Grants Board. The Asthma Foundation greatly appreciates their support.

## “Excellent, truly excellent” 2011 Achievers Awards

“Excellent, truly excellent” was our National Fundraising Manager Julie McMeeken’s response to hearing about the Asthma Foundation’s recent success in winning more than \$12 000 through the Pink® Batts® Spin and Win competition.

The Asthma Foundation is delighted to have done so well through Spin and Win, an on-line challenge which was on the Pink® Batts® website during May. Nga mihi nui (a big thanks) to everyone who chose us as their charity when they played.

To celebrate its 50th birthday, Pink® Batts®, very generously donated a prize pool of \$50 000 that was divided among six charities according to the points accrued by people who played and chose them as their charity. The competition was presented complete with the hairstyles, jazz music, clothes and language of New Zealand in the late 1950s, early 1960s.

After a fairly slow start— the Foundation was in second to last place for a time – we ended up second overall.

Thanks for your support everyone and Happy Birthday Pink® Batts®.

**pink® batts®**  
MORE THAN COMFORT

Nominations for the 2011 Asthma and Respiratory Achievers Awards close on 30 September.

The awards acknowledge and celebrate New Zealanders with respiratory conditions who achieve things despite the challenges that they face.

There will be a number of categories for different age groups and a prizegiving in Wellington for a group of Supreme Achievers whose nominations are judged by our panel as the most outstanding. Past Supreme Achievers have included a woman with asthma who swam Cook Strait, a world champion wood chopper with asthma and a man with COPD who walked all the streets of Dunedin eight times over.

For more information visit:  
[www.asthmafoundation.org.nz](http://www.asthmafoundation.org.nz)  
or email [achievers@asthmafoundation.org.nz](mailto:achievers@asthmafoundation.org.nz)



Lady Susan Satyanand, the wife of the Governor-General, Sir Anand Satyanand, at the 2009 Achievers Awards night. Television star Erin Simpson, a friend of the Foundation’s, looks on.



The Asthma Foundation  
is committed to making  
a difference for Māori  
with respiratory conditions

## News



Balloon Day was given great visibility in Auckland, the Waikato and Hawke's Bay by HRV, a co-sponsor of the event (along with Mitre 10). Pictured from left are Craig Vandermeer, Craig Rohloff and Joyce Chandra, who collectively make up the HRV contact centre.

## The New Zealand Respiratory Conference: September 1 and 2

The New Zealand Respiratory Conference is on at the Michael Fowler Centre in Wellington on 1 and 2 September.

The Asthma Foundation's annual conference, formerly known as the Respiratory Educators Conference, has been renamed because the conference is for everyone who works in the respiratory health sector in New Zealand, including educators. The new name also underscores the fact that the event is New Zealand's premier respiratory health sector conference.

With the Rugby World Cup approaching the conference's theme is *Touch, Pause, Engage!* That's **Touch** base with new research and innovation, **Pause** – can you improve what you are doing? **Engage** in evidence-based practice.

If you work in respiratory health and would like more information, please email [conference@asthmafoundation.org.nz](mailto:conference@asthmafoundation.org.nz) or call Robyn Ingleton on 027 484 6964.

## New Māori Health Manager

Sharon Cavanagh (MBA) has joined the Asthma Foundation as our new National Māori Health Manager.

Sharon affiliates to Ngāpuhi, Ngāti Porou and Ngāti Kahungunu.

Her role will include implementing our Māori Responsiveness Plan and providing a link between the Foundation and our Māori Reference Group.

Sharon has experience in senior operational, service delivery and commercial management, much of it in the not-for-profit and health sectors. Previous roles include Regional Manager Midland/Central region of Arthritis New Zealand, General Manager (Midland Region) for IHC New Zealand and Community and Maternity Services Manager at Tauranga Hospital.

Outside of work, apart from spending time with her daughter Tyla, and whānau spread across the country, much of Sharon's time is spent as a volunteer supporting other community based organisations. She has a passion for fashion and enjoys good food, fine wine, animals, music, reading and cooking. Sharon is a passionate learner of Te Reo Māori.

The Asthma Foundation wishes to thank the following organisations for their generous support:

### PLATINUM SPONSORS



### GOLD SPONSORS



### BRONZE SPONSOR



The Asthma Foundation's newsletter for people with Chronic Obstructive Pulmonary Disease (COPD), Cordially Yours, has been integrated into this magazine. This section is dedicated to emphysema, chronic bronchitis and chronic asthma. This first issue features the story of a man whose COPD has had a drastic effect on his mobility, in fact

his ability to do much at all during his day, and with this family. He seriously regrets ever taking up smoking. The newspaper article we feature is from the Horowhenua Chronicle and celebrates the Horowhenua Breathe Easy Support Group's 4th birthday.

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## Tokoroa man with emphysema has a message for smokers

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“Don't! Chuck it away, give it up.”

Like many granddads, John Hewson from Tokoroa sometimes gets a little grumpy when his grandchildren climb all over him.

John, 73, loves his grandkids dearly, but they move so quickly and they make the sort of full on demands that little ones are prone to when they're playing with someone they know and love.

“Poor little fellas. They jump all over the bed and these days it doesn't take much for me to get down, to get upset.”

When you know a little more about John's circumstances, you'll probably forgive him a bit of grumpiness here and there anyway.

John, 73, has such bad COPD (Chronic Obstructive Pulmonary Disease) that he can't walk unaided. He's hooked up to an oxygen machine 24 hours a day and John needs assistance to go to the toilet.

(COPD includes emphysema, chronic bronchitis and chronic asthma. Most people with COPD have two or more of those conditions.)

Should he venture as far as his mailbox, it involves a wheelchair ride.

About 80 percent of COPD is caused by cigarette smoking and John regrets he ever started.

“I started smoking at about 14 years old and smoked till I was about 50. I smoked about two packets of 50 grams a week, rollies. When I was diagnosed my doctor said if I didn't stop I would die.”

A man who comes across as very measured in what he says, John says that living with COPD is scary and frustrating.

“It's scary running out of breath.”

He's often short of breath despite the oxygen machine. His wife, Beverley, has to do all the household chores because there is so much this formerly very active man can't do any longer.

“The worst thing is that Beverley has to do all the weeding. I can't even do the firewood, which I used to. I'm deadwood, no help at all.”

How things change: John used to be a boxing coach and play rugby, but now can't wash some dishes without overexerting himself.

Nor does he sleep very well. The COPD interferes with that.

John only gets out of the house for doctors' visits and to go to Tokoroa Hospital five or six times a year. He uses a portable oxygen tank for these excursions.

“All I can do is read books and watch TV. Then the mail lady comes and if she stops to talk, 'whoopee', that's the highlight of my day.”

“It's not a pleasant illness at all.”



2009 COPD Supreme Achievers in the Asthma and Respiratory Achievers Awards, Peter Marshall (left) and Buddy Wahanui. For Achievers Awards story see page 2.

## COPD Group in the news

### Breathing easier than ever after four years

The Horowhenua Breathe Easy Support Group had many achievements to celebrate at its fourth birthday party in Levin, which was attended by the chief executive of the Asthma Foundation, Angela Francis.

The support group runs exercise classes, seminars, social outings and provides a meeting place and support network for locals with the respiratory condition chronic obstructive pulmonary disease (COPD) — an umbrella term covering emphysema, chronic bronchitis and chronic asthma.

"More than 30 people came to the birthday party and we ran out of chairs, which is good thing," said secretary Carroll Cumming.

"It was nice to meet Angela and it was important that she was there on a day when we had lots to celebrate.

"We were thrilled she came because, being new in the job, we knew she had a lot to do," she said.

Ms Francis was full of praise for the group.

"Horowhenua Breathe Easy Support Group is a fantastic example of a COPD support group that make a real difference in their community and I wish them all the best for the future. Happy birthday!" Angela said.

Since the first meeting at the Levin RSA four years ago, the group's membership has quadrupled.

It was started by people involved with a similar COPD support group in Palmerston North, who identified a need for such an

organisation in Levin.

Things have just flourished since: about a year ago the support group even started a carer's group, for people who care for family members, typically, with COPD

"This is so great, we can just go out and have coffee together because we feel we deserve a break," said Mrs Cumming.

"There are things we talk about with each other that if you weren't a carer you might be thinking 'what's wrong with you?'"

She said the growth in membership has been achieved mainly through referrals from GPs and hospitals, distributing brochures "all over the place", at PHOs for

example, having notices in the *Horowhenua Chronicle* each month advertising meetings and through word of mouth.

"The local PHO has also provided a new exercise educator and the members have trained her up very well" Carrol laughed.

"Some of our outings are a lot of fun too.

"At our tenpin bowling outing on March 17, we had a really good laugh. Everyone felt a lot better for it."

The Breathe Easy group also held a stall to raise asthma awareness and funds for Balloon Day at the Levin Mall.



**CELEBRATING:** Chief executive of the Asthma Foundation Angela Francis with president of the Horowhenua Breathe Easy Support Group Jean Wells at the fourth birthday celebrations.

“More than 30 people came to the birthday party and we ran out of chairs, which is a good thing.”

— Breathe Easy secretary  
CARROLL CUMMING

# Balloon Day around New Zealand

A lot has happened to New Zealand and New Zealanders since Asthma Awareness Week and Balloon Day last year.

The Asthma Foundation has faced a few challenges. The Christchurch earthquake fundraising effort has had a gravitational pull on the charity dollar – and quite rightly. Our economy also continues to struggle. It has not been an easy time in the charity sector.

Still, Balloon Day provided a welcome opportunity to have some fun and raise asthma awareness. These goals were achieved and the Asthma Foundation is grateful to everyone who was part of this year's effort. We did well.

Here are some of the different aspects of Asthma Awareness Day and Balloon Day this year.



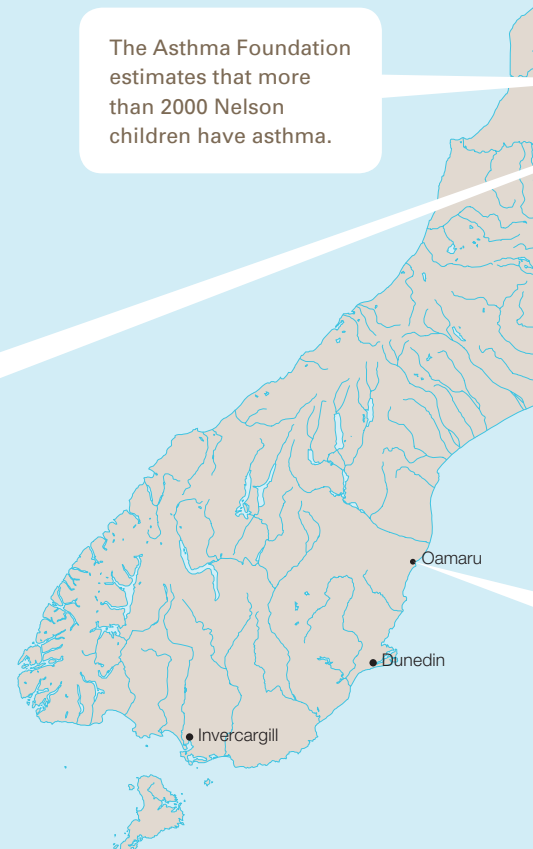
Balloon Day in South Auckland.



Our Chief Executive Angela Francis met Jackson Garwood, a 12-year-old boy with asthma, who lives in Newlands, Wellington.

On the last day of Asthma Awareness Week we attempted to tether our hot air balloon, Puff, at Waitangi Park in Wellington but the weather wouldn't let us.

The Asthma Foundation estimates that more than 2000 Nelson children have asthma.

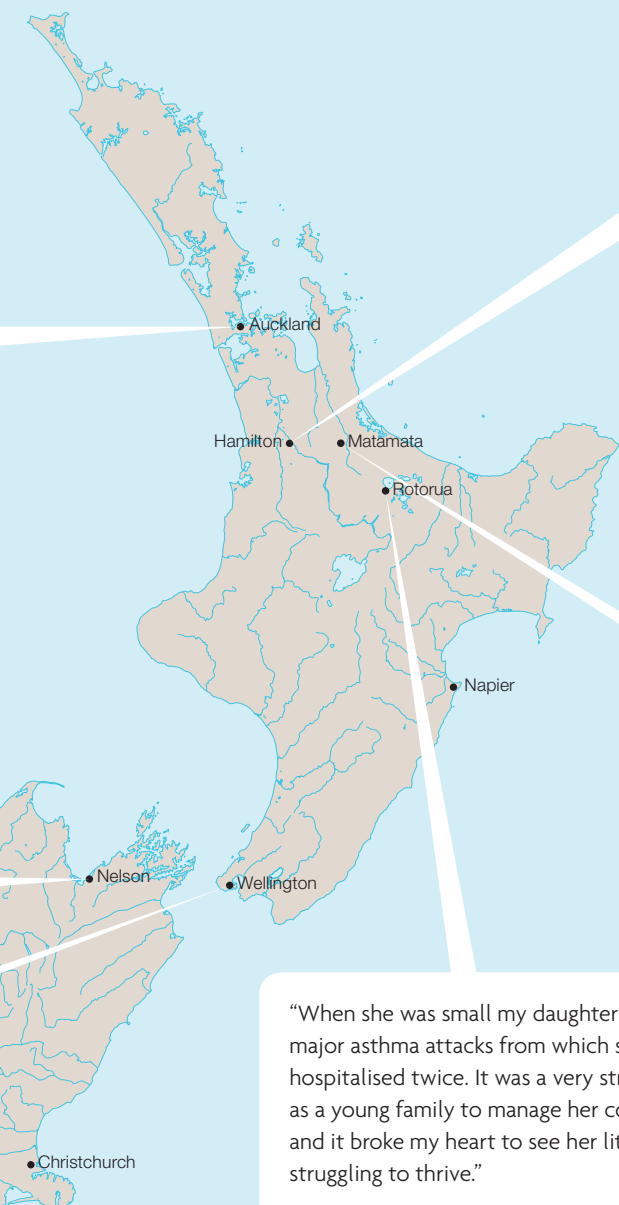


The Asthma Foundation is grateful to the co-sponsors of Balloon Day 2011 – Mitre 10 and HRV.



the asthma foundation

# BallonDay



Imagine that every single person in Hamilton has asthma. The Asthma Foundation estimates that 216 000 New Zealand children aged 15 and under have asthma. That's more than the entire population of urban Hamilton. Our estimates are based on Census 2006 figures.



Asthma awareness raising in Civic Square, Hamilton. Kathryn Cavanagh (left) and Selena Strange.

"When she was small my daughter had four major asthma attacks from which she was hospitalised twice. It was a very stressful time as a young family to manage her condition and it broke my heart to see her little body struggling to thrive."

Mother of a young Rotorua girl with asthma.

Aarran Aitcheson still gets scared when his mum talks about the asthma attack that put him in hospital.

The two of them were delivering pamphlets on a January evening last year when the Oamaru 8-year-old started to get breathless. By 11pm, Debbie Aitcheson had to call an ambulance.

"It was pretty scary... you can die from an asthma attack," she said.

From the Oamaru Mail

Most kids love the sound of emergency services sirens – but not nine year old Georgia Pollock from Matamata.

Georgia is pictured blowing up a balloon, a daunting task for her.





Asthma Kids is for children with asthma and their parents/whānau and caregivers. These pages will feature puzzles and games as well as articles of interest to children, adults and in many cases both. The Asthma Foundation estimates that 216 000 children in New Zealand have asthma – that’s more than the population of urban Hamilton – and our message “Let’s keep our kids out of hospital” is a very important one. Recent statistics suggest that child asthma hospitalisations

are on the rise and we’ll promote the importance of managing asthma well, through exercise and taking your medications as prescribed, for example, in this section of the magazine.

We also want to provide a bit of fun and keep everyone connected with what we are doing to keep our kids out of hospital!

Happy reading.

## Word Search

A	J	E	C	H	S	C	R	X	J	Z	Q	U	K	I
S	B	H	W	X	B	K	E	J	I	P	R	Z	U	K
T	I	I	L	Z	C	B	L	C	B	A	E	F	G	L
H	S	P	A	C	E	R	A	S	H	G	Q	S	T	V
M	I	X	N	D	W	I	H	T	R	I	G	G	E	R
A	U	F	X	E	V	U	N	Z	E	G	J	J	K	B
Y	X	F	I	G	Z	X	I	X	W	Z	N	O	P	Z
T	U	T	O	A	G	A	G	E	F	V	E	E	R	S
V	I	X	P	O	S	W	E	S	I	C	R	E	X	E
O	Z	J	G	I	A	L	A	T	I	P	S	O	H	X
U	W	X	H	A	O	A	X	E	A	L	Z	M	N	O
S	O	S	M	B	K	J	R	Z	T	N	E	I	W	D
A	P	S	V	X	R	E	T	N	E	V	E	R	P	X
A	U	N	Z	S	T	S	T	S	Z	E	X	T	S	X
D	E	M	U	T	S	S	G	N	U	L	Z	A	R	T

We’re looking for eight words related to asthma here. Words can be found running up, down, forwards, backwards and diagonally.

*How quickly can you do it?*

- ASTHMA
- INHALER
- SPACER
- LUNGS
- HOSPITAL
- PREVENTER
- TRIGGER
- EXERCISE

# Balloon Day colouring competition

The judges for this year's Balloon Day colouring competition were spoilt for choice. We received nearly 1000 entries and the Moxie Design Ltd team in Wellington, which chose the winners, was impressed by the hard work that went into the entries.



**1st prize**  
in each category, a Shake  
Creation Milkshake Maker

**2nd prize**  
in each category, a Crazy  
Popper Popcorn Maker



## Winners

### 4 Years Old and under Category winners

- Struan Munro, New Plymouth.
- Natasha Hudson, Hastings.

### 5 to 8 Years Old Category winners

- Sarah Eades, Orewa.
- Kieran Sinclair-Lomax, Waikanae.

### 9 to 12 Years Old Category winners

- Mya Clement, Hamilton.
- Avalon Simmons, Castor Bay, Auckland.



## Judges' comments

### 4 Years Old and under Category winner: Struan Munro, New Plymouth

Lovely confident work and use of strong colours draw the viewer's eye into the picture. The addition of glitter and care in rendering the deckchair stripes show a high level of skill and make the atmosphere of the piece quite celebratory.

### 5 to 8 Years Old Category winner: Sarah Eades, Orewa

This drawing is outstanding in the group. The use of 3D cut-outs, collaged items and unusual textures is very imaginative. The whole presentation is put together with thought, creativity and enthusiasm. Because of the fantastic 3-D work that Sarah did with her picture we couldn't copy it for our magazine, so the entry shown here is Kieran Sinclair-Lomax's second prize entry.

### 9 to 12 Years Old Category winner: Mya Clement, Hamilton

This drawing gives the feeling of hope and optimism through the imaginative use of rainbow colours. It has an individual style and is eye-catching too. Nice attention to detail by carrying the colours into the heading. This is a very carefully thought out and crafted piece.

**Congratulations to all our winners and thanks to everyone who entered.**

# A day to remember...

Asthma is a subject very close to the heart of Katrina Lintonbon, the editor of the Matamata Chronicle. Katrina recalls the day that she nearly lost her son when he had a serious asthma attack.

By Katrina Lintonbon, Guest Writer

There are some things that for as long as I live, I will never, ever forget.

The day when I received a phone call to say that my son Graeson was being rushed to hospital following a massive asthma attack at school is one of these.

It was August 2007 – Graeson was seven years old.

I was doing part time work at a magazine based in Hamilton when I received the phone call that made my heart sink to the pit of my stomach.

“Hello Katrina,” the office receptionist said. You could hear the panic in her voice. “Graeson is having an asthma attack. Get here as soon as you can.”

When I walked into the office at Aberdeen School in Hamilton, the looks on the faces of the receptionist, the school principal and the ambulance officers said it all. My boy was in serious danger.

Usually when you get smacked in the face with a situation like this, everything tends to get really blurry. There was no blur that day. I remember every detail like it was yesterday.

In hindsight I should have known that Graeson was too sick to go to school. He had developed a cold that was getting progressively worse. However, because of my work commitments I had made the decision to wrap him up in warm clothes and bundle him off to school. It is a decision that has haunted me throughout the years and that I still regret.

The feeling of powerlessness was overwhelming as I watched my little man struggling to breathe while lying there in a child’s bed in the emergency department at Waikato Hospital.

As I sat there next to him, all I could do was cry. I just didn’t know what else to do.

“What wrong Mummy? Why are you crying?” That just set me off even more.

Even though he was in a critical condition, he was still more concerned about why his mummy was crying.

“How could I have been so stupid?” I thought to myself. All the signs had been there.

For an hour after we arrived at Waikato Hospital I watched as doctors and nurses pumped ventolin into Graeson’s system.

That was followed by nebuliser after nebuliser\* and large doses of redipred. The health specialists I dealt with that day didn’t beat around the bush. They told me how close we came to losing Graeson.

This was more than a close call – he was literally knocking on Heaven’s door.

Thank God no-one answered that day. Later in the day Graeson was moved to a ward, which became our home for seven days.

The first night we spent in hospital, I don’t think I slept at all. Graeson’s wheezing and laboured breathing didn’t settle until about five days after he was admitted to hospital.

On the morning that we were getting ready to go home, an asthma educator came to see us. We learned about triggers and how to use an inhaler and spacer effectively.

I must have had a look of guilt written all over my face. The educator seemed to pick up on how I was feeling. She put her hand on my shoulder. “You aren’t on your own,” she said. “We are here to help you.”

Graeson was just six months old when he was diagnosed with chronic asthma. Unfortunately it is an illness that runs in our family. I have it, Graeson’s dad suffered from asthma as a child, my brother still uses ventolin and Graeson’s aunt in Australia still suffers badly when she catches a cold.

Graeson is now your typical 11-year-old boy. He loves his rugby and rugby league and is an awesome swimmer. Because he is so physically active his asthma has settled quite considerably, but it is still a very serious threat.

Because we have been educated about what his triggers are, we now have the foresight to realise when he is at risk of another attack.

In a lot of ways he is very resentful of the fact that he has asthma, but we have learned to deal with it.

Thankfully we haven’t been back to Waikato Hospital.

I keep reminding my boy of that day back in 2007 when we came within inches of him being taken away from us. Those words give him a little push when he doesn’t want to have his daily dose of flixotide.

All parents probably do this, but sometimes I find myself looking at him thinking “wow!”

He really is my miracle child.



Graeson Tanirau.

Child Asthma Plans are available through the Asthma Foundation website at [www.asthmafoundation.org.nz](http://www.asthmafoundation.org.nz). These plans provide advice on how to identify when children are in trouble with their asthma and what to do about it. The plans are filled out by the parent/whanau or caregiver and child together with a health professional.

\* Nebulisation is nowhere near as commonly used now and it would be more likely that a spacer would be used with a Metered Dose Inhaler.

## It's not fun having fungi in your home



Dr Bob Hancox,  
Medical Director,  
the Asthma Foundation

It's a familiar lament at this time of year: many of our houses are just not warm enough. The importance of having a warm and dry home has been discussed before, in the Asthma and Respiratory News.

Research from the He Kainga Oranga, Housing and Health Research Programme at the University of Otago, Wellington, has led the way in demonstrating the benefits of insulation and efficient home heating for health.<sup>[1]</sup> To be fair, recent Governments have helped with the subsidies for retrofitting insulation and installing energy efficient heating, and 100 000 houses have now been improved through the Warm Up New Zealand: Heat Smart programme run by EECA (the Energy Efficiency and Conservation Authority).<sup>[2]</sup>

Now a Counties Manukau study has assessed the real-life effect of housing policy in South Auckland.<sup>[3]</sup> The Healthy Housing Programme was undertaken in a predominantly Pacific community of nearly 10 000 residents in a deprived area of South Auckland.

This was a multi-faceted intervention to improve insulation, heating, and ventilation and, in some cases, to reduce overcrowding. A before-and-after comparison of admissions to hospital showed an 11 percent reduction in admissions among pre-schoolers and a 23 percent reduction for people aged 5 to 34. There was no change in admissions among those aged 35 and over. The study confirms that improving housing can have a real benefit for health. If the Government wants to save health dollars – improving the standard of housing is a good way to do it.

What the study does not tell us, however, is what it is about better housing that keeps us healthier. A recent European article helps to explain at least some of the benefits.<sup>[4]</sup> The researchers combined the findings from 61 different studies from around the world and found that children growing up in homes with visible mould were about 50 percent more likely to have asthma, nearly 70 percent more likely to have wheeze, and about 40 percent more likely to suffer from allergic rhinitis ("hay fever"). Moulds or fungi are common causes of allergic sensitisation and are likely to cause respiratory symptoms in people allergic to them.

We still have a lot to learn about how exposure to mould leads to asthma and how much exposure to fungi is excessive. These and other questions are being investigated by the Housing and Health Research Programme, but the important message is clear – mouldy homes are not good for our health. The best way to prevent mould is, of course, to keep our homes warm and dry. Improving housing also keeps children out of hospital and makes our winters much more bearable.

“Mouldy homes are not good for our health. The best way to prevent mould is, of course, to keep our homes warm and dry.”



Mould hiding behind wallpaper

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1. <http://www.healthyhousing.org.nz/>  
2. <http://www.energywise.govt.nz/>  
3. Jackson G, Thornley S, Woolston J, Papa D, Bernacchi A, Moore T. Reduced acute hospitalisation with the healthy housing programme. *J Epidemiol Community Health* 2011; 65: 588-593.

4. Tischer C, Chen CM, Heinrich J. Association between Domestic Mould and Mould Components, and Asthma and Allergy in Children: A Systematic Review. *European Respiratory Journal* 2011 (online).

## All Change...



Angela Francis,  
Chief Executive,  
the Asthma Foundation

Change: often exciting, sometimes stressful, and something that the Asthma Foundation is experiencing plenty of.

We find ourselves in a time of great change in order to position ourselves for the challenge that lies ahead.

The Asthma Foundation's working against the background of a struggling economy and we're facing unprecedented pressure on the charity dollar. Stable ongoing funding is an issue for us and we are under pressure to work smarter and more strategically.

To top it off, the Asthma Foundation's office is in an old building that is far from earthquake compliant and we need to move!

The good news is that a bigger, better future is quite achievable!

We're not short of ideas and we've already implemented a plethora of changes that will help us operate more effectively.

You could quite rightly say that the Asthma Foundation has a number of exciting opportunities to make a difference in the lives of New Zealanders with respiratory conditions. These aren't weasel words. The future holds many opportunities and a vision grounded in a strong, realistic strategy is the key and that's what the team and I have worked hard to develop.

Our strategic goals are well aligned with the Government and the health sector's vision of an increasingly preventative approach – well-controlled asthma and COPD.

It also pays to remember that when push comes to shove, the case for Government giving asthma and COPD higher priority is a strong one. Fiscally, a short term injection of Government funding in the preventative arena could bring down hospital admissions for asthma, for example, and reduce future public expenditure.

The number of children in Aotearoa with asthma exceeds the population of urban Hamilton and the number of New Zealanders with respiratory conditions is fast approaching around one million. About 1 in 7 New Zealanders 45 and over has COPD. We have an aging population and baby boomers are going to hit the health system in about 15 years with a very loud boom! Respiratory conditions take a huge toll on our health system and our economy. Let alone the personal costs to people with the conditions and their families.

Asthma Awareness Week and Balloon Day went well. We achieved considerable media coverage and we had wonderful support from our sponsors Mitre 10 and HRV. I would personally like to thank those companies. Your generosity is much appreciated.

A Foundation Board member, Ruth Gardener, outgoing National Education Manager, Robyn Ingleton, and I conducted a Society road show, with visits to Christchurch and Tauranga in May.

We received important feedback on GASP and Medtech and the strengths, challenges, risks and opportunities facing our Societies today.

An upcoming event on the calendar is the New Zealand Respiratory Conference on 1 and 2 September in Wellington, at the Michael Fowler Centre (see page 3).

You will also hear from us about our Asthma and Respiratory Achievers Awards in the next issue. They will be held in November in Wellington and we have called for nominations. As in previous years, the awards celebrate people with respiratory conditions who achieve great things in their lives, despite their condition.

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

Please accept my donation of:

\$15     \$25     \$35     \$50     \$100     Other amount (Donations of \$5.00 and over are tax deductible.)

Please find enclosed my cheque (please make cheques payable to the Asthma Foundation. The Asthma Foundation is a registered charity no. CC22906)

Please charge my credit card number    CARD #     EXP

VISA     MASTERCARD     AMEX     DINERS    \$     SIGNATURE

NAME ON CARD

Monthly Pledge Partner Programme. Please accept my regular monthly donation of:

\$20     \$25     \$50     \$100     Other amount     Please charge my credit card monthly (details above)

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

I have already left a bequest to the Asthma Foundation

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



### Contact details

Name

Address

Postcode

Tel Number

(Please return this slip with your donation to: Freepost 140226, The Asthma Foundation, PO Box 1459, Wellington 6140).

Phone 0900 4 ASTHMA (0900 4 278462) to make an automatic \$20 donation