



## Sailor's Big Bike Ride



Sailor is excited about Ian McMichael's (R) Big Bike Ride Round the Waikato from 2nd to 7th July.

*Photo courtesy of The Waikato Times*

### Issue Highlights

- ✿ Sailor's Big Bike Ride Round Waikato 2nd - 7th July
- ✿ Hyperventilation and asthma
- ✿ Asthma and COPD support
- ✿ Nurse Val is retiring and Nurse Sara joins Asthma Waikato



## From the Manager

### Together we can make a difference



Our supporters are part of what gives Asthma Waikato a proud history and a strong future. Not only are we as a charity dependent on donations, we were founded by volunteers - some of whom are still with us after almost 40 years! A lot of our work still depends on a team of people giving their time. People who support us are almost always touched by

asthma or another respiratory condition and their stories are always fascinating.

In my job, I get to meet people who are passionate about helping others and I feel privileged to work with a dedicated staffing team as well as volunteer Board Members. I think that Board Member, Ian McMichael's commitment to cycle 800km over 6 gruelling days and visiting 80 pharmacies throughout the Waikato is extraordinary and I hope you are able to support him on his challenge by donating at <http://www.fundraiseonline.co.nz/Sailors-Big-Bike-Ride> or posting us a cheque or donating to our bank account: 06 0313 0186176 02

Our vision is that respiratory conditions are no longer a barrier to a full life. We work hard to help with this and that is often why people want to support us. For some people, asthma has always been a limiting factor in their lives and they wished they had have known how to better manage their condition. For others, they have lost a loved one to asthma, which nothing can ever change but fundraising can help us promote asthma awareness and prevent hospitalisations and further deaths.

We are a small charity but we help a lot of people throughout the Waikato. Over the years, it's has been income from fundraisers and/or legacies that has helped us to start new projects and help people in new ways.

Ultimately, voluntary support got Asthma Waikato going way back in 1973 and it's voluntary support which keeps us in a position to help people in need. If you are able to help fundraise, I would love to hear from you.

*Vikki Blundell - Asthma Waikato Business Manager*

## How we have helped

### Te Awamutu COPD Rehabilitation

Asthma Waikato has recently completed the first Community COPD Rehabilitation Programme held in Te Awamutu. From the feedback provided by course participants this programme was also a great success. One client said "The whole programme jelled together so well, the team are a gift to anyone who has respiratory problems."



*Sam Johnston, DHB Physiotherapist monitors two Respiratory Rehabilitation participants as they exercise in Te Awamutu*

The course had great support from a multidisciplinary health team including a physiotherapist, dietician and occupational therapist. These programmes include not only individual physical rehabilitation, but also the education clients need to understand and to best manage their condition. Once again we received great comments from the participants.

*"Don't hesitate to make use of this programme, it covers all you need to know to cope with COPD"*

Research shows pulmonary rehabilitation has major physical and emotional benefits to those who participate. If you would like further information about COPD or future programmes in your community please contact Asthma Waikato.

*Jolene Dalziel - Community Respiratory Nurse*

### Nurse Sara is here to help

I have recently begun at Asthma Waikato and am very privileged to be working with colleagues who are so dedicated to making a positive difference to people like you who are living with respiratory conditions. I have recently been working in a Private Surgical Hospital in both the Ward and Post Anaesthetic Care areas along with undertaking the Nurse Educator role. Prior to this I was



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working in the Paediatric Unit at Waikato Hospital, on both the medical and surgical wards as well as the Nurse Educator for the unit. I have been nursing for many years (too many to mention!), have gained a great deal of valuable experience and continue to get a lot of satisfaction from my nursing profession.

It has been a few years since respiratory conditions were a part of my nursing practice, so I am refreshing my knowledge and definitely gaining a lot of new knowledge and valuable information that I can share with you.

I believe we are in a very fortunate position at Asthma Waikato. We have the time to provide specialist respiratory education to you in your own home or at the Asthma Centre if you prefer.

I am working part-time for Asthma Waikato which is a great balance between family life with two school age children (5 and 7 years) and part-time study. I look forward to being involved with you and your families and making a positive difference.

*Sara Hubbard-Read - Community Respiratory Nurse*

### Going, going but not gone

It is 12 years since I joined the Waikato Asthma Society (as it was known then). I had been working on the Children's Wards at Waikato Hospital and thought I knew quite a bit about asthma. The job of Asthma Nurse was new when I started and there was no job description. I shadowed Barbara Lawrence for a long while and generally tidied the office as there were very few clients for me to educate and I was desperately trying to improve what I now realised was very limited knowledge. Looking back, my first clients didn't get much of a deal and I continue to regret that.

Gradually I learnt and both my name and that of the Asthma Society became better known in the community. The referrals started to flow, but they were very seasonal and the workload was easily managed. That has now changed. We now get 3 or 4 times the referrals each month compared to what we used to and sometimes there is a delay until we can contact our clients.

I started to pick up Health Days and initially these were mainly with Plunket in outlying areas. Sometimes I was able to help a lot of people and other times only 1 or 2, but making a difference to even one person was well worth my time and it got our name out into the community. The highlight now is the annual Koroneihana (King's Coronation) at Ngaruawahia where I speak on average to about 40 people per day from all over New Zealand. I personally think Health Days are important as we see and help people in their own community. Just helping them to understand the importance of taking the preventer regularly can make a huge difference to most asthmatics.

I have thoroughly enjoyed working for Asthma Waikato whose whole structure has completely changed and become very professional and that has been very exciting. I love the autonomy of our nursing roles and always get a buzz when meeting new families and clients and working with different cultures. It's rewarding to see the look on your face when you finally understand the asthma process, what you need to do to gain control of the disease and just how simple that can be. Asthma Waikato's greatest strength in this topsy turvy world is having the time to spend with people, mostly in their own homes, listening to them and working out ways to make their lives easier and more fulfilling while living with a respiratory illness.

*"I also like to give praise to those who are taking their medication correctly and have control over their asthma"*

I have learnt and done so much while working here. Public Speaking, doing a fortnightly radio programme for Community Radio, travelling the greater Waikato, developing new education tools for both clients and staff, learning new computer skills, writing regular articles for AsthmaLink, training new staff, liaising with other health professionals, being involved with setting up a support network for other Respiratory Nurses and Educators at Asthma BOP, relocating the Asthma Centre with my family's help (5 times), helping to set up our new professional offices and finally being involved in developing the Sailor project where I knew nothing about ipads and apps!

All this has involved working and meeting with some amazing people and that overwhelming experience has had a huge impact on my life. Thank you for that wonderful opportunity. I am looking forward to retirement knowing that Asthma Waikato is in good hands and that those nurses who are following me are incredible ambassadors for respiratory health and will continue to reach out to all those who need the knowledge.



*Val Hollands - Community Respiratory Nurse with colleague Nurse Jolene and Sailor*

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At HRV, we want to make every Waikato home a healthy home, because a healthy environment means a healthy family.

An HRV Home Ventilation System produces fresh, filtered air, free of harmful allergens, pollen and dust mites – creating a healthier, drier home environment that allows asthma and allergy sufferers to breathe easier.

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WAIKATO



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[www.hrv.co.nz](http://www.hrv.co.nz)

Sailor's Big Bike Ride

# Come and meet Sailor the Pufferfish on his journey round the Waikato

asthmawaikato  
**PRESENTS**

  
**SAILOR'S  
BIG BIKE  
RIDE ROUND  
WAIKATO**  
2nd - 7th July

For more information or to donate to support Ian's quest, check out [www.asthmawaikato.co.nz/sailors-big-bike-ride](http://www.asthmawaikato.co.nz/sailors-big-bike-ride) or follow us on Facebook [www.facebook.com/asthma.waikato.nz](http://www.facebook.com/asthma.waikato.nz) or follow Ian on Facebook [www.facebook.com/TheGreatSailorBikeRide](http://www.facebook.com/TheGreatSailorBikeRide)



Check out when Sailor's visiting your town and come and say hello!

- |              |   |              |   |              |   |
|--------------|---|--------------|---|--------------|---|
| <b>DAY 1</b> | Teumarunui<br>Te Kuiti<br>Otorohanga<br>Te Awamutu      | <b>DAY 2</b> | Te Awamutu<br>Raglan<br>Ngaruawahia<br>Huntly             | <b>DAY 3</b> | Huntly<br>Te Kauwhata<br>Ngatea<br>Thames<br>Coromandel |
| <b>DAY 4</b> | Coromandel<br>Taipua<br>Whangamata<br>Waikato<br>Paeroa | <b>DAY 5</b> | Paeroa<br>Te Aroha<br>Morrinsville<br>Matamata<br>Tokoroa | <b>DAY 6</b> | Tokoroa<br>Cambridge<br>Hamilton                        |



Sailor will be supporting Community Pharmacist Ian McMichael in his quest to visit every pharmacy in the Waikato over 6 days by bicycle!

To support Sailor and Ian,

## PLEASE DONATE:

<http://www.fundraiseonline.co.nz/Sailors-Big-Bike-Ride> or post us a cheque to P O Box 7013, Hamilton 3247 or deposit to our bank account: 06 0313 0186176 02

Use your name as the reference

### Important Notices

#### 2012 AGM Notice

The Asthma Waikato 2012 AGM will be held:  
Date: Sunday 28th October.  
Time: 12.30pm  
Place: 92 Mansel Ave, Hillcrest

#### Membership

Asthma Waikato membership is now due for renewal for the year beginning 1 July 2012 because our financial year now ends 30 June.

# Winter Tips from Sailor



TM

**THE ASTHMA CHAMPION**

If you have an asthma attack, you may need to use your Blue inhaler for a few days and don't do any sport that week.

If you are getting lots of asthma over the winter, check that you're taking your preventer every morning and night. If you are not missing any, ask your Grown Up to take you back to the doctor because you may need a change in medication.

No asthma? Well done! Keep taking your preventer. It's working for you.

Remember your preventer is the medication that controls your asthma. It needs to be taken every morning and night to work well for you.

On cold frosty days, wear a scarf over your nose and mouth to keep the air going into your lungs nice and warm.

## Spacer Stickers

Sailor has stickers for your spacer.  
To get yours, contact Sailor at  
Asthma Waikato  
PO Box 7013, Hamilton East,  
Hamilton 3247  
Phone: 07 838 0851  
Email: sailor@sailorthePufferfish.co.nz



## Sailor Says

### FILL IN THE GAPS FOR SAILORS TIPS

1. If I have an asthma attack, I may need my \_\_\_\_\_ inhaler
2. I always take my \_\_\_\_\_ morning and night
3. I keep the air going into my lungs \_\_\_\_\_
4. I might need to go to a \_\_\_\_\_ if I am getting asthma  
AND I am taking my preventer

### WORDS TO USE

preventer    warm    doctor    blue

Post this to Sailor and go into the draw to be in one of Sailor's videos and to win some Sailor Goodies.



# Sailor out and about



Sailor congratulates Ian McMichael for wanting to do his Big Bike Ride Round Waikato



Sailor presents ipads to Te Kauwhata School, winners of the Dance for Asthma Competition



Sailor and his friend Ruben The Road Safety Bear



Sailor is coming to Taumarunui on 2nd July



Sailor loved meeting new friends at the opening of Parana Park



Sailor loved visiting Te Kuiti and he's coming back



Sailor and his friend Cody The Sunsmart Turtle



Hello Llama



Sailor and his friend Stan The Civil Defence Dog

Don't chase asthma symptoms  
with a blue inhaler.  
Seek control instead.<sup>1</sup>



If you're using your blue reliever inhaler more than twice a week, chances are your asthma is not as good as it could be.<sup>1</sup> Work with your doctor to help control your asthma.

**Seretide**<sup>®</sup>  
Fluticasone propionate/Salmeterol xinafoate



Ask about the purple inhaler – Seretide<sup>2,3</sup>



**References:** 1. Global Initiative for Asthma; *Global Strategy for Asthma Management and Prevention*. Updated 2009. 2. Woodcock AA et al. *Prim Care Respir J*. 2007;16(3):155-161. 3. Bateman ED et al. *Am J Respir Crit Care Med*. 2004;170:836-844

**Seretide**<sup>®</sup> (fluticasone propionate/salmeterol xinafoate; available as a 50/25 or 125/25 micrograms per actuation inhaler, or as a 100/50 or 250/50 micrograms per actuation *Accuhaler*<sup>®</sup>) is a **Prescription Medicine** for the treatment of reversible obstructive airway disease (ROAD) including asthma, and for the treatment of chronic obstructive pulmonary disease (COPD). **Seretide is a fully funded medicine; Special Authority criteria apply. Seretide 250/25 microgram inhaler is a private purchase medicine that you will need to pay for. Use strictly as directed.** *Seretide* is not for relief of acute symptoms. Always carry your reliever inhaler. **Do not discontinue Seretide abruptly. Tell your doctor if:** you are taking any other medicines or herbal remedies; you have pulmonary tuberculosis (TB), a thyroid problem or a heart problem; or you are having treatment for high blood pressure; **Side Effects may include:** 'shaky' feeling; headache; fast heart rate; irritation in the nose and throat. **If symptoms continue or you have side effects, see your doctor, pharmacist or health professional.** For more information, see *Seretide* Consumer Medicine Information at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Normal doctor's office visit fees apply. **Ask your doctor if Seretide is right for you.** *Seretide* and *Accuhaler* are registered trade marks of the GlaxoSmithKline group of companies. Marketed by GlaxoSmithKline NZ Limited, Auckland. TAPS NA4463-10SE  
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**What you need to know**

**Hyperventilation and asthma**

I have recently visited two children with asthma and noticed not only were they dealing with an asthma attack but also experiencing the symptoms of hyperventilation. **Hyperventilation can occur during asthma attacks for both children and adults.**

Since asthma makes it difficult to take deep breaths you may not always be able to recognise that your breathing has quickened. During an attack you may also feel anxious or frightened of not being able to breathe this can also make you breathe faster.

When you hyperventilate it means that you are breathing very rapidly. This interferes with your body's ability to get rid of carbon dioxide, which is normally expelled when you exhale. As the carbon dioxide level builds up, the symptoms of hyperventilation can appear for you.

*TIPS*

**It is important to be aware of the symptoms of hyperventilation which include:**

- **Numbness or tingling sensation in your mouth**
- **Mouth can feel dry**
- **Shortness of breath**
- **Dizziness**
- **Pins and needles in your hands**
- **Chest tightness or pain**
- **Anxiety**

**You might also experience a headache and muscle ache in your shoulders and lower back from breathing too hard and fast.**

**BREATHING CONTROL**

A good breathing technique to use is "Diaphragmatic breathing" also called "tummy breathing".

This is best done leaning back on a chair or lying down in bed.

- 1.** Place one hand on your stomach between your lower ribs and tummy button. The upper chest and shoulders should be relaxed.
- 2.** Breathe in through your nose. You should feel your stomach move out as you breathe in.
- 3.** Breathe out gently and slowly through your lips (pursed lips like you are breathing out through a straw), your stomach will move in as you breathe out.

This is a great way to concentrate on slowing your breathing in a relaxed way. So if you are having an asthma attack stop what you are doing, use your reliever medication, relax your shoulder and neck muscles and try the diaphragmatic breathing. If you practise doing this every day it can become automatic for when you really need it!



*Jolene Dalziel - Community Respiratory Nurse*

**Asthma Control Test for Children age 4-11 years**

In previous AsthmaLinks, we have published an Asthma Control Test (ACT) for adults. Over the years many initiatives have been developed to get everyone with asthma achieving the best quality of life for them. The problem we face is that so many of you think you are managing well, and don't realise you could be a lot better. In truth, from our perspective you may still have poorly controlled asthma. There still seems to be a misunderstanding too, of the importance of taking a preventer (inhaled corticosteroid=ICS) medication daily. Many of you stop taking this once you feel better and that is a big mistake. Your asthma control is often difficult for you to assess because often you think you feel alright. Take the Asthma Control Test and you may be surprised at the results.

*TIPS*

**Take the adult Asthma Control test (AsthmaLink March 2011) or take a look on [www.asthmawaikato.co.nz](http://www.asthmawaikato.co.nz) or contact Asthma Waikato for an appointment**

**Now this test has been adapted and revised for use with children age 4-11 years.**

*Barbara Lawrence - Community Respiratory Educator*

**What you need to know** *continued...*

**Asthma/COPD Support Groups**

Asthma Waikato facilitates an excellent Asthma/COPD Support Group in Hamilton as well as one in Thames. The Hamilton Group is ably co-ordinated by Shona Bramley and has a core group of around 25 hearty mature citizens.

*TIPS*

**The Hamilton support group meet once a week at 1pm on a Wednesday at the Beerescourt Bowling Pavilion, 68a Maeroa Rd.**

We cater for people with chronic asthma, emphysema and chronic bronchitis. Your spouse or partner is more than welcome to come along with you.

The meetings consist of a gentle exercise session led by Neil Brown, who manages to motivate the group enough to all be doing the same thing at the same time. One would think having a condition that made breathing a little bit of a challenge would mean quietness pervades but not here, there are many laughs and good natured comments.

Various health speakers are invited to attend from time to time to address subjects the group has indicated an interest in and I attend regularly to update and answer questions, (when I can get a word in!)

I tremendously enjoy my moments with this group and also with our other Support Group in Thames. I rejoice in the good humour, the gentle teasing and the quest for knowledge that our members display and urge any reader who has breathing problems to contact Asthma Waikato and give the group a go.

*Barbara Lawrence - Community Respiratory Educator*



**Controlling your asthma**

We are often contacted by people because someone in the family's asthma does not seem to be well controlled. Our first question is to ask what medication they have been prescribed and how and when they are using it.

We check to see if the medication is being used correctly – especially the preventer and we explain how important it is to protect the airways. Then we look at the dose of the preventer. Has the doctor prescribed enough? What signs and symptoms are evident and how much of the reliever is being used?

*TIPS*

**Remember if someone is using their reliever more than 3 times a week their asthma is not well controlled.**

Sometimes we notice that the asthmatic is on a very small dose of preventer – either adult or child. This is fine if there are no symptoms or if they are not using their reliever, but if they are then the dose needs to be adjusted. We discuss this with the client and encourage them to go back to the doctor and to talk over what may be a more therapeutic dose for them. Everyone is different, so what works for one child or adult in the family, may be totally different with another person.



*Control your asthma, keep active and have fun*

If the doctor does increase the preventer and there are still symptoms, then it may be time to introduce a combination inhaler containing a preventer and a symptom controller. These can work very well for a lot of people.

In most cases there is no need to carry on with the same old regime that may not be working for you and asthma is restricting your life. If this is you or someone in your family please contact us for advice or go back and talk to your doctor.

*Val Hollands- Community Respiratory Nurse*

# Do you have COPD?

Ask your doctor\*  
about **SPIRIVA**<sup>®</sup>

when your COPD symptoms  
impact everyday life because...

**LIFE  
CAN'T  
WAIT.**



So if you are currently using your reliever inhaler quite often, but still have COPD symptoms that impact your everyday life...

**Ask your doctor\* if SPIRIVA<sup>®</sup> is right for you!**

\*Normal Doctor's fees and pharmacy charges apply. SPIRIVA<sup>®</sup> is fully funded for COPD. Special Authority criteria apply.

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**Asthma Waikato Te Ha Ora Huango**


We gratefully acknowledge receipt of the following grants/financial support in the past twelve months:

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 Waikato Asthma & Respiratory Trust  
 WEL Energy Trust

Thank you for donations from:

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Asthma Waikato wishes to thank the generous support of the following businesses/Organisations - Please support them too

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Midlands Community Pharmacy Group	Warmup Waikato
Midlands Health Network	Web Health
Mrs Elizabeth Morine	Zeald

<http://www.fundraiseonline.co.nz/Sailors-Big-Bike-Ride>

**FREE Services available**

- \* Up to date information on respiratory conditions
- \* Comprehensive education at your place or ours
- \* Telephone respiratory advice - someone to talk to
- \* Information pamphlets
- \* Quarterly magazine - local and national
- \* Community based Respiratory Rehabilitation Programmes - conditions apply

**Gold coin donation please**

- \* Asthma and COPD Support Groups  
 Hamilton, Matamata, South Waikato and Thames

**Koha appreciated**

- \* Guest speakers for groups

**Other Services available**

- \* Spirometry testing (certified)
- \* Nebuliser hire
- \* Allergy relief bedding sales
- \* Practice Nurse asthma fundamentals course
- \* Community Health Worker training

**IF you are UNSURE about anything, ALWAYS ASK. Get an ASTHMA MANAGEMENT PLAN from either your FAMILY DOCTOR or LOCAL ASTHMA SOCIETY. It is best to ALWAYS BE PREPARED for any problems.**

**Asthma Waikato**

45 Pembroke Street, Hamilton Lake, Hamilton 3204.  
 9.00am to 5.00pm Monday to Friday  
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**Please complete this form and return to:** FREEPOST 209543  
 Asthma Waikato  
 Te Ha Ora Huango  
 P O Box 7013  
 Hamilton 3247

I am interested in becoming a member of Asthma Waikato  I am interested in supporting Asthma Waikato

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Last name First Name(s)

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Bank Account: National Bank Frankton 06 0313 0186176 00

**THANK YOU FOR HELPING US TO HELP PEOPLE AFFECTED BY RESPIRATORY CONDITIONS**