



Grand opening a great success



Mayor, Bob Simcock and Asthma Waikato's President, Andrew Fox officially open the new Asthma Waikato building on July 22, 2010.

"It is an honour and a privilege to showcase the new Asthma Waikato Centre."

Andrew Fox, President

"We are proud to be a partner with such a life changing organisation. Well done!"

*Don Judkins - Ambassador
The Lion Foundation*



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Better respiratory health for New Zealanders

Proud History



Back in the early 1970's, suffering because of asthma was incredibly high. Throughout New Zealand there were areas where information about asthma and support for families affected by it were not easily available to the public. The quality of life for people with asthma was pretty poor and the threat of dying from it was very real. Whilst other parts of the country were carrying out investigations and research on asthma, limited progress was being made here in the Waikato.

Mary Taylor, who lived in Auckland at that time, and a few local Hamiltonians namely Bev Henneker and Dr. Peter Rothwell, made the decision to change the situation. They called a public meeting which attracted forty people and the Waikato Asthma Society was subsequently formed. Mary was its first Chairperson. The Asthma Society's objective was (and still is) to provide education, advice and support to those with asthma and other related respiratory conditions.



Mary Taylor (R) travelled from Auckland to celebrate this significant milestone for Asthma Waikato. Shown here with Waikato Asthma Trust Chairperson, Janet Aldridge (L).



Bev Henneker (L), Founding Member Asthma Waikato, Asthma Waikato Trust and Peta Karalus (R), Trust Waikato Board Member and CEO K'aute Pasifika



Glenda Sullivan (L), Clinical Nurse Specialist – Respiratory, Waikato Hospital is a much appreciated mentor for Asthma Waikato Nurse Tracy, as well as great supporter of our Community Respiratory Rehabilitation programme. Ruth Rhodes (R) Senior Portfolio Manager, Waikato DHB.

Strong Future

Asthma Waikato is now poised to offer unprecedented and professional community based services to the Greater Waikato region and to Hamilton in particular. Our message is one of hope for those with asthma and respiratory conditions. Our future plans include a mobile service to rural areas, having regular workshops among the smaller towns in the Waikato and providing meaningful first world service to those in need. To help those one in four children who struggle to carry out the simple task of blowing up a balloon or running down a sports field; to helping the one in six adults who struggle through their lives not knowing that relief may be around the corner.

We have visions of providing a computerised knowledge centre within this building where people can drop in and get accurate and up to date information on asthma and its treatment, where researchers can make use of our facilities, our services and our resources, where we have enough operational staff to make a difference to the majority of those Waikato asthma sufferers.

Well these are great goals so how are we going to achieve them? We need support. (Please see back page)



M.C. Dr Peter Rothwell, Founding Member Asthma Waikato and Patron



David Hill (L) Waikato Asthma Trust and Rosemary Quax (R), AstraZeneca



Jaylene Barwick (L), Asthma Waikato Board Member and Director Nga Pae Amua and Anita Moke (R), Raukawa Trust



Shona Bramley, Asthma Waikato Board Member, QSM for services to asthma 2010 and Waikato Volunteer of the Year 2009 (L) with Trevor Robinson, Chairperson AsthmaLink Matamata (Asthma Waikato)

Sensitive Choice Programme

Asthma Waikato is highlighting the Sensitive Choice range, which helps people identify products that may reduce asthma and allergy triggers in their environment.

Daikin, HRV, Tory's Flooring and WarmUp Waikato are all Sensitive Choice partners. They all share Asthma Waikato's passion for helping people with asthma and respiratory conditions.



For more information about the Sensitive Choice programme visit www.asthmafoundation.org.nz/sensitive_choice.php

HRV Installed at Asthma Waikato



Amy Stewart owner of HRV Waikato (R), Andrei Matca (L) and Stephen Thompson (Middle) from HRV Waikato

Asthma Waikato, HRV Waikato and NRG Waikato are thrilled to announce a new partnership to help people with asthma. At the official opening Andrew Fox, Asthma Waikato President was delighted to announce that Amy Stewart, HRV Waikato had offered to install an HRV and LHZ stone store heating system in the new building. HRV is a Sensitive Choice product which circulates warm, filtered air, free from damp and pollutants through the rooms creating a warmer, drier, healthier environment. LHZ stone store heating are radiant heaters that are the 'perfect partners' with your HRV system. LHZ heaters are beautifully designed, safe, silent, and very energy efficient. They provide a comfortable, dry, radiant heat that creates a warm ambience. It is a complete home warmth network controlled through wireless remote control. They have a 12 year guarantee and no maintenance is required. Both HRV and LHZ are installed by NRG Waikato. Amy was keen to ensure that the staff, team and especially clients visiting the centre enjoy the benefits an HRV system provides.

"We were thrilled with the 'fit' between HRV Waikato and Asthma Waikato. Asthma Waikato's message about helping people with asthma and respiratory conditions is exactly the same as ours. We hope this is the beginning of a long term, strong relationship." Amy Stewart, Owner HRV Waikato

Vikki Blundell, Manager Asthma Waikato was impressed with the professionalism of the installation team with work at the centre hardly being disrupted. The difference the HRV and heating makes to the Centre is superb. "Our staffing team don't have to rug-up anymore and our asthma clients can now walk into a warm, safe Centre"



Asthma Waikato's Business Manager, Vikki Blundell presents a certificate of appreciation to Michael Ferry-Parker (electrician) and Terry Baylis (installer) from NRG Waikato

About Asthma Waikato

Asthma Waikato has been providing community based education services to those affected by respiratory conditions, including asthma, COPD and bronchiolitis, in the Waikato for 37 years. Asthma Waikato has just moved to bigger, better premises at 45 Pembroke Street which were officially opened by His Worship the Mayor, Bob Simcock on 22 July 2010.

Business Manager Vikki Blundell, says this strategic move will enable the team to meet the enormous demand in the Waikato for asthma and COPD education. This demand arises from New Zealand's high asthma rate (second after the UK) which affects 1 in 4 children and 1 in 6 adults. The Waikato DHB Health Needs Analysis (2008) states that over 90% of hospitalisations due to asthma were potentially avoidable. Barbara Lawrence, Respiratory Educator, says that if you or your child's asthma is well managed, you will not show any signs or symptoms of asthma; such as coughing, wheezing or being short of breath. Most children with asthma should be able to participate in full school life including sports – even up to the highest levels.



Hamilton Mayor Bob Simcock has his lung function tested (spirometry) with Asthma Waikato Educator Barbara Lawrence.

“Our education services are FREE so we encourage all those who want more knowledge about how to better manage their asthma or respiratory condition to call us and make an appointment” says Vikki. This year for the first time, Asthma Waikato is delivering a community based Respiratory Rehabilitation Programme for Waikato PHO clients who are unable to attend the Hospital based programme for a variety of reasons. Tracy Keelan, Respiratory Nurse, is proud to see the positive changes in her clients who have completed the programme as they are able to do more of the things they enjoy because they are no longer as breathless.

There is also a separate spirometry testing room where you can have your spirometry (lung function) tests done quickly and privately by our specially trained technicians. “The new location is more central, is on the Orbiter bus route and is just down from the hospital. We are close to other health professionals on Pembroke St, so people can come and see us after hospital and other medical appointments,” says Vikki.

We need your help

Partnerships – We are looking at affiliations, sponsorships or endorsements with commercial organisations. One only has to look at those organisations that have taken part in the Asthma Foundation's Sensitive Choice programme - very similar to the Heart Foundations “Tick” – on products which are Asthma friendly

Capital equipment/goods - We need to modernise our test equipment and we have plans to acquire a mobile asthma education vehicle. We are always looking for computers and items of furniture

Advertisers – Our Asthmalink newsletter – this informative document is packed full of vital hints, human interest stories and currently needs investment to allow us to reach more people

Website – We need to enter the world of the internet to provide people with ready access to information, to let them know that we are here to help

Business contracts – Many businesses and organisations could contract our services to carry out annual spirometry/lung function testing, asthma awareness and support for their staff

Operating costs – We need help to make our dollars stretch further. Financial assistance in the way of discounts or sponsorship for insurances, professional fees, petrol, asthma vehicle servicing, mobile phones and marketing for example would be greatly appreciated.

We need people like you to spread the word, to help us to help those that are suffering. If you think that you can assist us or you can put us in contact with someone who can help please talk to our Manager, Vikki Blundell or any member of the Board.



Call us on 07 838 0851 or visit:

The Asthma Centre

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