

# SENIORS SECTION

15-18 YEAR OLDS

ACTIVITY PACK

# CONTENTS

Introduction to the challenge	p1
<hr/>	
<b>Leader notes</b>	<b>p2-5</b>
Asthma and inhalers	p2
What to do in an asthma attack	p3
All about Asthma UK	p5
<hr/>	
<b>Activity sheets</b>	<b>p6-15</b>
<b>MIND</b>	
Asthma & its effects	p6-7
Asthma & research	p8
The great big asthma quiz	p9
The roll of charities	p10
Talking about asthma	p11
<b>COMMUNITY</b>	
Telling the world about World Asthma Day	p12
Fundraise for Asthma UK	p13-15

## COMMON TRIGGERS



Colds and flu



Exercise



Cigarette smoke



Pollen



House-dust mite



Fur and feathers



Pollution



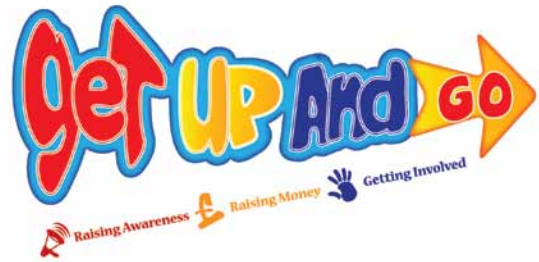
Emotions eg, stress



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](http://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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## COMMON TRIGGERS



# 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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## COMMON TRIGGERS

# 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

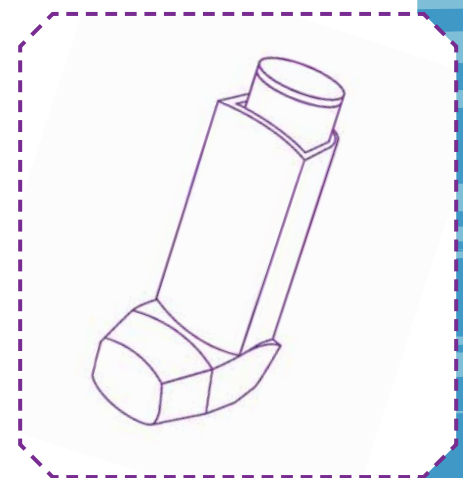
Having an asthma attack can be a very scary experience both for the person having the attack and the people around them. To reduce the danger to the person involved and the stress for everyone involved it is important to know what to do during an attack. If all 62,000 members of The Boys' Brigade knew 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](http://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. You can order resources we've developed for schools and groups online at [asthma.org.uk/publications](http://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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## ASTHMA & ITS EFFECTS

**Asthma is not always seen as a serious condition that can have life threatening consequences. Every 17 minutes someone is admitted to hospital because of their asthma, and three people die from the condition each day in the UK.**

People with asthma can neglect their condition by forgetting to take their inhalers or choosing not to. Children and young people sometimes don't use their inhalers because they don't want to draw attention to themselves or be seen as different. Currently in the UK 75% of hospital admissions and 90% of asthma-related deaths are preventable and we hope that by raising awareness of asthma, The Boys' Brigade can help us to decrease these figures.

We would like to encourage Senior Section members to do some research on asthma by seeing how it can, and does, affect people and their lives. Once the research has been done in teams of three or more you can discuss how asthma affects people. A few suggestions of areas to consider are listed below:

**How does asthma affect a person's health?**

**How does it affect their family life/school/work/relationships?**

**How does asthma affect children?**

**How does asthma affect adults?**

**How does asthma affect a parent of a child with asthma?**

**What can be done to minimise the effects?**

**What are your perceptions of asthma? Have they changed since you've been involved in the Get Up and Go Project?**

**What do you think are the perceptions towards asthma by the general public?**

**How do you think perceptions of asthma could affect someone with asthma?**

Put yourself in their shoes

After having these initial discussions we suggest that Senior Section members imagine that they are the following people and explore how they would feel.

**A child with asthma**

**An adult with asthma**

**Someone newly diagnosed with asthma**

**A parent of a child with asthma**

We hope that by looking at the reality of living with asthma Senior Section members will have a greater understanding of how serious it can be and why it's important that this is understood.

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## SEVERE ASTHMA

There are over five million people in the UK with asthma and of them, 250,000 people have been diagnosed with severe asthma. Many of these are children and young people. People who have severe asthma have to take high doses of a long list of medicines with harmful side effects. Even then, many have difficulty breathing almost all the time, as well as serious asthma attacks needing hospital stays.

Unfortunately severe asthma is not fully understood so we are working hard to increase awareness and hope The Boys' Brigade will help us with this.

We are encouraging all Senior Section members to do some research on severe asthma and try to answer the following questions.

**What is severe asthma?**

**What are some of the consequences of having severe asthma?**

**What are current treatments of severe asthma?**

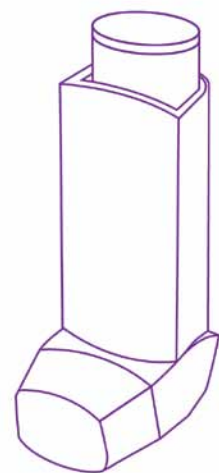
**What are the side effects of these treatments?**

**What is the *Fighting for Breath* report produced by Asthma UK?**

**What research is currently being carried out on severe asthma?**

After doing this research we hope that Senior Section members will have a greater understanding of what severe asthma is and how it can affect an individual's life. We hope that this knowledge will be spread on to friends at school, family members and so on.

For more information on severe asthma please visit [asthma.org.uk](http://asthma.org.uk)



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## ASTHMA & RESEARCH

There is currently no cure for asthma, although there are some fantastic treatments which enable most people to live a life free from its effects. Unfortunately there are still 250,000 people with severe asthma for whom current treatments don't work. Scientists are working very hard to get a greater understanding of what causes asthma and how it may be cured.

In groups of three or more we would like Senior Section members to discuss the issues surrounding medical research. We have listed a few ideas to start your discussions.

**What areas of research are there? eg medical, epidemiological, sociological.**

**What do we hope to get out of research?**

**What are the ethical impacts of research?**

**What are the different views concerning animal testing for research?**

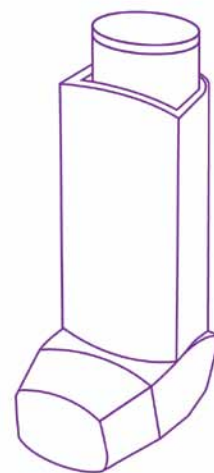
**What are some of the results we have had from medical research?**

Medical research is a complex issue and many people have very strong opinions on it.

Try to ensure you look at all sides of the argument and be as balanced as you can.

Present your findings and views back in one of your meetings and support open discussions in a Q&A session to be held after the presentation.

For more information about the research Asthma UK does please visit [asthma.org.uk/research](http://asthma.org.uk/research)



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## THE GREAT BIG ASTHMA QUIZ!

We are encouraging Senior Section members to do their own research into asthma and then create a quiz which can be played by friends at school, family members or people at church.

How the quiz is developed is up to the individual or teams of Senior Section members; the more creative the better.

### THINGS TO CONSIDER

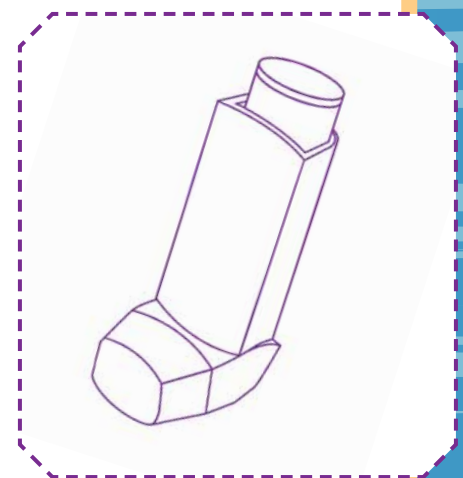
- Is it a quiz that individuals can take part in or is it best in teams?
- How big should the teams be?
- How will the questions be asked/answered? On paper or will it be interactive?
- Will the questions be multiple choice?
- How many rounds will there be?
- Where will it be taking place?
- Are there prizes?

### BELOW ARE A FEW SUGGESTIONS ABOUT POSSIBLE ROUNDS

- What are asthma triggers?
- What to do in an asthma attack?
- Asthma in numbers (a statistics round)
- Famous people with asthma
- True or False – statements about asthma

A quiz is a fun way to test people's knowledge of asthma. Make sure that you give the contestants the correct answers at the end so you can ensure that they have the right information about asthma.

For more information on asthma please visit [asthma.org.uk](http://asthma.org.uk) or contact us at [community@asthma.org.uk](mailto:community@asthma.org.uk)



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## THE ROLE OF CHARITIES

There are around 162,000 charities in the UK, all of which have different purposes, size and income. Some charities are household names and others are much smaller, some are international, some are national and some local. In order to be registered as a charity an organisation has to prove to the charity regulator that they work 'for the public benefit'.

Asthma UK is the charity dedicated to improving the health and well-being of the 5.4 million people in the UK whose lives are affected by asthma. We work together with people with asthma, health professionals and researchers to develop and share expertise to help people increase their understanding and reduce the effect of asthma on their lives. Our vision is 'Control over asthma today, freedom from asthma tomorrow'.

In this project Asthma UK are encouraging Senior Section members to look at charities and evaluate what role they play. We have listed a few examples of what sort of issues to look at.

- What sort of charities are there? Try to list 8–10 different types
- What work do charities do?
- Should charities be regulated?
- Are charities important?
- Can you think of five charity campaigns you have seen over the last year?
- How can the public support charities?
- Where can you get information about charities?
- Has anyone in your group ever supported a charity? If so, how?
- Is there anything that would stop you from supporting a charity?
- Should there be charities or should the government do this work?
- Do you think the recent recession has affected charities? If so, how?
- What do you think the public perception of charities is?
- What are the different ways charities raise money?

For more information on Asthma UK please visit [asthma.org.uk](http://asthma.org.uk) or contact us at [community@asthma.org.uk](mailto:community@asthma.org.uk) or on 020 7786 4996.



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### COMMON TRIGGERS





## TALKING ABOUT ASTHMA

**Asthma UK works hard to promote a greater understanding of what asthma is, how it can be controlled and what to do in an asthma attack. This is at the very centre of all we do and it would be fantastic if the Senior Section can help us with our work. We are asking all members to write and deliver a five minute presentation about asthma to inform those around them. This presentation can take place at school, church or anywhere that would be suitable. Please remember to ask permission if necessary.**

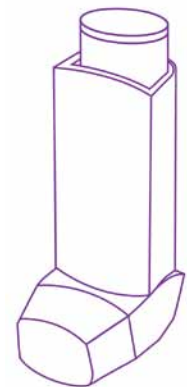
The presentation style is completely up to the individual member of the Senior Section and we activity encourage creativity, originality and inventiveness when developing the presentation.

Things to include in the presentation:

- Describe what asthma is
- Name at least five triggers
- How we currently treat asthma
- The signs of an asthma attack
- What to do in an asthma attack
- Some general statistics about asthma

By delivering a presentation on asthma Senior Section members will increase their own knowledge of asthma whilst informing people around them who may not know as much about asthma. They will also become more confident in public speaking, develop their research skills and practice working to a deadline.

For further information on asthma please visit [asthma.org.uk](http://asthma.org.uk) or contact us at [community@asthma.org.uk](mailto:community@asthma.org.uk) or on 020 7786 4996.



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## TELLING THE WORLD ABOUT WORLD ASTHMA DAY

**World Asthma Day is on the first Tuesday in May so for 2011 it's May 5. We would like Senior Section members to create a marketing strategy to promote World Asthma Day to help us raise awareness of asthma. The strategy can be devised either in groups or by individuals and we hope you will implement them in the lead up to World Asthma Day.**

There are many ways to promote World Asthma Day including the below:

- Doing a presentation (please see the Talking about Asthma sheet)
- Emailing your friends & family
- Updating your Facebook, MySpace, Bebo, Twitter page
- Holding an assembly at school
- Displaying Asthma UK literature in local schools, doctors' surgeries, shops etc
- Putting an article in the school, The Boys' Brigade or church newsletter.

This list is by no means comprehensive so it's up to the members to try to think of other ways to promote World Asthma Day.

When developing the strategy it is important to consider the following things:

- What are the key messages?
- Who are the people (audiences) that should be targeted?
- How will these people (audiences) be targeted?
- Are there any costs involved?
- Is permission needed? eg putting posters up in public spaces
- What is the best way to monitor and evaluate the strategy?

There will be many other aspects to consider as the strategy develops which will enable Senior Section members to use their intuitive, be adaptable and also practice their evaluation skills.

We envisaged that by developing and implementing these strategies there will be a greater awareness of World Asthma Day around the UK. World Asthma Day coincides with the Asthma UK national fundraising week Putting Asthma in the Limelight. If you would like more information about Putting Asthma in the Limelight please contact us at [limelight@asthma.org.uk](mailto:limelight@asthma.org.uk) or on 020 7786 4996.



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### COMMON TRIGGERS



## 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 Senior 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 Senior 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
- 5K run
- 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 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](mailto:community@asthma.org.uk) or call us on 020 7786 4996. As well as organising your own fundraising event we are always looking for volunteers to help us at our events – if you're interested in this then let us know!

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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](mailto:limelight@asthma.org.uk) or on 020 7786 4996.

## ORGANISE A 5K RUN!

Asthma UK is challenging members of the Senior Section to organise and participate in a sponsored 5K run. This challenge will provide the opportunity to develop a number of important skills including: working in a team, project management, time management, using initiative & decision making.

There are many things to consider when organising an event like this so we have listed a few below.

- Where will it take place?
- What is the route?
- How many people will take part?
- How will it be advertised?
- Is there an entry fee?
- Are there age restrictions?
- Do you need sponsorship forms?
- How will the money raised be collected and given to your Leader?
- What are the Health & Safety implications?

## HEALTH & SAFETY

The well-being of everyone involved in the event, from those organising it to those taking part is of paramount importance. We strongly advise that a comprehensive risk assessment is undertaken before any event to minimise the chance of injury or accident.

## FUNDRAISING MATERIALS

To order fundraising materials such as sponsorship forms, posters and ribbon which is great for finishing lines contact us at [community@asthma.org.uk](mailto:community@asthma.org.uk) or on 020 7786 4996.



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## COMMON TRIGGERS



## FUNDS RAISED

Any funds that are raised through this event are to be given to the Leader who will send them on to the Boy's Brigade head office who will forward them on to Asthma UK. The funds will help Asthma UK with our vital, and often life-saving, work for people with asthma. Please make any cheques payable to Asthma UK.

## VOLUNTEER FOR ASTHMA UK

Asthma UK relies on volunteers to help promote our messages and continue with our work. We are always looking for more volunteers to help us with our work and we hope that this is something members of the Senior Section would like to get involved with.

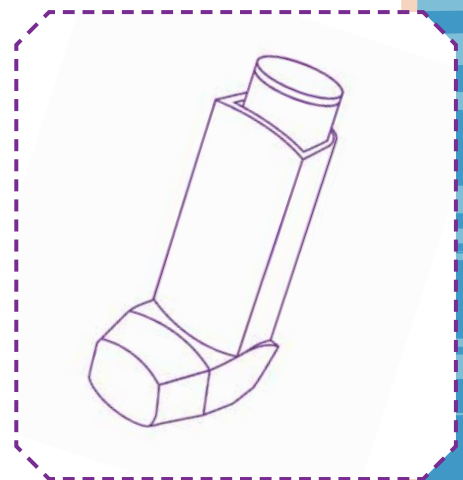
## WHAT KIND OF VOLUNTEERS DO WE NEED?

- People with asthma who would like to be case studies and talk to the media
- People to help at events such as the London Marathon or the Great North Run
- People with asthma to join the Youth Forum/Black and minority ethnic forum
- Office based volunteers
- People to fundraise for us

## WHAT ARE THE BENEFITS OF VOLUNTEERING?

- New experiences
- Meeting new people
- Increased confidence
- Developing new skills
- Feeling good about making a difference
- Getting to go to events you wouldn't normally go to
- Something to add to your CV

If you would like to know more about the volunteering opportunities at Asthma UK please contact us at [community@asthma.org.uk](mailto:community@asthma.org.uk) or on 020 7886 4996.



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