

July 2023



NEWSLETTER

Medway Asthma Self Help



WELCOME TO THE MASH NEWSLETTER

Welcome to the latest MASH Newsletter. At the time of writing, the weather is not as summery as it has been in past years and I hope that means that those of us with asthma are managing reasonably well. It has been a busy few months since we were last in touch.

I am pleased to say that we have held our second MASH Educational Event with our partners, The University of Kent and the Respiratory Team at Medway Hospital. We are really keen to be able to spread the word about asthma's causes, impacts, aggravation and management and this event helps to build our contacts and get our message out throughout Medway among medical professionals, medical companies and residents. We continue our outreach work, too, with attendance at a number of locations and events throughout Medway meeting local people. Our recent quiz night was a great success, raising over £500 to support our work. Many thanks to those of you who supported the event and to Roko Health Club for hosting us. We have plans for a return of our popular Pamper Evenings, too.

My thanks go to our fantastic coordinator, Kirsty, who really makes things happen for MASH and to our brilliant asthma nurse, Julie, who runs our clinics. Our work would not be possible without our volunteers, so a big thank you to them, including our trustees, who are also volunteers. We really need volunteers to help our work continue and we need trustees to help us run MASH. If you think you could help us, please get in touch!

Clive Johnson, Chair of Trustees

Working to raise asthma awareness and knowledge for the people of Medway
131 Watling Street, Gillingham, Kent ME2 7YY - 01634 855844 -
admin@medwayasthmaselfhelp.co.uk



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Asthma Educational Event 2023

This year saw our second Asthma Educational event take place at the University of Kent. With experts from Medway Maritime Hospital, University of Kent, Bedfont Scientific Ltd, Medway Community Healthcare, Medway Council, Rainham Eco Hub and MASH we welcomed over 30 healthcare professionals and people and families dealing with asthma.



Dr Shanthi Paramothayan and Dr Surendra Singham gave some exceptional talks about adult and paediatric asthma. The slides from these presentations can be found on our website at <https://www.medwayasthmaselfhelp.co.uk/asthma-educational-event/>

There were many information stalls covering exercise in asthma, smoking and asthma, air quality, inhaler techniques, lung function testing and diagnosis of asthma in adults and children in primary care.

MASH was there to promote the free services we provide to everyone who came. We hope this annual event will continue to become bigger and better each year. If you would like to be kept up to date with events like this taking place, please visit our website at www.medwayasthmaselfhelp.co.uk to sign up to our mailing list.



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World Asthma Day May 2023

World Asthma Day is a day we get to shout about our services a little louder than normal, along with all our colleagues all over the world. This year we invited local companies and supporters to MASH to talk about asthma, triggers, treatment and local services. We were also honoured to welcome the Mayor of Medway Cllr Jan Aldous to mark our return to services at our base in Gillingham after moving online due to the pandemic and our time working from Medway Park.

During the event, we had the pleasure of receiving a £1000 donation from Gillingham Rotary Club. Members from the Rotary Club came along and presented our Chair of Trustees Clive with the cheque. We would like to thank the Rotary Club for their generous donation.



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Volunteering with MASH

Here at MASH, we are looking for some more volunteers, to add to our already brilliant team.

We have lots of exciting events and learning opportunities for you to take part in, whether you have 1 hour or 100 hours to spare. Volunteering allows you to be flexible, meaning you can do as much or as little as you want. Without the help of our supportive team, we would not be able to run our services as effectively and efficiently as we do.

Recently, our volunteers have helped cover our advice sessions, support our office with admin work, participate in outreach events and even run a local mascot race as Deano! It's always a fun time and is a good opportunity to meet with other people and learn about asthma issues.



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 self manage 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 diagnosis and monitoring and airborne allergy testing.

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Co-op Local Community Fund

Are you a Co-op member?

Have you chosen a local cause to support?

Did you know we are part of the Co-op Local Community Fund, until 21st October 2023. This means that if you have a Co-op membership you can select us as your cause and support us every time you shop.

When you buy Co-op products, 2p from each product will go towards your personal spending pot and another 2p will go towards the Local Community Fund. If you have chosen a cause, your donations will go directly to them, if you do not select a cause your money will sit in a pot and get divided up at the end of the year. Even Co-op bags count towards the local funds. Please help support us and select MASH as your cause!

To find us please go to <https://membership.coop.co.uk/causes/74790>



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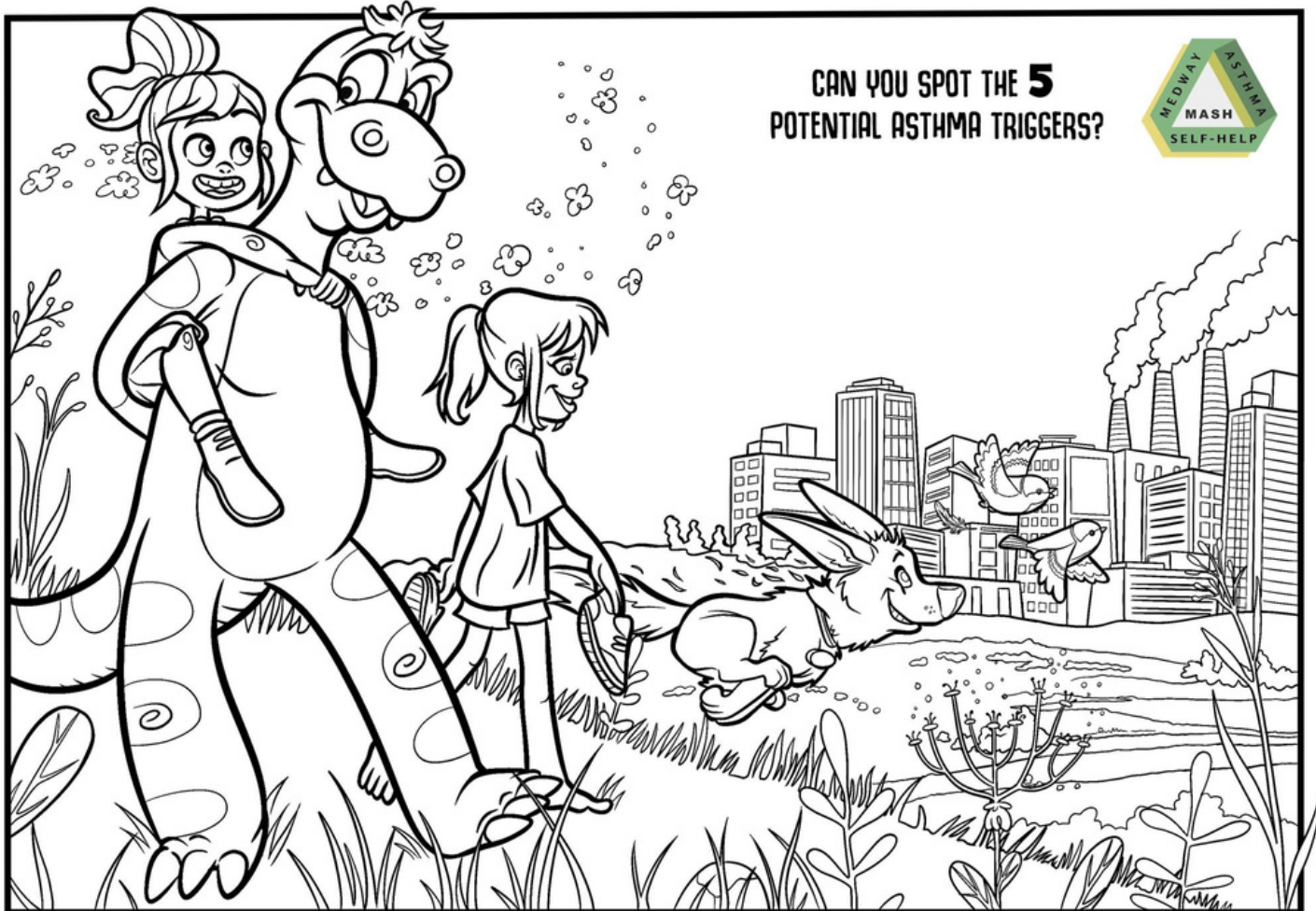
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MASH's Kids Corner



Keep In Touch

Telephone - 01634 855844

Email - admin@medwayasthmaselfhelp.co.uk

Facebook - @Medway.selfhelp

Twitter - @MedwayAsthma

Website - www.medwayasthmaselfhelp.co.uk

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