



# MEDWAY ASTHMA SELF HELP

## NEWSLETTER JULY 2022

### WELCOME TO THE MASH NEWSLETTER

There will be lots of welcomes in this edition of the MASH newsletter. First, a warm welcome to you. As we all swelter in record temperatures at the time of writing, I hope everyone is keeping well, particularly those of us who find that the heat can make life difficult. A welcome too, to our new coordinator, Kirsty Ferguson, who has taken over from Angela. Kirsty has got off to a flying start and will be a real asset to us. We also welcome two new trustees, Peter Burt and Wei Wei. Peter is an academic with expertise in air quality and Wei Wei is a public health professional who works in smoking cessation. They have already joined our trustees' meetings and contributed to our discussions. In this edition we tell you about our exciting collaboration with Medway Maritime Hospital in organising an asthma awareness day which was a great success and which we hope will become a regular fixture. And we are also searching for an additional part-time asthma nurse... I hope you enjoy our latest newsletter.

**Clive Johnson, Chair of Trustees**

### INTRODUCTION OF NEW MASH MEMBERS

#### COORDINATOR

##### KIRSTY FERGUSON

The last few months have seen the recruitment of a new Co-ordinator here at MASH. Kirsty joined us in March, taking over from Angela who had the extraordinary task of working thorough Covid. Kirsty has a background in childcare working her way up from an apprentice to a Senior Room Manager. She volunteers at her local Girl Guide Unit, which happens to be the same unit she attended when she was younger. Kirsty is very keen on helping people in the community that have asthma, along with their carers and the healthcare professionals that help them. So, if you see her around at our outreach events please come over and say hello.



## NEW TRUSTEES

We have also had 2 new members to our trustee board. Wei Wei and Peter have been busy in the background learning about all things MASH.



### PETER BURT

Peter Burt is a biometeorologist working at the University of Greenwich's Medway Campus. He has almost 40 years experience working on aspects of the airborne dispersal of pollen, spores and insects in the UK and overseas. He has also investigated atmospheric pollution dispersal in Medway and other parts of the Southeast of England. He has been a supporter of MASH since its inception and is delighted to have been appointed as a Trustee.

### Wei Wei

Wei has a background in Human Nutrition and previously worked for Kent Community Health NHS Foundation Trust. She has a particular interest in clinical nutrition and providing high quality nutrition support to patients in care home settings, community hospitals settings and in their own homes.

She is currently employed by Medway Council. She helps smokers to stop smoking and does NHS Health Checks for the clients. She has a passion for delivering high standards of care to clients who are willing to make changes to improve their quality of life.

She is pleased to have become a MASH trustee because the lifestyle changes can help asthmatics to manage symptoms better and she is able to empower them to make changes.



## MASH IS LOOKING FOR A LOCUM NURSE



As part of MASH's desire to expand beyond our Gillingham base for our regular clinics, we are seeking a part-time nurse who can step in when our regular nurse, Julie, is away, but who can also hold regular asthma clinics around Medway. We want to be able to serve people with asthma all around Medway. In exchange, MASH is willing to pay for the relevant Level 6 training for an asthma nurse. The commitment would be for a few hours a month. If you think this might suit you or someone you know, please contact us for further information, including a chat. We are very keen to hear from you. Further details, including the job description, can be found on our website.

# ASTHMA EDUCATIONAL EVENT

Monday 27th June saw our very first Asthma Educational Event, in partnership with Medway NHS Foundation Trust and the University of Kent. We are pleased to say it was a huge success. Many healthcare professionals came along to talk to our experts to help increase their knowledge around asthma. We also had many patients attend that helped to better their understanding of their condition. Many subjects were covered by a large team of volunteers from Medway Hospital, University of Kent, University of Greenwich, Medway Council, Medway Community Healthcare and Bedfont Scientific Ltd.

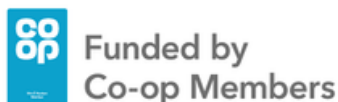


There were many information stalls including diagnosis of asthma for GPs and nurse practitioners, peak flow monitoring, lung function tests, summary of asthma guidelines, inhalers and correct inhaler techniques, personalised asthma action plans and when to refer to secondary care. We are planning on this event becoming an annual occurrence, and after some great feedback we have some exciting ideas in the pipeline. MASH had their own stall and spoke to many attendees, promoting their services to patients and healthcare professionals.



## SUPPORTED BY:

MASH is very grateful to have been supported by many amazing grant-making and fundraising organisations, including:



## MASH'S KIDS CORNER

For this edition of our newsletter, we have a summer themed puzzle for you. If you need support for your child's asthma, please get in touch.

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

Words to find :

Hot Air

Hydrate

Pollen

Stay Indoors

Summer

Stay Cool

Hot

Humid

Inhaler

Trigger

## DO YOU NEED HELP WITH YOUR ASTHMA?

MASH supports people and families affected by asthma in Medway. We aim to improve awareness and understanding of asthma, its triggers and treatment, and to empower people with asthma to selfmanage their condition. All of our services are free and open to all. Our asthma nurse can provide advice and support with asthma, discuss medications, asthma reviews and personalised asthma action plans. Letters containing the advice given and any recommendations are given to clients to forward to their GPs. At our Face To Face appointments we offer spirometry and FeNO testing for asthma diagnoses and monitoring, and airborne allergy testing.

## KEEP IN TOUCH . . . . .

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