

# Advice for people with asthma in Northern Ireland on swine flu protection

Asthma UK's team of clinical experts is offering important advice on how people with asthma in Northern Ireland can help protect themselves against swine flu now and into the autumn. Asthma affects 1 in 10 people in Northern Ireland and there are more than 1,500 hospital admissions due to the condition every year.

Use your preventer inhaler - Adults and children with asthma in Northern Ireland are no more likely to contract swine flu than the rest of the population, but if they do get the virus, they could become unwell if their condition is not well-managed. It's therefore vital that people with asthma ensure that they use their preventer inhaler (usually morning and evening), if they have been prescribed one. Cher Piddock, Clinical Lead at Asthma UK, says: 'Some people with asthma stop using their preventer medicine as they don't feel any

immediate benefit, but it's actually the most important medicine that you can use to prevent an asthma attack. Preventer medicine controls the swelling and inflammation in the airways and stops them from being so sensitive, but the protective effect builds up over a period of time so you need to take it every day, even when you're feeling well.'

Ensure that you don't run out of your inhalers - Mike Thomas, GP and Chief Medical Adviser to Asthma UK, says: 'All the medicines that you have been prescribed are vital to keep your condition under control, so it's essential that you're organised and make sure you have a good supply.'

Refer to your personal asthma action plan - If you have a plan, refer to it regularly, as it provides details of all your asthma medicines and tells you what steps to take

if your asthma gets worse, and what to do in an emergency. People with a plan are four times less likely to need hospital treatment for their asthma so, if you don't have one, speak to your GP or asthma nurse for more information.

Try to lead a healthy lifestyle - Keeping active and eating a healthy, balanced diet are important ways to keep asthma under control. Exercise can help to improve lung function and help with the management of asthma symptoms - studies have shown that people who exercise regularly seem to cope better with their asthma symptoms and have less need for their reliever inhaler. Diet also plays a key role, according to Cher Piddock: 'Eating plenty of fruit and vegetables can help boost the immune system and help ward off colds and flu.'

For more information, visit Asthma UK's website [www.asthma.org.uk](http://www.asthma.org.uk), or call the Asthma UK Adviceline on 0800 121 62 44. If you think you may have swine flu, you should stay at home and contact your GP or the Northern Ireland helpline on 0800 0514 142 which operates daily from 8am-8pm.

**St John Ambulance**



## RECRUITMENT DAY

Saturday 5 September

Jennymount Methodist Church,  
North Queen Street

**We are looking for people who are willing to train to become a Public Duty First Aider**

You will need to commit to several weeks of initial training and assessment.

**THIS IS NOT JUST A FIRST AID COURSE !**

**You can find out more at one of our Information Sessions at 2.30pm, 4.30pm, 6.30pm on Saturday 5 September**

Please bring a passport photo and names and addresses of two people who can provide references for you. You will also need other personal information, such as your next of kin.

**OVER 18's ONLY**

To confirm your attendance, call

**07523 869 205**



**Public Consultation Events  
August - September, 2009**

**Local Policing Plan for West Belfast**

The District Commander for West Belfast is charged each year with producing a Local Policing Plan for the area. This plan sets out the proposed arrangements for the policing of the area, with identified policing priorities, which have been determined in conjunction with your relevant District Policing Partnership. Members of the West Belfast District Policing Partnership wish to extend an invitation to members of the public to participate in the following consultation events in order that you can be provided with an opportunity to shape and influence strategic Policing priorities in West Belfast for the forthcoming year.

The following consultation evenings will be held during August - September:

Wednesday 19 August, 7pm  
Falls Leisure Centre,  
15 - 17 Falls Road,

Wednesday 26 August, 7pm  
Highfield Community Centre,  
High Green

Wednesday 2 September, 7pm  
Whiterock Community Centre,  
Whiterock Road

Wednesday 9 September, 7pm  
Glen Community Centre,  
2 Carrigart Avenue

Belfast District Policing Partnership  
Adelaide Exchange  
24-26 Adelaide Street  
BELFAST BT2 8GD

E-mail: [dpp@belfastcity.gov.uk](mailto:dpp@belfastcity.gov.uk)  
Telephone: 028 9027 0684  
Textphone: 028 9027 0405

## FRIENDS OF



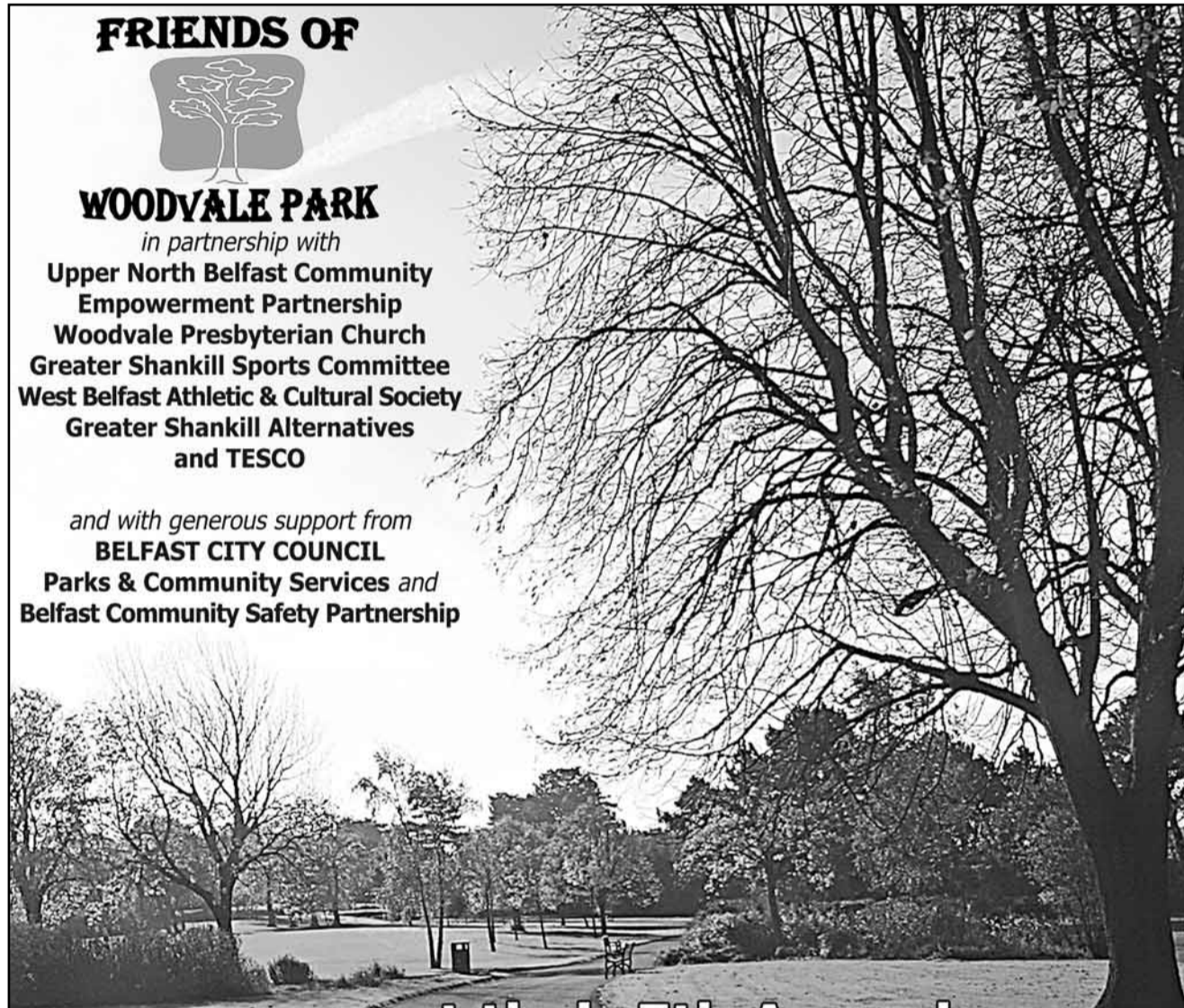
## WOODVALE PARK

*in partnership with*

**Upper North Belfast Community Empowerment Partnership  
Woodvale Presbyterian Church  
Greater Shankill Sports Committee  
West Belfast Athletic & Cultural Society  
Greater Shankill Alternatives and TESCO**

*and with generous support from*

**BELFAST CITY COUNCIL  
Parks & Community Services and  
Belfast Community Safety Partnership**



# present their 5th Annual LATE SUMMER FUN DAY in Woodvale Park Wednesday 26th August, 12 - 4 pm

**Fair Play Football Tournament  
Penalty Shoot-Out Competition  
PRIZES TO BE WON!**

**Hip Hop Workshop  
Chinese Calligraphy and Lantern-Making  
African Drum and Dance Workshop**

**Shankill Drumming Club  
Ballisillan Highland Dancers  
plus LIVE MUSIC throughout the day**

**Ulster Wildlife Trust Activity Tables  
Ark Farm PETTING ZOO  
TACT Interactive Wildlife Displays  
NI Fire & Rescue Service Mobile Display Appliance**

**Bouncy Castle  
30 ft Slide \* Bungee Run  
MECHANICAL BULL \* CRAZY GOLF  
Kiddies' Roundabout \* Toy Town Train**

**Scout Activities such as Archery, Grass Sledging, and Crate Climbing**

**Face Painters \* Arts & Crafts \* Tuck Shop  
Burgers, Ice Cream, and other Refreshments**

**HOURLY PRIZE DRAWS  
for free passes to  
Belfast Zoo \* The O Zone \* Movie House  
Cinemas (Dublin Road / Yorkgate / Glengormley)**

**THIS EVENT IS FREE OF CHARGE!**

**For further information contact Jennie 90326980 or Kim 90351548**