

# MEDWAY ASTHMA SELF HELP



## ANNUAL REPORT 2022 - 2023

Registered Charity Number 1196597  
Charitable Incorporated Organisation

# **Medway Asthma Self - Help** **(MASH)**

Established in 1996, MASH supports people and families affected by asthma through the provision of support and information relating to the causes of asthma and its effective treatment, and by raising awareness of asthma in the general community of Medway

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# Acknowledgements

MASH is very fortunate to be supported by many people and organisations this year. A number of them are acknowledged below.

Clive Johnson	Coop store throughout	Sarah at Scentsy
Maggie Cane	Medway and in particular	Smile Publications
Dr Peter Burt	Borstal	Spensley's Pharmacy,
Wei Wei	Peters Village	Twydall
Julie Millest	Rochester Riverside	St Augustines Church
Sharon Asare	Creams, Chatham	Susan Munday
Samantha Whybrow	Deborah @ Mid Kent	Sylvia @ The Body Shop at
Dr Paula Hamilton	College	Home
Judith Pender	Diggerland, Strood	Tesco Stores throughout
Anir Manivannan	Dragonfly Crystals	Medway and in particular
Arya Manivannan	East Medway University	Gillingham and Rainham
Asha Saroy	of the Third Age (U3A)	The Department for Digital,
Bridget Nightingale	EasyFundraising	Cultural, Media and Sport
Carole Coulthard	Fiona Mukhtar	DCMS)
Diana Smith	Funding For All	The Gary Bush Foundation
Fiona Pender	Gillingham Street Angels	The Gladiator Group
Jessica Pender	Gillingham Rotary Club	The Massage Booth
Julie Critcher	in particular Barry Gillam	The Royal Engineers Room
Michael Turner	and John Allen	The Transformation Academy
Michaela Temperley	Healthwatch Medway	Universal Stores, Lower Stoke
Nanili Manivannan	Historic Dockyard,	University of Greenwich
Sean Hanna	Chatham	University of Kent
Wendy Plamer	IONOS	Watling Street Post Office
Cllr Dan McDonald	Kent Community	WHoo Cares
Cllr Gary Etheridge	Foundation	Woodville Halls, Gravesend
Cllr Hazel Brown	In Kind Direct	
Cllr John Williams	Koko Tan and Brows	
Cllr Simon Curry	Lounge	
Dr S Paramothayan	Loopy Nails	
Dr S Singham	Mediclinic Pharmacy	
Prof. John Dickinson	Medway CCG	
Alan Stockey	Medway Community	
Chris and Christine Rogers	Healthcare	
Dorte Gilry	Medway Council	
Nicki Georgini	Medway Park	
Asthma and Lung UK	Medway Voluntary Action	
Bedfont Scientific Ltd	Molly Maleed	
British Lung Foundation	Nucleus Arts	
Amy @ Tropic Skincare	Rainham Eco Hub	
Canva	Rhia's Treasures	
Central Theatre, Chatham	Rochester Eco Hub	
Coop Local Community Fund	Roko Health Club	

# Chairperson's Report

I am pleased to report another successful year for MASH supporting the people of Medway who have asthma and their families and also raising awareness of the condition. Our specialist asthma nurse, Julie, has held our weekly asthma clinics providing vital support alongside Sharon, who is currently working through her training, paid for by us. Julie has also conducted our allergy testing clinics in which many people have been seen. We look forward to Sharon being able to cover for Julie and to extend our reach throughout Medway. I pay tribute, too, to our hardworking and dedicated Coordinator, Kirsty, who has made sure MASH functions, organising our fundraising and our outreach sessions, supporting trustees, and working with our partners on key events, such as the educational day.

We have had a busy year. There have been regular outreach sessions where we have been able to spread the word, we have held quizzes that have been well-supported and successful and, at the time of writing, Kirsty is busy organising the first pamper evening we have held for a little while. We joined with the University of Kent and the Respiratory team at Medway Maritime to organise the second of our educational events at the Maritime campus and welcomed people with asthma as well as professionals.

We have faced a challenge this year. Our move to become a Charitable Incorporated Organisation over the past couple of years resulted in our bank, Barclays, insisting on us opening a new account. Barclays then took six months to give us the opportunity to do that and there have been internal delays since then. Thankfully, our previous treasurer, Judith, who stood down as trustee last year, undertook to operate our existing bank account in the meantime. We are extraordinarily grateful to Judith for this. At the time of writing the procedure still has not been completed.

Another challenge is that there seems to be less money around for grants. Over the pandemic period we were lucky to have financial support but, as we thought it might be, the post-pandemic period has become more difficult. We are also due to renew our relationship with the local medical authority, the Integrated Care Board, who will be considering their community services. We are not yet aware of the process for that renewal or what view the ICB might take.

We are delighted to welcome new trustees Paula and Samantha, but we still need trustees for the MASH board, particularly trustees who are able to take a role in operating our charity. I hope to provide an update to this at the meeting. However, I do have to report the sad news that Maggie Cane will be stepping down at the AGM as a trustee and as treasurer. Maggie has been a real strength to the board over the past few years and we will be sorry to see her go.

I hope that MASH continues to have a future as a resource for the people of Medway in the years to come.

**Clive Johnson**  
**Chair of Trustees**

# Could you be a MASH Trustee?

We are always looking to expand and strengthen our trustees board, to help us continue to support people and families affected by Asthma in Medway.

We are looking to expand the board with a range of skills and expertise (including but not limited to)

- People with asthma
- People who care for or work with people with asthma
- People with Human Resources experience
- People with Accountancy experience
- People with Media experience
- People with IT experience



If you could give a few hours each month to support your local asthma charity, please get in touch to discuss : [admin@medwayasthmaselfhelp.co.uk](mailto:admin@medwayasthmaselfhelp.co.uk) or call 01634 855844

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## Volunteering With MASH

MASH volunteers are an essential part of our charity. They help support our clinics, outreach, fundraising events and also help in the office. We are always looking to increase our number of volunteers, meaning we can increase our reach and services within the local community. Any amount of time that you are able to spare to help us, we will be very grateful.

We would also love to hear from you if you have any fundraising ideas.

We are pleased to be part of the Medway Time Tempo Credits scheme, allowing volunteers to earn Time Credits for their time contributed to MASH. These can be spent on accessing activities across a nationwide network, as well as within Medway.

You can email us at [admin@medwayasthmaselfhelp.co.uk](mailto:admin@medwayasthmaselfhelp.co.uk) or call us on 01634 855844 to find out more



# Co-ordinator's Report

2023 has proven to be a yet another very busy year here at MASH. Our face to face clinics are proving to be as busy as ever, with many people waiting at least 4 weeks to see Julie our Nurse. We continue to see many new clients during our sessions but also many returning clients for either follow up appointments or for their annual review. We have seen a decline in telephone appointments now that Covid restrictions have eased. However, we are still flexible in the way we run our sessions.

We have recently welcomed several new trustees onto our board who bring with them lots of expertise in many different areas including paediatric asthma, local air pollution and management and leadership. We have also welcomed a selection of new volunteers to our group that allow us to run our fundraising events, and to help our outreach and clinic afternoons to run smoothly and effectively. However, we would love to see our trustee board and volunteer pool continue to increase, so please get in contact if you are interested in helping us.

We continue to offer virtual support online with newsletters and presentation slides available to our supporters. We also participated in the #askaboutasthma campaign where we shared lots of information on our social media platforms. During the year we have also been able to attend a lot more outreach events that are based within the local community including many of our favourite events such as the Medway Mile where Deano made yet another great effort in the Mascot Race, Hempstead Village Fair, Mid Kent College Freshers Week and Tracey Crouch MPs over 55s Fair. We have also continued to work with St Augustines Church at their Place of Welcome Mornings and Autumn Fair and have enjoyed several mornings promoting our Community Fund Campaign with several Co-op Branches in Rochester.

This year has also seen the return of our popular Pamper Evenings. We were so pleased to welcome some old faces back to hold their wonderful stalls, and love the new relationships we have built with our new stall holders. It was a great success raising over £400 for MASH! We are really looking forward to organising our next Pamper Evening in early 2024, so if you are interested in holding a stall, either selling items or as a therapist, or would love to come and join us, please do not hesitate to get in contact.



In May we held our first World Asthma Day event. This event had many attendees from many different companies and charities that support us and the work that we do, including Medway Community Healthcare, Bedfont Scientific Ltd, Healthwatch Medway, The Rotary Club Gillingham and The Gary Bush Foundation, along with some of our Trustees and volunteers. It was a great success with many conversations around asthma and how we can collectively have a further positive impact on the asthma community in Medway. We were also very honoured to accept a £1,000 cheque from our friends at The Rotary Club, Gillingham as well as having the Mayor of Medway in attendance to reopen our clinic space officially during this event.

Our second Asthma Educational Event took place in July this year and was once again a huge success. Along with our partners and experts from Medway Maritime Hospital, University of Kent, University of Greenwich, Medway Community Healthcare and Medway Council we arranged a slightly different set up to how last years event ran, with talks from Dr Shanthi Paramothayan, Dr Surendra Sigham both from Medway Maritime Hospital, and Alan Stockey from Rainham Clever Breathers. The presentation slides from both Dr Paramothayan and Dr Singham can be found on our website <https://www.medwayasthmahelp.co.uk/asthma-educational-event/>. It was great to see so many people come to learn more about asthma!

We have also continued to hold our popular quiz nights, in partnership with Roko Health Club. We have welcomed faces new and old and had so much fun along the way. Events like this continue to help us raise ever important funds for MASH, along with meeting new people and maybe learning something new!

Being part of the local Co-op Community Fund for the last year has also allowed us to start reaching areas that have been a little difficult for us to reach before. We have attended Peters Village and Rochester Riverside Co-ops to promote our charity cause which we have found very beneficial. We have recently been told that we have been awarded £4,344.72 from the Co-op, which will go to help our outreach to in the ME1 area. We have loved our developing relationships with everyone involved with the Co-op.

We have also been fortunate enough to have several supporters participate in a 10km Sponsored Run around Chatham Maritime and raise over £150 for MASH. We hope to make this an annual event, with more of our supporters participating each time. So, if you like running, or want a challenge, please get in contact to register for TEAM MASH 2024. We are also open to any other sponsored event that you may want to challenge yourself with, so please send your ideas to us so we can help you with your event.

Lastly, we were also very lucky to be chosen by our local Tesco stores this year, to be part of the Community Scheme, where shoppers were able to vote for their favourite charity to receive first, second or third prize. We were in two rounds of voting and in total received £1,500 from them for a new project that will launch in 2024. Keep your eyes peeled on our social media pages for further details!

Thank you so much to everyone who had helped MASH with either donations, time or support this year. Without your kindness we would not be able to continue providing the great services that we do!

**Kirsty Ferguson**  
**Coordinator**







## Could you help keep MASH afloat?

Are you sound for a pound?

Are you able to make a small monthly donation to MASH?

Every pounds makes such a difference to us and helps us to continue to provide our services throughout Medway.

**£1** pays for a stamp to send a letter to vulnerable clients to confirm their appointment

**£5** allows 1 person a free asthma allergy test to help recognise their triggers

**£10** provides our weekly clients with leaflets and factsheets after each advice sessions

**£25** provides weekly clinics with the consumables needed for diagnosis and reviews

If you feel you are able to help , no matter how modestly, please let us know.

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### NOTES

# Do You Shop Online?

You can help MASH raise free funds when you shop online via the EasyFundraising website / app.

EasyFundraising has over 7000 brand partners who will donate part of what you spend to a cause of your choice, at no extra cost to you.

Just sign up on the EasyFundraising website at <https://www.easyfundraising.org.uk/> or download the app from smartphone or tablets app store to register.



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## Fancy doing a sponsored event?

We would love to hear from anyone who might be interested in taking part in some challenge / sponsored event, including walks, runs, swims, cycles, abseils, team based assault courses or dragon boat racing.

We have recently had a small team run the Chatham Maritime 10km and raise some much needed funds for us. We are looking to expand our team for 2024, so if you fancy getting your running shoes on and giving yourself a challenge, please speak to Kirsty our Coordinator.



# Clinic Report

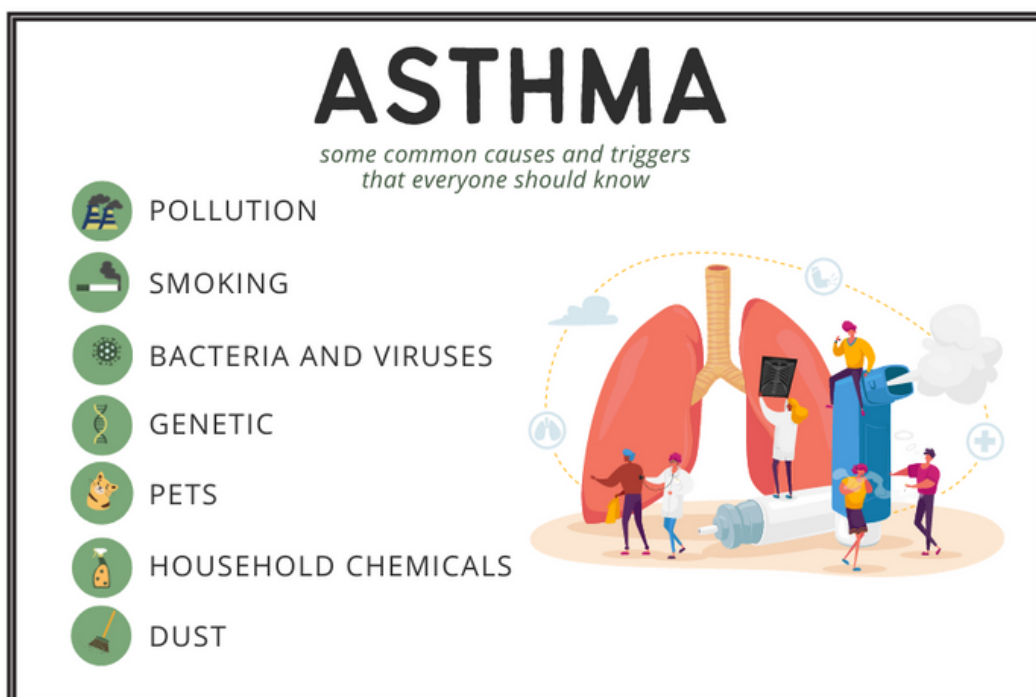
It has been great to have been able to get back to normal in clinics over these past 12 months, following the restrictions due to COVID19.

Clinics resumed back at the MASH building and we have been able recommence Spirometry and FeNO testing as well as doing a couple of Allergy clinics. The need for appointments has not diminished and our Friday clinics have been booked solidly throughout the year. During this past year, medical articles and press releases from asthma charities have highlighted the severe shortage of basic diagnostic tests in Primary Care. For many GP practices, lack of funding for tests and the shortage of skilled practitioners mean that such tests are often unavailable, leading to delays in diagnosis and ongoing asthma management. Such reports reinforce the continued need for services like the asthma clinic provided by MASH.

Many thanks for the volunteers who tirelessly do the administration in the clinic each week, with particular thanks to Bridget Nightingale who has done the bulk of the Friday afternoons. Her attention to detail and her knowledge from her previous long experience in the field of asthma care is such a great help to me and to our clients. Thank you, Bridget.

In March of this year we were able to recruit Sharon Asare as a trainee Asthma Nurse. Sharon who is a Registered General Nurse has been learning in the clinics whilst undertaking an Asthma Diploma. We look forward to Sharon undertaking more clinical work in the future.

**Julie Millest**  
**MASH Asthma Nurse**



# Clinic Feedback

Calmly and expertly explained and conducted test

Information given to me was clear and I was well listened to

Good, clear information said with a smile

Useful info and showing videos on how to use inhalers

Explained in depth and made to feel confident enough to know what to do

Informative, friendly service

Made me feel at ease

Made me feel at ease

All was excellent

Very informative and clear plan, very nice people

Explained everything correctly so I understand more

Very understanding to my condition and offered insight into living with asthma

Good patient care, listened to history, answered questions and explained clearly.

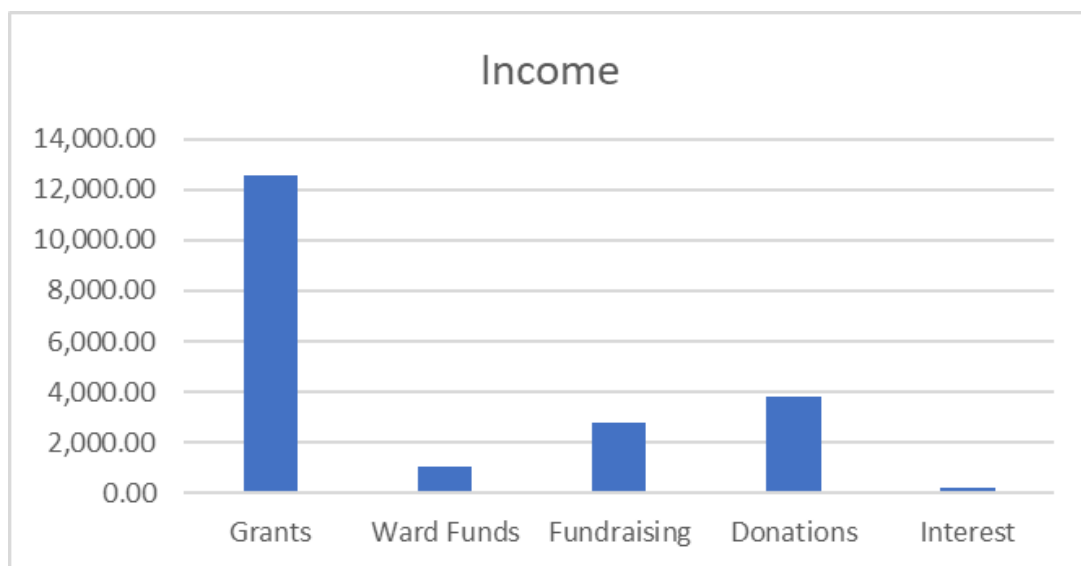
Lots of information and clear discussion

Explained about asthma and use of medication and inhalers. Gave me Asthma Action Plan and explained what to do if I have an attack

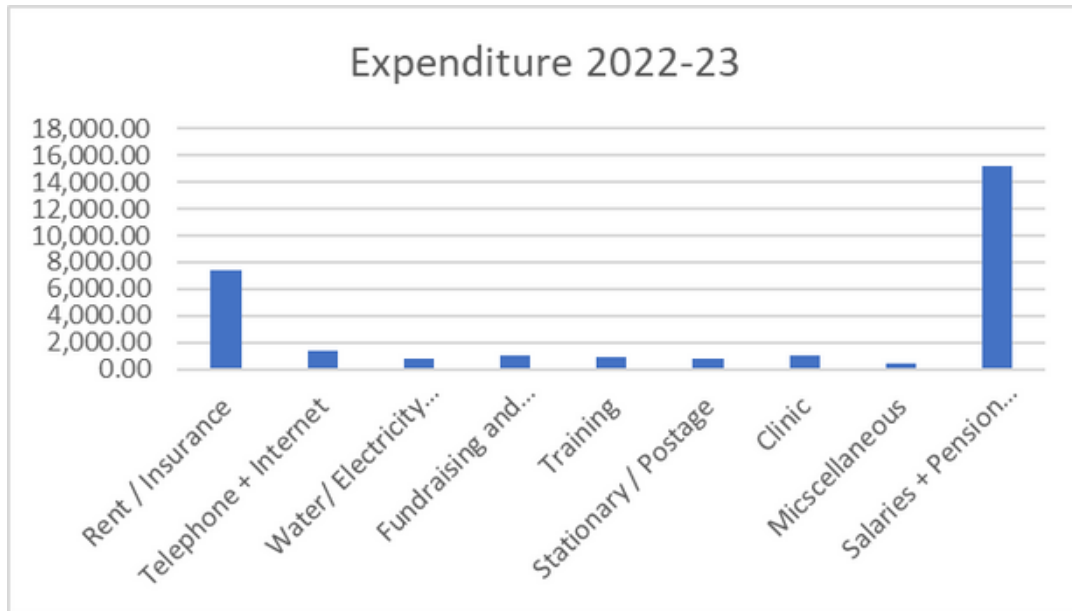
# Treasurer's Report 2022 - 2023

At the end of September 2023, MASH has £43,024 in available funds. Of the funds available, £7086 is held in reserve and £6000 in restricted funds to complete specific projects as agreed with funders.

The total income for 2022-2023 was just over £19,000. The sources of income are shown in the table below. MASH is grateful for the continuing support from the CCG who contributed the largest proportion of this years income. Medway Councillors have been generous in remembering us in their Ward Fund allocations and grants were achieved by means of competitive bidders to funders. Fundraising has continued , supplemented by personal donations from our supporters either by small monthly standing orders or as a one-off sum. Included in the fundraising is also money raised by supporters remembering us when they shop online, at Co-op stores and supporting the Medway Lottery. Interest on the savings account was negligible this year.



This year MASH had a total expenditure of £28,981. The way in which the money was spent is detailed in the table below and in the accounts. The main expenses are salaries and items related to the MASH premises, they reflect and preparing the premises to be fully open.



I would like to thank all the individuals who have continued to support MASH and especially to the independent examiner Mr C Harvey for all the help he has given towards the preparation of the accounts and the advice he has given.

Maggie Cane  
Treasurer

We are grateful to the following organisations who have supported our work with grants and donations.



**St. Augustine's Gillingham**

At the  of the community



# Medway Asthma Centre



## Medway Asthma Self Help

Registered Charity Number 1196597

131 Watling Street, Gillingham, Kent ME7 2YY

01634 855844

admin@medwayasthmaselfhelp.co.uk

Facebook: @Medway.SelfHelp

X : @MedwayAsthma

Instagram: @medwayasthma

## Opening Times

Monday 9.00am - 12noon Office Only

Thursday 5.00pm - 8.00pm (telephone line only)

Friday 2.00pm - 5.00pm

## Clinic Details

A 30-minute consultation with a specialist asthma nurse on Fridays, by appointment only.