



AsthmaWA



2018-2019 Annual Report



OUR VISION

Helping West Australians breathe better

OUR MISSION

Leading the education and empowerment of West Australians to take control of their respiratory health

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OUR VALUES

Respect

We strive to show a deep respect for human beings inside and outside our organisation, and the communities in which they live. We consider other's needs, wants and feelings, and value their individual skills, abilities and knowledge.

Integrity

We are honest, open, ethical and fair. People trust us to adhere to our word.

Collaboration

We will collaborate internally and externally to achieve the best possible outcome for people with asthma in Western Australia.

Commitment

We are genuine in our passion to inspire others to make a difference.

Excellence

We are committed to excellence at all levels of our organisation. We always adhere to best practice principles and aspire to be at the forefront of respiratory health.



PRESIDENT'S REPORT

The year 2018-2019 has been a period of transition and growth as we continually seek to improve and expand our services to best meet the diverse needs of people living with asthma and chronic obstructive pulmonary disease (COPD) in our community.

2018 marked the beginning of a new era for Asthma WA as we launched our new Strategic Plan, guiding our organisation on a journey of excellence and growth over the next five years. Our commitment to serving people in Western Australia living with asthma and COPD is unwavering as we put the spotlight back onto our purpose and reshape the values to which we operate.

Our Asthma WA 2018-2023 Strategic Plan is focused on:

1. Delivering excellent, consumer focused services
2. Developing a high-performing, values-driven workforce
3. Establishing a secure and sustainable future

In January, we were delighted to appoint Donna Rendell as our new Chief Executive Officer. With more than 13 years in fundraising and the not-for-profit sector, Donna will be driving our organisation to achieve its strategic vision. Over her first six months, Donna has worked tirelessly to recruit a strong community engagement team and develop a robust fundraising and marketing strategy that will underpin the organisational objectives.

In 2018 we held the inaugural Long Lunch for Asthma. Although the event was enjoyed by all, the resources required to deliver a high calibre event like the Long Lunch against the return on investment, meant it simply wasn't viable for us to run the event again in 2019. Our focus for the next two years will be on our core mission and developing a strategy to sustain and expand our health services. Engaging with our community is a priority for Asthma WA and we look forward to sharing our future plans with you.

I would also like to take this opportunity to thank my fellow directors for their ongoing dedication and contribution to the strategic direction and development of Asthma WA. I would like to extend my gratitude to fellow Board Member, Steve Mummery, for leading the organisation as acting CEO prior to Donna's appointment. I would also like to specifically thank Cathal Smith, who has worked tirelessly as President of Asthma WA over the last year and Lisa Viska and David McKenna who have served on the Board for the past 10 years and are retiring from the Board of Asthma WA at this year's annual general meeting.

For 55 years, Asthma WA has been proud to work closely with the community of Western Australia to build awareness of asthma and COPD, and empower people living with or caring for someone with the conditions to live their best life possible. It is with sincere gratitude that I thank our dedicated staff who have worked tirelessly and meaningfully over the last year to support people right across our vast State. Our frontline health services team has been backed by an enthusiastic administration team along with a number of long-serving volunteers. On behalf of the Board, I thank every member of our Asthma WA team. Your support and commitment is invaluable.



Chris Bath
President, Asthma WA
CA, MAICD

CHIEF EXECUTIVE OFFICER'S REPORT

It has been an exciting time to join the Asthma WA family; working with a wonderful team of passionate and professional Respiratory Health Educators and support staff and witnessing the very real impact the organisation has right across Western Australia.

The ongoing support and funding from both the State and Commonwealth Governments demonstrates their steadfast trust and confidence in our services. The continued funding allows us to deliver our vital services and education to people and organisations in our community whether they be living with asthma and/or COPD, know someone who does, or work in the field of respiratory health.

We continue to enjoy a positive and strong relationship with the WA Department of Health and WA Primary Health Alliance, as a result of many years of collaboration and consultation. It is through their support that we have been able to over-deliver on our targets this year and further expand our services into regional and rural Western Australia.

We also continue to work closely with Asthma Australia, delivering services into WA on their behalf to ensure people with asthma receive consistent services across the country.

Here at Asthma WA, we also believe strongly in the importance of consumer-focussed service planning and are endeavouring to provide services that matter to our clients in the manner that best suits their individual need. In June 2019 we developed our first consumer survey to gather insights from people who have accessed our services. This has provided us with valuable feedback on our performance and areas for improvement and is an important guide for our new Strategic Plan and future service design. We will continue to engage with our service users and the wider community through ongoing surveys and requests for feedback, as well as the establishment of a new consumer advisory committee to further direct our service provision.

As in previous years, this year we have continued to receive demand for support during prescribed burns season with a clear cry out from the public to be alerted to potential smoke events that may affect people with respiratory conditions. Over the last 18 months, we have been working closely with the Department of Fire and Emergency, Bureau of Meteorology, Department of Biodiversity, Conservation and Attractions, Department of Health and Department of Water and Environmental Regulation to conceptualise what an early warning system might look like. We are delighted to have been awarded a grant from the State Emergency Management Committee and Commonwealth Government to fund a pilot project that will see the Asthma Alert go live early in 2020, initially through email, media and social media channels.

Going forward my focus will be on identifying opportunities to expand our services through new partnerships, regular consumer engagement, and innovative approaches to service delivery. We will continuously strive to meet the evolving needs of the asthma and COPD community and pursue opportunities to build a solid foundation for a sustainable future for Asthma WA.

Our achievements are only possible thanks to the incredible support we receive from our funders and the WA community. We are also blessed to have such dedicated staff and volunteers who are very committed to our work, and a wonderful President and Board who guide and support the organisation. THANK YOU to you all!



Donna Rendell
Chief Executive Officer, Asthma WA

HEALTH SERVICES REPORT

2018-2019 has been a year of consolidation and forward planning for the health services team, with another successful year providing asthma education and support to people in Western Australia.

This year our small team supported 5,104 people through asthma education across the State, covering the physiology of asthma, individual triggers (which differ for everyone), treatment options, mechanism of medications and device use, and emergency asthma management.

Education sessions to individuals, families and health professionals were held in our West Perth office, as well as outreach locations around Perth; Armadale, Maddington, Mandurah, Warnbro, Hilton, Baldivis, Morley, Midland, Darch, Joondalup or via our telehealth service for those living in regional WA .

We were delighted to provide upskilling opportunities for 1,084 health professionals along with education sessions and resources to a variety of community groups including schools, prisons, aged care, workplaces, sports clubs, childcare centres and regional respiratory support groups.

Over the course of the year we continued to enjoy close working relationships with the health care sector. Many of our referrals come from hospitals following a person's discharge after an asthma attack or through GPs and other allied health professionals. However, people can also self-refer simply by calling 1800 ASTHMA.

We continue to see a cross-over with asthma and COPD, with clients sharing a number of symptoms. Currently we are funded by WA Primary Health Alliance to provide support to regional COPD clients as part of our telehealth service, however with the increase in the incidences of COPD, we hope to expand this into the metropolitan area in the future.

Over the course of the year, we held 125 workshops where we were able to work with targeted groups to develop their understanding and capabilities in asthma management and tailor the sessions to their specific skills and needs. These sessions were held across a range of locations throughout metropolitan Perth and regional WA, with positive responses received from participants.



Our Respiratory Health Educators visiting Divine Family Health Centre, Glen Iris

Regional and remote WA

Asthma WA provides education and support to regional and remote WA through our telehealth service – funded by WA Primary Health Alliance and the WA Department of Health – supporting clients with asthma and COPD.



In 2018-2019 we delivered 179 individual telehealth sessions with the number increasing each year.

Telehealth (via videoconferencing) as a method of service delivery allows Asthma WA to provide cost-effective and timely education and support across the entire State, ensuring everyone can access our services no matter where they reside.

Given the size our State, telehealth is an essential part of our service delivery. However, we recognise that face-to-face interactions provide many additional benefits. With more funding, we aim to increase our community visits to better understand area specific challenges and establish stronger referral processes.

Professional development via telehealth also continues to grow steadily. This reflects a keen interest amongst health care professionals outside of the metropolitan area to learn more about the condition of asthma and COPD. It is also evidenced that people living in regional and remote areas of Australia are more likely to experience asthma-related illnesses. Recognising it is often difficult for health professionals to coordinate their own skills development around client appointments, there is a great need to develop an online learning platform where sessions may be recorded and made available for viewing at a later stage, as well as a location for resources and communication between agencies.

In the meantime, further engagement around the benefits and accessibility of the telehealth service to GPs, pharmacies and allied health in regional WA, will enable more people to utilise our services from their own communities rather than travel to the metropolitan area.



Government of Western Australia
Department of Health

Lung Function Testing

Over the last 12 months, Asthma WA has teamed up with Respiratory Testing Services - a mobile lung function testing service, who provide bulk-billed testing from our offices in West Perth and other locations across the metropolitan area. This service reduces the pressure on GPs and practice nurses and is a positive step in expanding our service provision options.

Our increased engagement with GPs throughout the metropolitan area has also opened up new opportunities to upskill practice nurses.



Lung function testing

Education in schools

Children and young people with asthma need a variety of support to help them to better manage their asthma symptoms and decrease the risk of a life-threatening asthma attack. It is important to educate their parents, carers, teachers and other care givers so they understand the condition and are able to assist in an asthma emergency.



1,979
SCHOOL STAFF
educated in asthma first aid
and management

While there is no formal legislative requirement for schools to undertake specific asthma education outside of basic first aid training, we continue to work with Asthma Australia and the Education Department to develop a national policy in this area.

Until this is developed, we will continue to provide face-to-face asthma education to schools throughout WA, providing the opportunity to explore a range of factors whilst on location. These include the location of medications and establishing action plans for asthma emergencies when in the playground where medications and equipment might be some distance away. Teachers are also able to openly share their personal experiences with colleagues and delve deeper into issues specific to their school environment.

To further assist in the delivery of asthma education into schools, we are also exploring how sessions may also form part of our telehealth services into regional and remote WA.

Activ8 for Asthma

Being active can make an enormous difference to children with asthma, helping them to stay fit, maintain a healthy weight and strengthen their breathing muscles to help their lungs work better.

Through the generous support of Channel 7 Telethon, Asthma WA has developed a free education program for sports coaches. This program is provided by both online and in face-to-face workshops. Coaches gain the knowledge, skills and confidence to better identify the signs of asthma, and techniques on how to support a player with asthma so they can reach their full potential.

In its first year, more than 200 coaches participated in the training from a wide range of sports and disciplines including netball, basketball, tennis, football and many others.



more than
200 COACHES TRAINED
through our online
Activ8 for Asthma
program



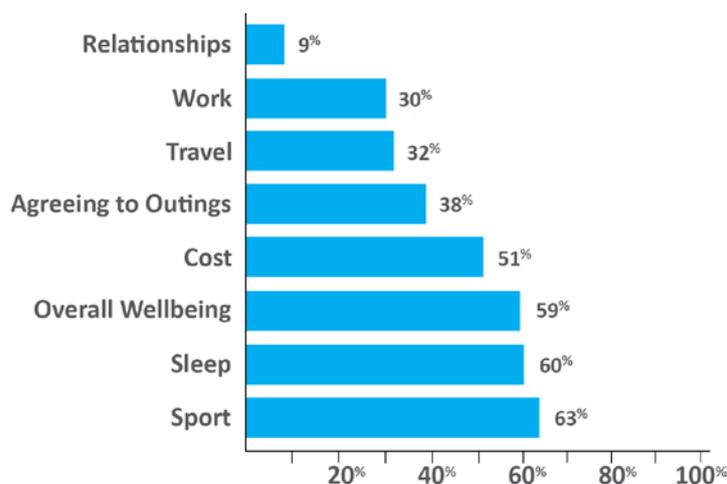
Asthma flare up in sport

What our consumers say

In June 2019, we surveyed over 1,300 consumers who accessed our services in the 12 months prior. This provided key insights into how our service delivery impacted their skills and confidence in managing their condition, and where there is scope for growth and improvement for our organisation.

Going forward, we will conduct surveys on a biannual basis to ensure we remain consumer driven and are able to advocate for the asthma community.

Respondents indicated the most common areas asthma negatively impacted their lives were;



More than 50% of participants stated they had received an individual education session.

80% said they were satisfied with the services they received, agreeing that our services were helpful, timely, useful and they would recommend us to others.



MEET MEL

Asthma WA's team of respiratory health educators come from a variety of backgrounds, bringing different strengths and areas of interest to their roles. They approach their work with the client at the centre, personalising support and education to ensure it meets their individual needs.

Mel joined Asthma WA in 2013 and has a passion for assisting our Aboriginal and Torres Strait Islander and culturally and linguistically diverse (CALD) clients. She also runs programs in the prison system and supports the Street Doctor Service run by 360 Health.



We asked Mel to tell us about her role as Asthma WA's Cultural Coordinator and here's what she had to say.

How would you describe your role?

My role focuses on diversity and cultural accessibility. It is essential that everyone in our community regardless of ethnicity, gender, sexuality, religion or even financial position feels comfortable approaching our organisation for advice regarding their asthma.

How do you describe the role of Asthma WA in the community?

I feel that we make a difference in so many ways, more than most people realise.

We're working in the prevention space. We help our clients get better control of their asthma, which means children need less time off school and adults don't need as much time off work.

Asthma is the leading cause of school absenteeism in Australia, so imagine the pressure this puts on families. It's enormous! Our aim is to provide people with the right information and link them to the right services so as to not waste time and money with unnecessary appointments. Plus, all our services are free!

At the end of the day, we're trying to improve people's quality of life – and save lives!

Why the need to focus on the Aboriginal, Torres Strait Islander, culturally and linguistically diverse communities?

The Cultural Coordinator role was created after recognising the need to address cultural differences and make our services as accessible as possible for all people, of all backgrounds. In particular, we identified a gap in services specific to the Aboriginal and Torres Strait Islander and CALD communities. Research has shown that Aboriginal and Torres Strait Islander people are 1.9 times more likely to have asthma and 2.3 times more likely to die from the condition.*

The CALD community has its challenges too. Think about people who may speak English as a second or even third language. They don't necessarily understand the finer detail of what is being told to them and it is that detail that could determine life or death. There is a clear need for resources in different languages with considerations for cultural nuances that may prevent them from following Western medicine rules.

And a final comment?

It is so important that we provide inclusive and accessible services ensuring we are always welcoming and approachable to everyone, recognising that many people we support may struggle with literacy and understanding their condition. Everyone deserves to receive the medical support they need so they may flourish.

An infographic on an orange background. It features a globe icon, the Australian Aboriginal flag, and the number '177' in large white font. To the right of the number, the text reads: 'PEOPLE HELPED identifying as Aboriginal, Torres Strait Islander or culturally and linguistically diverse'.

177 PEOPLE HELPED
identifying as Aboriginal, Torres
Strait Islander or culturally and
linguistically diverse

**Source: Australian Bureau of Statistics, Australian Aboriginal and Torres Strait Islander Health Survey (2013); Australian Institute of Health and Welfare, Poulos L, Cooper S, Ampon R, Reddel H, Marks G, Mortality from asthma and COPD in Australia (2014)*

COMMUNITY ENGAGEMENT

In an increasingly competitive market, we are grateful for the generosity of the WA community. It is only with the support of many individuals, organisations and both State and Federal Governments that we can continue to deliver our vital services to people right across Western Australia and expand our reach into locations where access to asthma education may otherwise be limited.

Community Fundraising

Gratitude Art Event

In March 2019, long-time supporters Suzannah and Brad Lawson opened their Claremont home to the public, organising and hosting a prestigious art event on our behalf. It was a huge undertaking and came together in partnership with Linton and Kay Galleries who sourced the artwork and key sponsor Claremont Audi Centre.

Raising \$38,750, the event would not have been possible without Suzannah and her volunteer event committee who worked tirelessly in the lead up to the event and on the day. Thank you to:

Suzannah Lawson (host)

Louise Jones

Deena Spadanuda

Linda Marley

Kerry Quantrill

Tania Hollingsworth

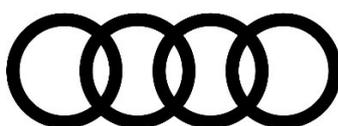
Paula Carrigg

Denise Baker

Monika Narula



A number of stunning artworks were displayed and sold on the day



Fallon's Fund

Fallon's Fund was established in 2017 in memory of Fallon Munday who died suddenly from an asthma attack just days before her 21st birthday. Since that time her father Keith and his family and friends have been great advocates for Asthma WA, working with the Augusta community to raise awareness and funds to help people who may not be able to afford their asthma medication.

In 2018-2019 Keith raised an incredible \$13,845 towards Fallon's Fund through his 300km Byford to Augusta walk and other local fundraising events. As a result, this year we have been able to directly help families to access more than \$4,000 worth of medication, making a world of difference to their wellbeing.

Thanks to Keith and his supporters, many more people experiencing financial hardship will have access to life saving asthma medications for years to come.



Keith Munday raising awareness

Long Lunch for Asthma



On August 3, 2018 the Crown Ballroom came alive with the Long Lunch for Asthma. MC'd by Kerri-Anne Kennerley and with Narelda Jacobs welcoming guests to the event and Tim Gossage calling the auction, it was a great afternoon for everyone who attended. We were so fortunate to be joined by Keith Munday, who gave an incredibly moving speech about the loss of his daughter and the importance of asthma management.

We would like to thank everyone who supported the event, with particular acknowledgment of our event partners.



Thank you also to the wonderful volunteers who helped make the Asthma WA Long Lunch possible.

**Deb Marks
Mitchell Craig
Brock Craig
Tamara Burke
Reilly Craig
Glynis van Leewin
Jo Craig
Greg Taylor
Kim Wilkinson
Dayle Hulme**

**Alayna Nelligan
Lee Sappelli
Karen Shuttleworth
Karol Velovska
Stephanie Hughes
Anne Taylor
Dianne Oeding**



Gifts in Wills

Asthma WA is eternally grateful to the people who have chosen to support our organisation by leaving a gift in their Will. These individuals leave a legacy of support that will help those living with asthma now and in the future and we honour the following people for their gifts received this year.

Robert Alfred Robinson

Harry Frederick Carter

Our valued volunteers

Asthma WA acknowledges and thanks the many volunteers who generously donate their time to help build our capacity with their expertise and help in administration, fundraising events, expos and mail outs. We would like to thank you for your dedication and philanthropic spirit.

In particular, we would like to thank those who regularly assisted us throughout the year:

Christian

Elsie Tester

Sue Collett

Coralanne Cranston



Fundraising outlook

Traditionally, our fundraising efforts have been event based with activities such as the Freeway Bike Hike and more recently the Long Lunch for Asthma. While these events are important to engage with the community and generate brand awareness, the return on investment has been decreasing as expenses rise and sponsorship shrinks.

In 2019-2020, we aim to build on the generous support of our corporate partners and donors to secure funding for additional respiratory health educator roles and new programs.

We will also look to grow our supporter base through digital marketing and various acquisition strategies, with the goal of not only sustaining the organisation but increasing our service delivery capacity to reach more people with asthma and other related respiratory conditions.

MEET HAMISH

Adventurous, cheeky and full of fun, Hamish looks like any other outback farm kid. He loves mucking about with his dad on the tractor, playing with his mates at school, and racing around the yard on his scooter.

But everything Hamish loves is also a potential deadly trigger.

Even with his dad Ross having asthma, the family did not become aware of Hamish's condition until he was nearly three.

"We were harvesting near our house when our new header sent a massive plume of grain dust over the house. Ross yelled to get in the house quickly! But we weren't fast enough and Hamish had already breathed in the dust. Ross took one look at his face and said he needs to go straight to Emergency. I don't think we've ever driven the 30km into town so fast.

Two nights and three days he stayed in hospital. It was the fright of my life, seeing my rambunctious little boy rigged up with so many tubes just to keep him alive. I was terrified."

Following this frightening experience, Hamish now has an extensive Asthma Action Plan in place along with access to our Telehealth service so he can link to doctors and specialists from his home town in remote WA.

"Many people think you can just have a puff of Ventolin and it's all okay. But a puff might not work – then it's life or death, especially when you live a long way from medical help!"

Hamish's family needed to ensure he had systems in place should an attack occur. This included working with Asthma WA to ensure four year old Hamish knew what to do in an emergency and that the right people, such as their bus driver on the 30km bus trip Hamish took daily by himself, also knew what to do in an emergency.

Our support didn't stop there. His parents were also able to advocate for the continuation of a rural bus route to take Hamish to a school that was closer to a hospital, just in case the worst happened.

It is thanks to generous donations from our supporters that we were able to assist Hamish and his family so thoroughly during this time of great need.

Asthma WA works to educate and empower our consumers to take control of their asthma and self advocate. Together we can help people live a life where they can breathe better and decrease fear of the unknown. We work hard so kids like Hamish can keep on doing their favourite things.



OUR PARTNERS

We are grateful for the support we have received from our range of funders, sponsors and partners. It is because of this support that we were able to deliver our services to more than 5,000 people in Western Australia.

Funding Partners



Government of **Western Australia**
Department of **Health**



**WA Primary
Health Alliance**
Better health, together

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative



Australian Government



**ASTHMA
AUSTRALIA**



Other Supporters



Combined Charities

Honorary Life Members

Life Membership is the highest honour Asthma WA can bestow on an individual. It recognises special service of an exceptional nature and significance from individuals who have had continuing involvement with Asthma WA.

Vic Court AM
Dr Ken Fitch AM
Dr John Hobday
Dr Rod Mason
Barry Rubie OAM
Dr Keven Turner AM
David Webb
Roslyn Webb
Grahame Young
Margaret Seebeck
Prof Alan James
Prof Wayne Thomas
Coralanne Cranston
Christian

Foundation Members

Foundation Associates are individuals who have made outstanding contributions towards Asthma WA and assisted in achieving the organisation's strategic goals and objectives.

Matthew Tweedie
Sue Fraser
Sue Collett
George Johnson
Prof. Stephen Stick
Dr David Mathias
Rajpal Thethy
Val McDonagh
Robert Mitchell
Prof. Geoffrey Stewart
Dr Mauro Mocerino
Charlotte Allen
Bruce Simpson
Ralph Sarich
Pat Sinclair

June Steen Olsem
Katie McMahon
Shannon McMahon
E/Prof Louis Landau
Geoff Airey
Erich Fraunschiel
Fred Lovegrove
Carol Lovegrove
Paul McGrath
Anthony Clarke
Cornelis Van Dalsen
Elsie Tester
Shreeve & Carslake
Wesfarmers

We honour the following people

Asthma WA would like to acknowledge the passing of several loyal and generous supporters this past year. We pay our respects to the following individuals:

Stan Perron AM



May Waites



Doreen Ambler



All of Perth mourn the passing of philanthropist Stan Perron. Mr Perron set an incredible example for the WA business community, supporting and influencing countless charities. Mr Perron supported Asthma WA for many years and was awarded Foundation Associate status in 2014 in recognition of his long-standing benevolence and support. Mr Perron passed away in November 2018.

May Waites joined Asthma WA as a volunteer in 1994 and only stopped volunteering in 2012 due to poor health. May assisted Asthma WA over the years with events large and small, such as car raffles, mail outs and street appeals. We will greatly miss May's commitment and generous heart. May passed away peacefully in August 2019.

Doreen Ambler joined Asthma WA as a volunteer in 1966, just two years after its inception and continued to provide support until 2012. In her 46 years of supporting Asthma WA Doreen worked on many raffles and fundraising appeals. Doreen was also a leader who recruited further volunteers to Asthma WA and took charge in volunteering activities. For her outstanding contribution she was awarded Foundation Associate status in 1994, the third person in Asthma WA's history to receive this award. Doreen passed away in June 2019.



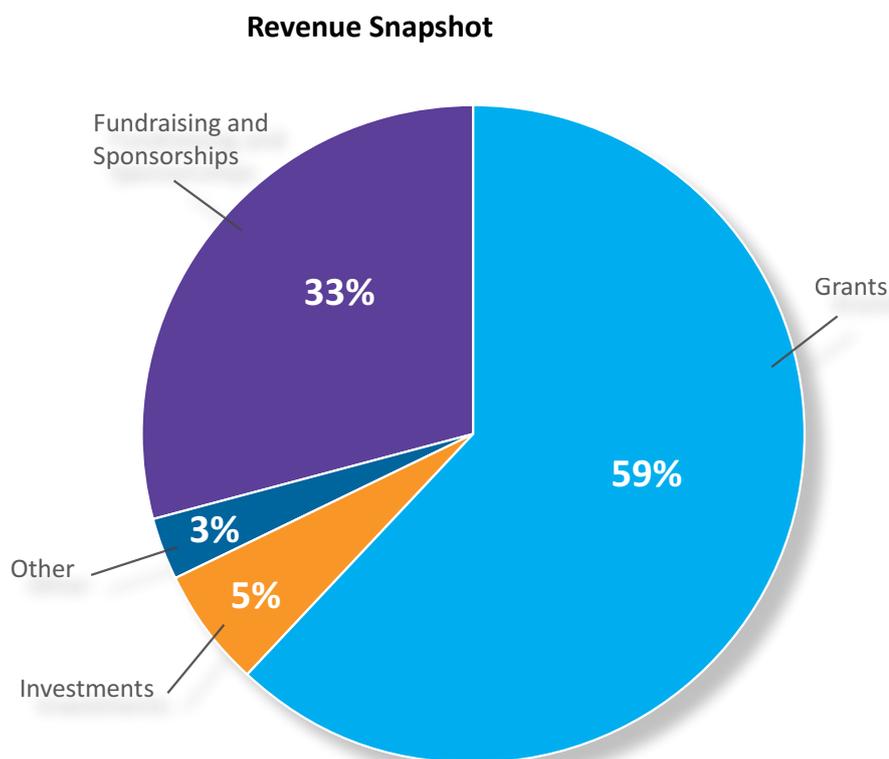
OUR FINANCIALS

In 2018-2019, Asthma WA finalised the five-year strategic plan (2018-2023) designed to provide a more sustainable future for the organisation and ensure we can expand our service delivery to meet the ever-growing needs of our consumers.

To further address our long-term sustainability, a three-year fundraising strategy is now in place that is aimed at diversifying our revenue generation.

Thanks in large to a generous bequest, Asthma WA was able to reduce its deficit to just \$12,834, highlighting to importance of legacy giving. We also saw an increase in our general donations and event income, including from the Long Lunch for Asthma.

Annually, our largest expense is the cost of employing staff, who are our greatest asset. In 2018-2019 we also invested in a Fundraising Manager and Marketing and Communications Manager to expand our reach and deliver the new strategic plan.



Net Income	
2018	2019
\$1,552,941	\$1,730,221
Government Grants	
2018	2019
\$992,207	\$919,314
Salaries	
2018	2019
\$1,187,686	\$1,129,645
Total Liabilities	
2018	2019
\$493,247	\$316,447
Total Assets	
2018	2019
\$4,335,360	\$4,145,726

In 2019 Asthma WA's balance sheet remained consistent. We view this as a great achievement in a difficult environment for charitable organisations.

To view the full Asthma WA financial statements and Auditor's Report, please visit asthmawa.org.au

OUR BOARD AND LEADERSHIP

Asthma WA is lead by a skills-based Board of Directors who volunteer their time and expertise each month, overseeing the strategy and governance requirements.

Our Board



Chris Bath
President



Cathal Smith
Vice President



Spencer Broad
Treasurer



Lisa Viska



David McKenna



Steve Mummery



Dr Petra Czarniak



Fiona Lander
to March 2019



Andrew Joseph
joined June 2019

Finance, Audit and Risk Management Committee

Spencer Broad, Chairperson

Chris Bath

Sarah McKenna (CFO)

Donna Rendell (CEO)

Investment Review Committee

Spencer Broad, Chairperson

Chris Bath

Sarah McKenna (CFO)

Donna Rendell (CEO)

Paul van de Ven

Our Management Team



Donna Rendell
*Chief Executive
Officer*



Sarah McKenna
*Chief Financial
Officer*



Jenny Howson
*General Manager
Health and Regional*



Jillian Shiels
*Fundraising
Manager*

Patron

The Honourable Kim Beazley AC,
Governor of Western Australia

Vice Patron

Dr Ken Fitch AM

HELP US TO HELP MORE PEOPLE

One in nine Australians have asthma. What's really alarming is that every year approximately 40,000 people are hospitalised with 51% of those aged 0 – 14 years.

Whilst not everyone is hospitalised, poor asthma management also contributes to poor sleep quality, ongoing fatigue and even depression.

Asthma WA exists to educate and empower the community and see a reduction in these statistics and improve the quality of life for all people living with asthma.

Each year, we provide asthma education to more than 5,000 people in Western Australia.

There are many ways you can get involved and **all money raised in WA, stays in WA** to help those that need it most.

Let's work together and change people's lives

- 📍 **Talk about us.** Many people don't realise just how much their asthma is impacting their life. Share our story and invite them to improve their quality of life through a FREE education session
- 📍 **Volunteer** your time and expertise
- 📍 Make a tax-deductible donation
- 📍 Set up a **monthly donation** and partner with us to change lives
- 📍 **Leave a legacy** - support vulnerable people beyond your years with a modest donation in your Will
- 📍 **Workplace giving** - Give through your pre-tax salary
- 📍 Participate in a fun run and fundraise for us or **create your own fundraising event.** Call us with your ideas.
- 📍 **Corporate partnership** – partner with us and create mutually beneficial outcomes

Please help us continue the important work we do, to help West Australians breathe better and get the most out of their lives.

To donate to Asthma WA, visit asthmawa.org.au or call 1800 ASTHMA (1800 278 462) to discuss other ways you can make a meaningful contribution to our services.

Thank you

Donations of \$2 or more are tax deductible and all support is enormously appreciated.

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1800 ASTHMA (1800 278 462) | T: (08) 9289 3600 | F: (08) 9289 3601 | asthmawa.org.au