

COMPANY SECTION

11-15 YEAR OLDS

ACTIVITY PACK

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COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



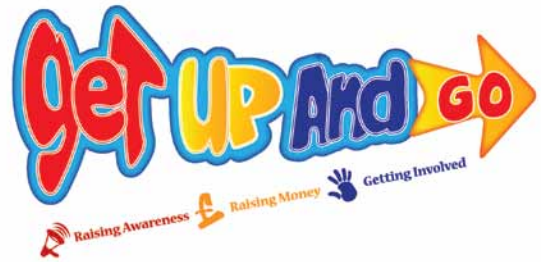
Emotions eg, stress



Some chemical fumes

GET UP AND GO

Get Up and Go is an exciting new initiative by The Boys' Brigade and three partner charities, including Asthma UK. Activity packs have been developed for all age groups to raise understanding and awareness of issues around asthma and encourage members to get involved and make a difference.



KICK ASTHMA HEROES CHALLENGE

Asthma UK is working with The Boys' Brigade to raise awareness of asthma and vital funds through the Kick Asthma Heroes Challenge.

There are over a million children in the UK with asthma and every 17 minutes a child is admitted to hospital due to their asthma. It is the most common long-term medical condition affecting children, so the chances are there is at least one person with asthma in every Boys' Brigade group. The Kick Asthma Heroes Challenge has been designed by Asthma UK to help young people gain a greater understanding about asthma, its triggers and treatments through taking part in the fun activities within this pack. Its aim is that knowledge about asthma will be passed on to future generations of The Boys' Brigade to improve the health and well-being of young people with asthma.

We really need your support so we hope that as many Boys' Brigade groups as possible will get involved in fundraising for Asthma UK. As a charity we rely on donations from the public for over 90% of our income. Within this pack you will find a variety of fundraising activities to help you on your way to organising a successful fundraising challenge. All of the money you raise will help us to continue our vital and potentially lifesaving work.

HOW CAN YOU TAKE PART

Taking part is simple.

- 1) Tell The Boys' Brigade that you are taking part through their website boys-brigade.org.uk/getupandgo or by calling 01442 231 681.
- 2) As a group, decide which activities you'd like to do from the four sections in this pack – Mind, Creativity, Body and Community.
- 3) Have fun learning about asthma and how you can help people affected by asthma.

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LEADER NOTES - ASTHMA AND INHALERS

WHAT IS ASTHMA?

No one knows what causes asthma. It's a condition that affects the airways – the small tubes that carry air in and out of the lungs. People with asthma have airways that are almost always red and sensitive (inflamed). Sometimes sticky mucus or phlegm builds up which can further narrow the airways, and they can also react badly when someone has a cold or other viral infection, or when they come into contact with an asthma trigger.

ASTHMA TREATMENTS

Although there is no cure for asthma, there are medicines that help to control asthma so that it doesn't interfere too much with daily life. The most typical medicine is taken through an inhaler. It is important to take asthma medicines properly and to ensure that a doctor or asthma nurse has explained how to use inhalers correctly so that every dose taken gives the most benefit.

There are two types of inhaler:

Reliever inhaler – these are usually blue. Reliever inhalers are needed when someone is experiencing asthma symptoms or having an asthma attack. The reliever inhalers are fast acting and work to relax the muscles around the airways, allowing the airways to widen and air to travel through them more easily.

Preventer inhaler – these are usually coloured brown or orange. Preventer inhalers help reduce the build up of mucus in the airways and are usually prescribed to be taken daily.

WHAT ARE ASTHMA TRIGGERS?

A trigger is anything that irritates the airways and causes the symptoms of asthma. Everyone's asthma is different and everyone will have different triggers, most have several. It is important that people with asthma get to know their own triggers and try to stay away from them or take precautions.

Common triggers include viral infections (colds and flu), house-dust mites, pollen, cigarette smoke, furry and feathery animals, exercise, outdoor air pollution, perfume and hairspray, laughter, excitement and stress.

ADVICE FOR AVOIDING TRIGGERS

Animals – If your family pet triggers your asthma and you are unable to re-home it, try to ensure it stays out of your bedroom and living room and is regularly bathed. Ask your vet for advice on how to do this if necessary.

Air pollution – If you find pollution triggers your asthma, keep well informed about air quality and try to avoid being in situations which are particularly smoky or where there are high levels of traffic pollution.

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LEADER NOTES - WHAT TO DO IN AN ASTHMA ATTACK

Ozone – can be a problem for some people. Levels are likely to be higher on hot summer days. If you think ozone might be a trigger for you, avoid exercising outdoors on these days, especially in the afternoon.

Exercise – you wouldn't guess, but David Beckham, Paula Radcliffe and Frank Lampard all have asthma, so exercise isn't bad for people with asthma, provided you have your asthma under control.

- Let the people you are exercising with know you have asthma.
- Increase your fitness gradually
- Always have your reliever inhaler with you when you exercise and if exercise triggers your asthma use your reliever inhaler immediately before you warm up
- If you have symptoms when you exercise, stop, take your reliever inhaler and wait until you feel better before starting again

House-dust mites

- Use complete barrier covering systems on your mattress, duvet and pillow
- Vacuum all areas frequently
- Ask someone else to vacuum while you stay out of the room
- Damp dust all surfaces
- Remove all soft toys from beds. Put soft toys into a bag in the freezer for a minimum of six hours every one to two weeks to kill the mites
- Wash sheets, duvet covers and pillowcases on a hot wash once a week
- Use a dehumidifier to dry the air as this makes it more difficult for the house-dust mites to survive

Pollen

- Look out for pollen counts, if high counts are forecast try to spend less time outside
- Do not stop children from playing outside, but be aware that a high pollen count could cause problems

Smoke

- If you smoke (or breathe in other people's smoke) you increase the risk of an asthma attack
- If you smoke as a teenager you increase the risk of your asthma persisting
- Don't be afraid to ask people to stop smoking around you

Thunderstorms – thunderstorms often release large amounts of pollen into the air so the best advice is to stay indoors during a storm.

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LEADER NOTES - TRIGGERS

WHAT HAPPENS WHEN SOMEONE HAS AN ASTHMA ATTACK?

When a person with asthma comes into contact with an asthma trigger that irritates their airways, the muscles around the airway walls tighten so the airways become narrower and breathing becomes more difficult. When having an asthma attack people cough, wheeze, experience tightness in the chest and shortness of breath.

WHAT TO DO IN AN ASTHMA ATTACK

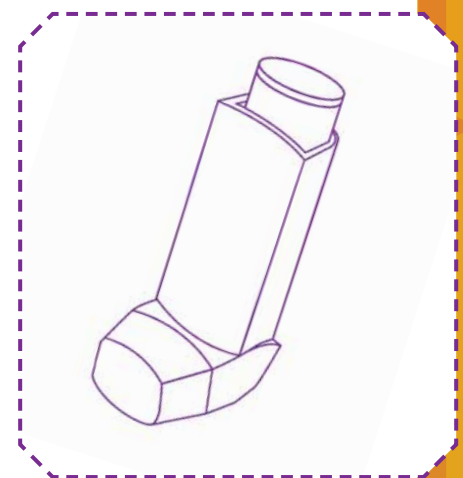
Having an asthma attack can be a very scary experience both for the person having the attack and the people around them. To reduce the danger to the person involved and the stress for everyone involved it is important to know what to do during an attack. If all 62,000 members of The Boys' Brigade knew what to do during an asthma attack, we're confident fewer children would need to go to hospital.

What you need to do during an asthma attack:

- 1) Make sure the person takes one to two puffs of their reliever inhaler (usually blue) immediately.
- 2) Get them to sit down and try to take slow steady breaths.
- 3) If they do not start to feel better make sure they continue to take two puffs of their reliever inhaler every two minutes. They can take up to ten puffs.
- 4) If they do not feel better after taking their inhaler as detailed in step 3, or if you are worried at any time, call 999.
- 5) If an ambulance does not arrive within 15 minutes repeat step 3 while you wait with them.

If the symptoms improve and you do not need to call 999, you should still make sure they see a doctor or asthma nurse within 24 hours.

Please note this asthma attack information is not designed for people using a Symbicort inhaler on the Symbicort SMART regime. If they are on the Symbicort SMART regime please make sure they speak to their doctor or asthma nurse about this.



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LEADER NOTES - ALL ABOUT ASTHMA UK

WHO WE ARE

Asthma UK is the charity dedicated to improving the health and well-being of over five million people in the UK who have asthma. We work with people with asthma, their carers and families; with schools, healthcare professionals and researchers. We fund research to help find a cure and improve treatments and support people with asthma by sharing expertise to reduce the impact of asthma on their lives.

Nearly all of Asthma UK's income comes from voluntary donations and we are always very grateful for support, whether it's those that campaign and volunteer for us or those who raise the money essential to our work.

Here are some of the services we provide:

ASTHMA UK ADVICELINE

We provide confidential advice and support through the Asthma UK Adviceline staffed by asthma nurse specialists who can answer your concerns and questions about asthma, 0800 121 62 44.

ASTHMA.ORG.UK

Our website is the most comprehensive source of independent information on asthma. We also have the kickasthma.org.uk website, specially created for children with asthma to understand more about their condition.

ASTHMA INFORMATION

We have a wide range of independent and up-to-date information about asthma for people with asthma and their families, healthcare professionals and other organisations with an interest in asthma. Resources are also available for schools and groups online at asthma.org.uk/publications or contact our Supporter Care Team on 0800 121 62 55.

RESEARCH

We fund research into all aspects of asthma, from scientific studies into the biology of our lungs through to the creation of new treatments and investigating its causes.

This is done through funding the work of two Asthma UK Professors, a number of studentships, a research fellow, and around 40–50 separate research projects led by scientists across the UK.

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CATCH YOUR BREATH

YOU WILL NEED

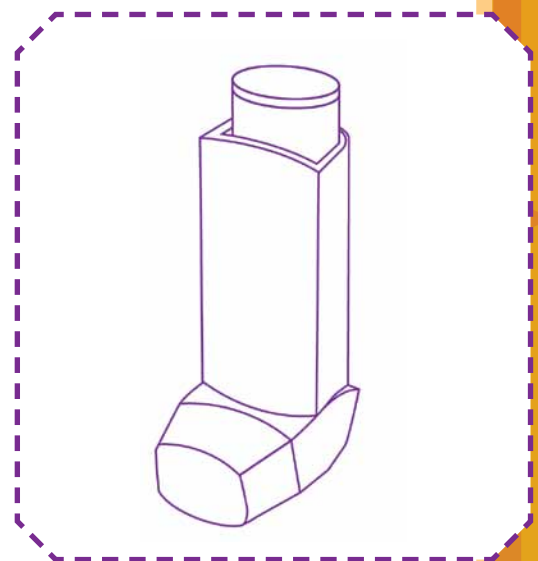
- A drinking straw for each Company Section member.

WHAT TO DO

- Sit in a circle with a straw.
- Take in a few deep breaths – then discuss where the air goes when we breathe in.
- Now, bring the straw to your lips and breathe through it for one minute – trying not to talk!
- Concentrate on breathing in and out.
- At the end of the minute talk about how it felt to breathe like this.
- If some Company Section members have found it easy then they should repeat for another minute, this time holding their nose so they are only breathing through the straw.
- Again, talk about how it felt. For most people, breathing feels difficult; this is because air is not easily getting into the lungs. This is similar to how it can feel if you are having a mild asthma attack.

LEARNING POINTS

- If you have an asthma attack you cannot get enough air into your lungs and it can feel like you are suffocating or as if there is an elephant sitting on your chest.
- If you are having an asthma attack it is important to stop, sit down and to immediately take your reliever inhaler which is usually blue.



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WHAT WOULD YOU DO?

YOU WILL NEED

- A photocopy of the activity instructions scenarios sheet for each group of four – six.
- A pen and paper for each group to make notes.

WHAT TO DO

You can do this activity in two ways:

Option one

- Take a copy of all the scenarios with suggested answers, and as a group, think about the situations and discuss which option you think is best in each case.
- Would that option be the easiest? Do you think people with asthma would always choose the best option? If not, why not? Can you think of an alternative option which might be better?
- After discussing your thoughts, each group can feed back to the whole group on their thoughts on one of the scenarios, or perhaps act out the scenario to the rest of the group showing the chosen outcome.

Option two

- Ask your Leader to give each group a scenario from the sheet, but without giving you any of the suggested options. As a group discuss the scenario and decide what you think would be the best thing to do.
- After about five minutes come together as a group, and each group can tell the whole group what their scenario was, and what you decided was the best course of action.
- After this the Leader can read out the suggested answers and then as a whole group discuss which you think is the best idea.

LEARNING POINTS

- This activity should help the whole group increase their awareness of asthma, and to think about some of the issues affecting people with asthma.



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COMMON TRIGGERS



WHAT WOULD YOU DO? ACTIVITY SHEET

In scenarios 1–3, you have asthma. In scenario 4, your friend has asthma.

1) Your friend has invited you to stay at his house but he has three cats. Cats can trigger your asthma. What would you do?

- Go, but hide in the toilet if you have an asthma attack.
- Go, but ask him to make sure the cats are never in the same room as you.
- Invite him to your house instead.

2) You have just started going out with a girl you really like, but her strong smelling perfume makes you feel wheezy. What would you do?

- Stop seeing the girl.
- Explain to her that strong smells make your asthma worse and ask her to avoid wearing that particular perfume next time you meet up.
- Buy her a less strong smelling perfume and ask her to wear it but don't explain why.

3) You are just about to start secondary school and have heard that in PE they do cross-country runs in the winter term. Both running and cold air make you wheezy. What would you do?

- Get your parents to write a letter to the PE teacher excusing you from cross-country lessons.
- Tell the PE teacher about your asthma and make sure you take a puff of your blue reliever inhaler before you start and whenever you feel wheezy during the lesson, and only run slowly at first.
- Ask the PE teacher if you could take part in the lesson another way, for example by helping to time the runners.

4) Your friend has asthma and you notice that he is getting wheezy a lot. You don't have asthma yourself and are worried that he might have an asthma attack and you wouldn't know what to do. What would you do?

- Talk to your friend and explain that you are worried. Encourage him to talk to his parents and doctor about his asthma and his medicines.
- Ignore your worries – it's his life and you don't want to seem bossy or make him feel uncomfortable.
- Find out what to do in an asthma attack by looking at Asthma UK's website, asthma.org.uk, also suggest that your friend carries an *Asthma Attack Card* with him and make sure you know where it is just in case.

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WHO WANTS TO BE A MILLION-AIR

YOU WILL NEED

- A questions sheet for the Leader.
- A photocopy of the asthma bank note for each group of four–six Company Section members (provided in this pack).

WHAT TO DO

- Ask each group to nominate an ‘asthma expert’ to take part, or they can choose to answer one question each.
- The Leader should ask each asthma expert in turn five multiple choice questions about asthma from their questions sheet.
- For each question they get right, the asthma expert wins 200,000 air points for their group.
- If the asthma expert doesn’t know the answer, they each have two lifelines. The first is to ‘Ask the Audience’: the rest of the group do a show of hands for the answer they think is correct, and the asthma expert can use this to help them choose their answer. The second is 50:50: the Leader takes away two wrong answers leaving two for the asthma expert to choose from.
- After each asthma expert has answered their set of five questions, the Leader should write the total air points on their asthma bank note and award it to the group.
- If you want to play the game again, you could write new questions about asthma using Asthma UK’s website, asthma.org.uk or the Kick Asthma website, kickasthma.org.uk and then challenge another group to answer your questions in a future meeting.

LEARNING POINTS

- This activity should help the whole group increase their awareness of asthma.
- If you want to develop your own questions for the future, you could choose to focus the questions on a particular topic such as asthma triggers to reinforce what the young people have already learnt about triggers.



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COMMON TRIGGERS



WHO WANTS TO BE A MILLION-AIR - 1

THE CORRECT ANSWERS ARE MARKED IN BOLD

SET 1

1) If someone with asthma starts to wheeze what should you do?

Give them a hug

Laugh at them

Leave them on their own

Help them to find their blue inhaler

2) Which one of these is not a trigger for asthma?

Pollen

Dust

Mobile phones

Cold weather

3) What is the proper name for a blue inhaler?

Helper inhaler

Reliever inhaler

Asthma attack inhaler

Useless inhaler

4) What does a preventer (brown/orange) inhaler do?

Nothing at all

Prevents the symptoms of asthma and reduces the swelling in the airways

Helps in an asthma attack

Means you don't have asthma anymore

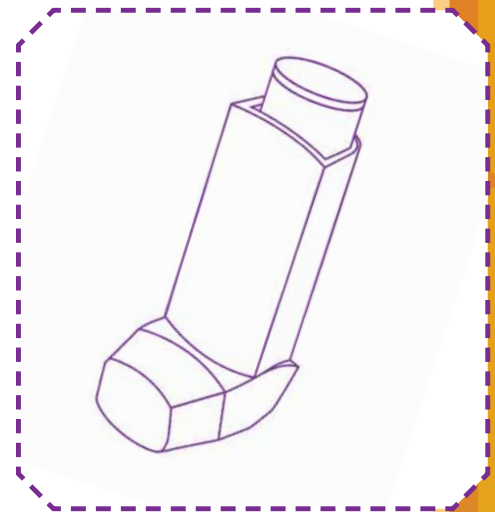
5) If you control your asthma well, which of these things can't you do?

Go out in cold weather

Be a famous actor

Run long distances

You can do anything



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WHO WANTS TO BE A MILLION-AIR - 2

SET 2

1) Which of these can be a trigger for asthma?

Homework

Using the internet

Talking

Hairspray

2) When you have asthma, one of the symptoms is:

Sneezing

Laughing

Coughing

Crying

3) If you saw your friend having an asthma attack, what is the usual colour of the inhaler that they should take?

Red

Green

Blue

Brown

4) On average, how many children are there with asthma in a class at school?

Ten

Two

Seven

One

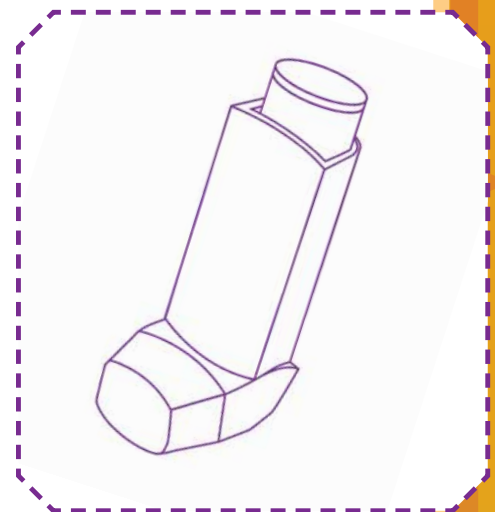
5) How can you remove dust mites living in your soft toys?

Leave out in fresh air

Put in the oven

Put in the freezer

Wash in the washing machine



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WHO WANTS TO BE A MILLION-AIR - 3

SET 3

1) If one of your friends with asthma starts to have difficulty breathing, which colour inhaler will help relieve their symptoms?

Blue

Brown

Purple

Green

2) How many children in the UK have asthma?

2 million

1.1 million

3.4 million

0.5 million

3) When you are out in the garden which of the following would not trigger your asthma:

Playing with your dog

Running a race

Smelling a flower

Eating sweets

4) Which of these is not a symptom of asthma?

Wheezing

Coughing

Tight chest

Sneezing

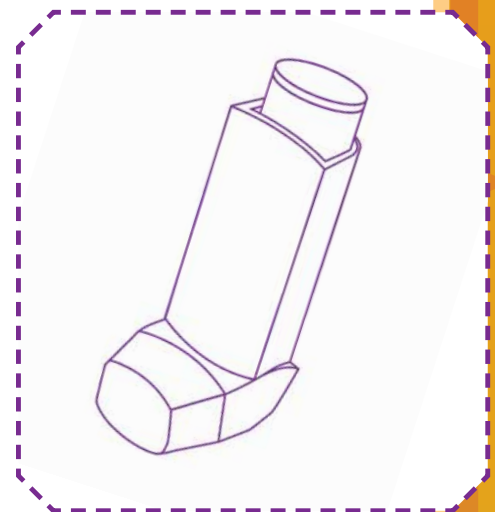
5) What should someone with asthma do if they are exercising?

Keep going even if they are struggling to breathe

Never do exercise because it's dangerous

Always have a blue inhaler nearby

Not tell anyone they have asthma



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WHO WANTS TO BE A MILLION-AIR - 4

SET 4

1) What colour inhaler should you use in an asthma attack?

Brown

Blue

Green

Yellow

2) Which of these is an asthma trigger?

Art lessons

Deodorant

Playing cards

Sleeping

3) During an attack, it is important NOT to

Lie down

Stand up

Use your inhaler

Loosen your tie/collar

4) What happens to airways during an asthma attack?

Get bigger

Get smaller

Turn blue

Fill with water

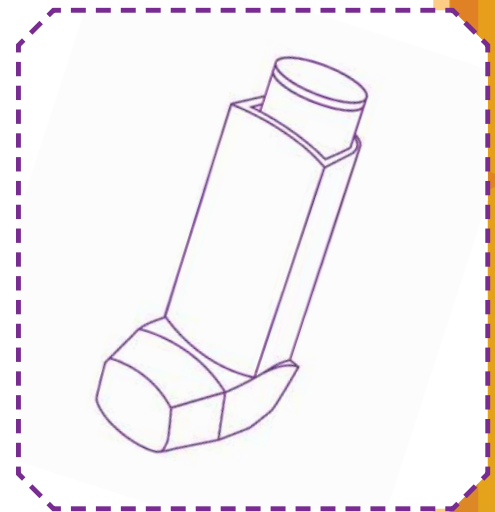
5) What does the preventer inhaler (usually brown) do?

Stops an asthma attack

Helps you digest food

Stops you coughing

Prevents the symptoms of asthma and reduces the swelling in the airways



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TRUE OR FALSE

YOU WILL NEED

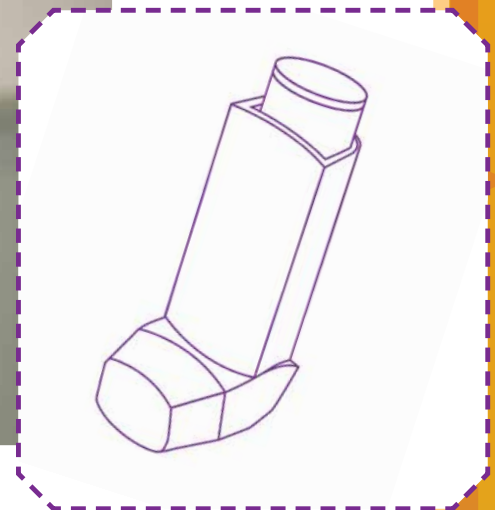
- A large, safe area to run or walk around in.
- The Leader will need the true or false activity instruction sheet included in this pack.

WHAT TO DO

- Before playing, decide on one side of the room to be 'true', and one side of the room to be 'false'.
- All members should stand in the middle of the room and the Leader will read out statements about asthma from the activity instruction sheet.
- The members should then decide whether they think the statement is true or false, and run, walk or point to that side of the room.
- The Leader will then reveal the correct answer. The game can be played so that everyone then goes back to the middle and takes part with all the questions, or alternatively that everyone who gets a question wrong is out, and the members who stay in the longest are the winners.
- Alternatively, all members could sit in groups of four–six and discuss each statement and vote as a group.

LEARNING POINTS

- This activity should help strengthen the Company Section members' overall understanding of asthma.



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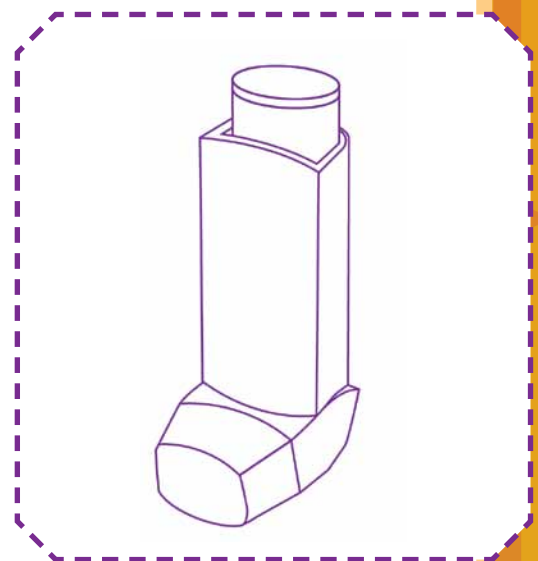


Some chemical fumes



TRUE OR FALSE STATEMENTS - ACTIVITY SHEET

- People with asthma shouldn't do PE – **False**
- There are over 5 million people with asthma in the UK – **True**
- People with asthma should keep a reliever inhaler (usually blue) with them all the time – **True**
- If you have asthma, any children you have will have asthma as well – **False**
- If you wear deodorant it could trigger someone's asthma – **True**
- Some children with asthma have to put their soft toy in the freezer once a week to kill off dust mites – **True**
- Half of all children have asthma – **False**
- Twenty percent of the 2004 British Olympic Team have asthma – **True**
- Laughing or crying can trigger some people's asthma – **True**
- You can catch asthma from kissing someone who has it – **False**
- When people control their asthma well, they should be able to do everything that someone who doesn't have asthma can do – **True**
- A child with asthma is admitted to hospital every five minutes in the UK – **False** (it is every 17 minutes)
- There is no cure for asthma – **True**



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LET'S MAKE AN AIRWAY

YOU WILL NEED

- Cardboard for each member to roll into a tube.
- Cotton wool.
- Sticky tape.
- At least three elastic bands per Company Section member.

WHAT TO DO

- Before making the airway, all the Company Section members should take a deep breath in. Discuss that when we breathe in, the air travels through our airways into our lungs.
- Each Company Section member should take their piece of card and roll it into a tube, sticking it in place with tape – this represents an airway. For someone without asthma, the airway is clear, like the tube at the moment, so air can easily pass through into the lungs.
- Take the cotton wool and stuff it inside the tube. Explain that the airways of someone with asthma can be inflamed and have mucus in them. The cotton wool represents the mucus.
- If you look through the tube now, air can still get through it, but it is harder.
- Now, imagine that the person with asthma comes into contact with a trigger. The muscles around the airway tighten up, squashing the airways. Take the elastic bands and wrap them tightly around the tube until it is squashed.
- Now look through the tube – it would be very difficult for air to pass through the airway now – this is what happens in an asthma attack.
- The first thing to do if someone has an asthma attack is to give them their reliever inhaler (usually blue) – this loosens the muscles around the airways. So, remove the elastic bands now. Your airway is clearer, and it should be possible to breathe through it again.
- Most people with asthma should take a preventer inhaler (brown/orange) every day to reduce the swelling in the airway. If this is taken regularly, it should prevent asthma symptoms like mucus – so, pull the cotton wool out of your airway.
- You should now have a clear airway again – so if people with asthma are careful with taking their inhalers when they are supposed to, they too can have clear airways and breathe easily most of the time.

LEARNING POINTS

- The activity explores what happens in the airways when someone has asthma.
- The activity shows the difference between the airways of a person with and without asthma.

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FLAPJACK RECIPE

Baking with flour can be a trigger for some people with asthma, so here is a fun, flour-free flapjack recipe for your group to use. Why not make some flapjacks and then sell them at your meetings to raise money for Asthma UK.

INGREDIENTS

- 75g of butter or margarine
- 50 – 75g light brown sugar
- 1 tablespoon of golden syrup
- 175g of porridge oats

INSTRUCTIONS

- Prepare an 18cm square sandwich tin by either greasing it with butter or margarine, or by lining it with baking paper.
- Preheat your oven to 180°C or 350°F or gas mark 4.
- Put the butter or margarine, sugar and golden syrup into a saucepan and stir over a low heat until it has all melted.
- Take off the heat and add the porridge oats and blend thoroughly.
- Spoon the mixture into the baking tin and press it down to the edges.
- Place the baking tin in the centre of the preheated oven for 25 minutes or until the flapjack is an even golden brown colour.
- Mark the flapjack into fingers with a blunt knife whilst warm.
- Allow the flapjacks to become almost cold in the tin before removing.
- Remove the flapjacks and place them on a plate or in a cake tin or storage box.

WARNING Before using this recipe, please check for allergies to any of the ingredients or for any specific dietary requirements.

Always behave sensibly and carefully when in the kitchen, paying special attention when heating items in a saucepan, or when using the oven.

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Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



Emotions eg, stress



Some chemical fumes



DESIGN A WORLD ASTHMA DAY POSTER

World Asthma Day is the first Tuesday of May and we are calling on all Company Section members to get involved and help us spread the word about this very important day by designing a poster. World Asthma Day is a perfect opportunity for us to increase the public's understanding of asthma and how serious it can be. Once designed, display the poster in the school hall, doctor's surgery or anywhere where it will be seen by lots of people.

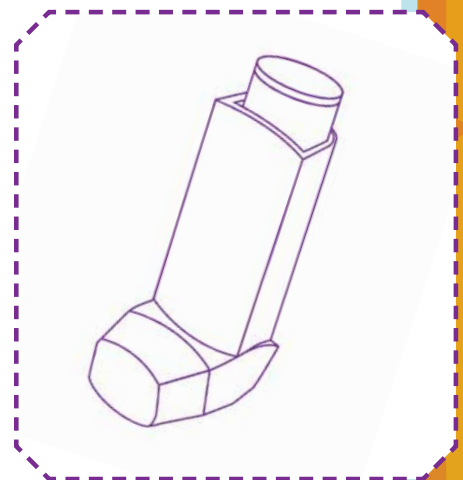
WHAT TO CONSIDER WHEN DESIGNING THE POSTER

- Where will it be displayed?
- Who is the poster aimed at?
- What size is best?
- What do you want people to learn from it?
- What colours are best? The Asthma UK colours are purple and green but the brighter the poster, the more eye catching it will be.
- Will it be designed using a computer?

INFORMATION TO INCLUDE ON THE POSTER

- The date of World Asthma Day
- A couple of statistics about asthma
- The Asthma UK website – asthma.org.uk
- The number for the Asthma UK Adviceline 0800 121 62 44
- Pictures

Posters are a fantastic way to grab people's attention so why not design more than one? There are over five million people in the UK with asthma so the more posters designed, the more people will see them!



COMMON TRIGGERS



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SWAP THE TRIGGER

YOU WILL NEED

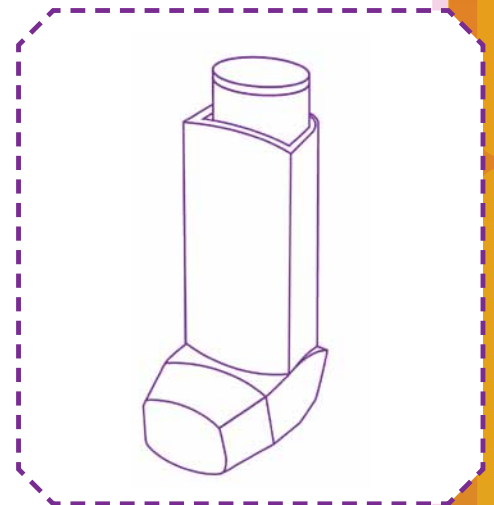
- A parachute or large sheet (optional).

WHAT TO DO

- With the Company Section members standing in a circle, walk around giving each one of the following triggers: pets, deodorant, cigarette smoke, exercise, cold air, or dust. Ensure that at least three or four people are given each trigger.
- If you don't have a parachute or sheet, then one Company Section member should stand in the middle of the circle. They must try and catch the others as they swap places. If they are caught as they swap places, then they are out.
- Spread the parachute/sheet out in the middle of the circle, with the members holding a section each.
- As the parachute/sheet is thrown up, the Leader should call out one of the triggers, and members with that trigger should swap places underneath the parachute/sheet before it falls.
- Anyone who does not find a place before the parachute/sheet lands is out.
- If you call out 'asthma attack', all members must try to swap places.
- When there are fewer people left with each trigger, the Leader can call out more than one trigger at a time.
- Repeat until a winner is declared!

LEARNING POINTS

- This activity should be done after triggers have been explained and understood.
- The activity should help you to remember the various different asthma triggers.



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STUCK IN THE MUCUS

YOU WILL NEED

- Pens and a piece of paper for each group.
- Space to run/walk around in.
- Teams of four – six.

WHAT TO DO

- Each team picks a time of day this could be waking up, being at school, playtime/break or at the Boys' Brigade meeting after school.
- Each team should think of two asthma triggers that might be around at this time of day and could cause someone to have an asthma attack. They then need to write the time of day, and the two triggers on their piece of paper.
- Place the pieces of paper on the floor going clockwise from morning through to evening with each piece of paper pointing to a corner.
- Get together again and choose eight people to become the eight listed triggers, these Company Section members then go to the corner of the room that their paper points to.
- Up to four members should be chosen to be 'blue inhalers'. The rest of the members will 'have asthma'.
- The members with asthma have to run/walk between each corner in the order of the day and the 'triggers' will try to catch them.
- The members with asthma who are caught are 'stuck in the mucus' until a 'blue inhaler' frees them to continue their journey through the day.
- The game finishes when all the members have made it safely to 'The Boys' Brigade' at the end of the day.

LEARNING POINTS

- If someone has asthma they need to think about what triggers it and how they can try to avoid triggers at different times of the day and in different places.
- The game shows that if someone does have an asthma attack, then they need to take their blue inhaler to help them get back to normal and carry on with their day.
- NB If you have a smaller group, adapt the number of triggers/inhalers as necessary.



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COMMON TRIGGERS



TALKING ABOUT ASTHMA

In this pack there have been lots of activities to help Company Section members understand more about asthma – from what it is to how to control it.

Asthma UK would like to see as many Company Section members as possible share what they have learnt with the people around them such as family members, friends from school or people at church. We hope that each member can spend three to four minutes explaining a little bit about asthma whether it is to their family, in a school assembly or telling their friends at break time.

Below is a guide for what sort of things to cover which we hope all Company Section members will find useful.

What is asthma?

What are asthma triggers?

What are signs of an asthma attack?

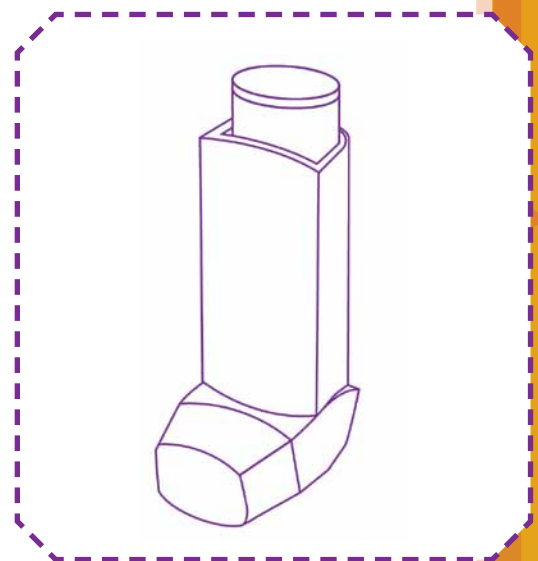
What to do in an asthma attack?

Asthma treatments

Statistics about asthma

Remember when presenting this information on asthma make it as inventive, creative, interesting and accessible as possible.

For further information on asthma please visit asthma.org.uk or contact us at community.org.uk or on 020 7786 4996.



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FUNDRAISE FOR ASTHMA UK

The work of Asthma UK is hugely important, however in order to continue delivering our promise to support people with asthma we need to raise funds. We hope that Company Section members will rally round and fundraise for us.

David Beckham, Frank Lampard and Paul Scholes all have asthma so why not have a sponsored 'keepy-uppy' event and get friends and family to sponsor you for every time you keep the ball up.

Alternatively, Carol Vorderman also has asthma so perhaps split into teams within your Company Section group and have a maths challenge at one meeting. There could be a small fee to take part in the challenge and the winner can be presented with a certificate.

You could also do one of the following:

- Jumble sale
- Bake sale
- Party
- Raffle
- Kick Asthma mini-marathon
- Other sponsored events

There are plenty of ways to fundraise and the above suggestions are only ideas. If you think of other fun and exciting ways to fundraise then go for it!

When putting on a fundraising event there are a number of things to consider, we have listed a few below.

- How many people will be involved?
- Where will it take place?
- When will it take place?
- How will it be advertised?
- How much do you hope to raise?
- Can you apply gift aid to the fundraising?
- Do you need insurance?
- Do you need to do a risk assessment?

To order a fundraising pack which is full of tips, hints and ideas please email us at community@asthma.org.uk or call us on 020 7786 4996.

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PUTTING ASTHMA IN THE LIMELIGHT

Putting Asthma in the Limelight is Asthma UK's national fundraising week and takes place in the first week of May to coincide with World Asthma Day.

It is a time to raise awareness and funds for Asthma UK so we can continue with our vital work. In 2010 we raised £40,000, and we hope to increase this every year. This is why we're asking The Boy's Brigade to help. You can fundraise in any way you like from holding a cake sale and dressing up in lime, through to organising a talent show or taking part in a sponsored event.

If you would like more information about Putting Asthma in the Limelight please contact us at limelight@asthma.org.uk or on 020 7786 4996.

KICK ASTHMA MINI-MARATHON

The Kick Asthma mini-marathon is a mass participation event and we are challenging your Company Section group to work together to cover the distance of a marathon – a whole 26.2 miles – in any way you choose! This can be done in one day or over a period of time.

What sort of activities can you do?

We encourage you to be as creative as possible when thinking of how you would like to complete your mini-marathon but to get you started here are a few ideas:

- Running
- Walking
- Dribbling a football
- Swimming

Please make sure you think about your safety at all times!

WHY TAKE PART?

By taking part in the Kick Asthma mini-marathon you will use a number of skills such as teamwork, decision making and using your imagination. You will also help us to raise awareness of asthma amongst your local community and raise funds so that we can continue with our vital work.

HOW TO REGISTER

To order one of our Kick Asthma mini-marathon packs please visit asthma.org.uk/minimarathon. Once you have filled in the online form we will send you out your pack complete with materials order form, sponsorship forms and much more.

For more information about the Kick Asthma mini-marathon please contact us at mini-marathon@asthma.org.uk or on 020 7786 4996.

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