



Your Donation Saves Lives

**HELP US MAKE A DIFFERENCE TO THE
1 MILLION KIWIS STRUGGLING WITH
ASTHMA**

Asthma New Zealand is a Charity
that provides free education and
support to those with Asthma,
COPD and other respiratory
conditions.

www.asthma.org.nz




WHY YOUR SUPPORT MATTERS



The Problem: Asthma affects over 1 million Kiwis

Every day, 1 in 8 New Zealanders lives with asthma — and far too many face it alone. Children, rangatahi, kaumātua, and whānau are being admitted to hospital for conditions that could be managed, or even prevented, if only they had the right support.

-  **Asthma is the third leading cause of death in New Zealand**
-  **Every 2.5 minutes, someone has an asthma attack**
-  **1 in 11 hospital visits are due to respiratory illness — 1/3 are children**



Our Solution: Free, Personalised Respiratory Education

At Asthma NZ, we're on a mission to change that. Our Respiratory Nurse Educators work face-to-face with individuals, families, schools, and communities — providing free, tailored asthma and COPD education that helps people understand their condition, manage their medications, and avoid emergency hospital visits.



Why It Works: Real People, Real Impact

This isn't one-size-fits-all. It's personalised care that saves lives. We meet people where they are — in their homes, schools, workplaces, or marae — and build trusted relationships that lead to long-term respiratory health.



Your Role: Help More Kiwis Breathe Easy

With your support, we can reach more people, break the cycle of preventable hospitalisations, and help more New Zealanders breathe easy — for life.

DONATE NOW

HELPING MORE KIWIS BREATHE EASY

This donation model shows how your support drives real change

When you give, you help someone:

Take part in family and community without fear

Return to school or work with confidence

Sleep peacefully throughout the night

Last year,
our nurses
supported 2,500+
people
in homes, schools
& workplaces.

Respiratory health
is the 3rd largest
cause of death
in New Zealand.

One-off Donation

What Your Support Helps Deliver

♥ Donation	💬 What It Funds
\$50-\$100	Example: One-on-one asthma education session in school or community environment.
\$100-\$200	Example: An in home whānau visit in a high-need household
\$200-\$250	Cost of supporting a family for 1 year
\$500	Cost of supporting one family for 1 year and training a health professional in asthma education

The Power of Regular Giving

Monthly giving is one of the easiest ways to help Kiwis breathe easier.

For as little as the cost of a coffee each month, you can help a child stay out of hospital, support a whānau to manage asthma confidently, or ensure an elderly person gets the care they need at home.

Your regular donation helps ensure people living with asthma and COPD get consistent, life-changing support when they need it most.

Become a champion for breathing with a regular donation today.

There is an
asthma attack
every 2.5
minutes
in NZ

Asthma and
COPD
cost the NZ
economy
almost \$1.4b
every year

Major Donations & Bequests

Thinking about making a donation of \$1,000 or more?

Your donation can help someone breathe easier, stay out of hospital, and live life to the fullest. Your gift could mean a child gets the medication they need, a kaumātua has a nurse visit them at home, or a family learns how to manage asthma and avoid emergencies. It could help train health professionals, provide lifesaving equipment, or bring free GP visits into communities that need them most.

You can choose where your donation goes, ensuring your gift helps in the way that matters most to you.

You might also consider leaving a bequest to Asthma NZ. This is a powerful way to create a lasting impact, ensuring future generations get the support they need to live well with asthma and COPD.



WAYS TO GIVE

Would you like to support our mission to help Kiwis breathe easy?

As a registered charity, all donations over \$5 are tax deductible, with a tax credit of up to 33.3% of your donation.

You can choose to donate via

One-off Donation - Make a secure one-off contribution

- Direct deposit
Account Name: Asthma New Zealand Inc
Bank Account: 12 3011 0420362 00
Reference: Donation [your name]
- Online donation with a credit card www.asthma.org.nz/donate

Regular Giving - Monthly contribution

- Setup an automatic payment with your bank.
- Contact our amazing team at Asthma NZ -with the details of your donation including the amount, date, and your name. This helps us ensure it's allocated as intended and allows us to issue a receipt for your records.
Email - angelab@asthma.org.nz

Major Donation & Bequests

- If you're considering making a major donation or leaving a bequest to help Kiwis live well with asthma and COPD, please get in touch with us on how you can make a lasting difference.

As a valued supporter, you'll receive updates on the impact of your donation — including stories from our frontline nurses, new initiatives, and the lives your support is helping to change.

What We Do



Direct-to-Patient Services

- Up to 12 months of free nurse one on one support
- School-based asthma sessions
- Support groups
- Free GP & prescriptions for those that need it the most



Training the Health Workforce

- We run evidence-based training for:
- Nurses
 - Doctors
 - Allied health professionals
- Helping ensure patients get consistent, high-quality respiratory care.



Building Awareness

- Drive national and local public awareness campaigns
- Reduce stigma, increase understanding
- Help people recognise symptoms and seek help earlier



Developing Resources

- Create easy-to-understand tools for patients and whānau
- Provide up-to-date clinical resources for health professionals
- Ensure culturally appropriate and accessible materials



Connecting the Sector

- Link primary care, schools, pharmacies, and community orgs
- Build stronger referral pathways and shared knowledge
- Improve respiratory health outcomes through collaboration



Innovation in Action

- We constantly look for smarter, scalable ways to reach people:
- Trial new models of care
 - Expand telehealth
 - Deliver our new Digi Predict project (predictive digital asthma support)

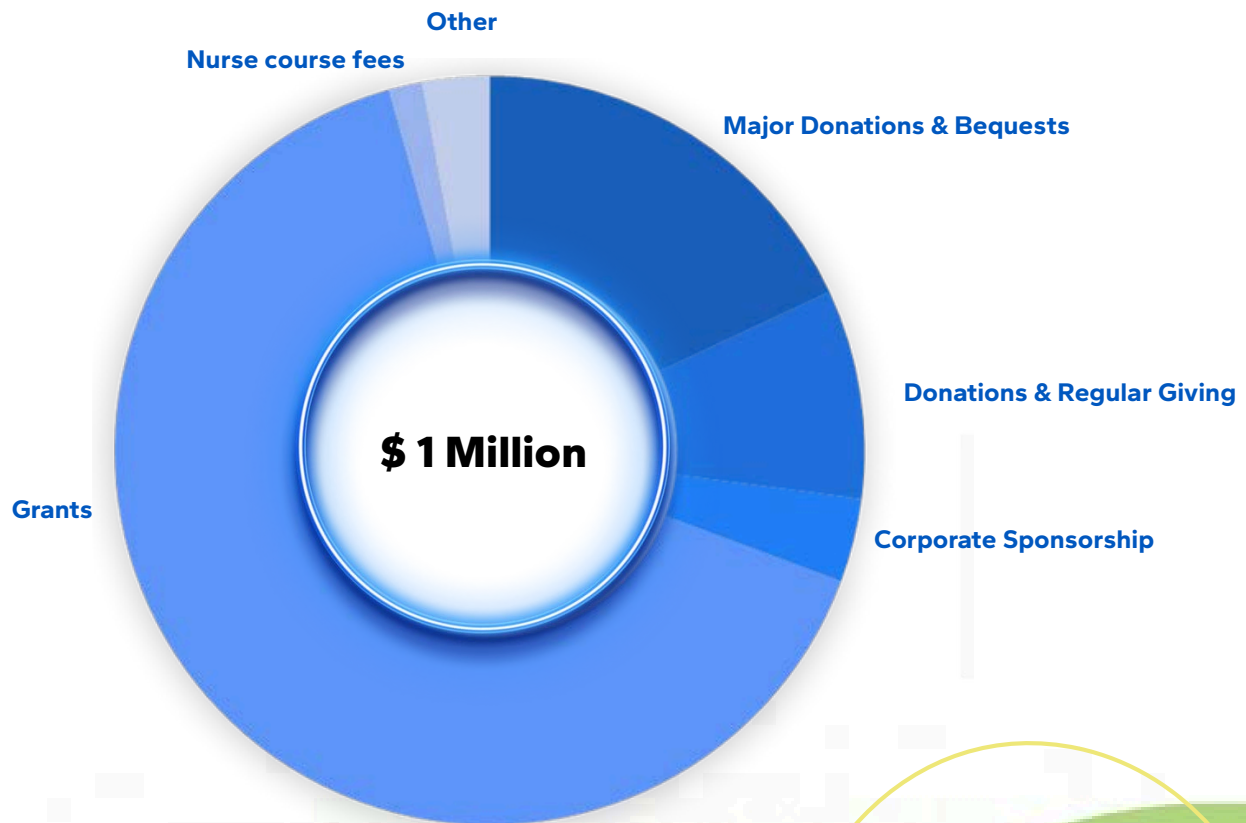
What We Could Do With More

With additional funding, we will:

- Bring in-person services to South Auckland
- Deliver telehealth support to Northland, Tairāwhiti, and South Auckland
- Expand telehealth GP support for school nurses



A Giving Model that Changes Lives



Every dollar we receive helps more Kiwis breathe easier.

This giving model shows how your support, alongside grants and other funding, makes a real difference across Aotearoa.



Together, we can build a healthier Aotearoa, one breath at a time.

Testimonials

In Their Words

Real Lives. Real Impact

Behind every number is a person — a child breathing easier at school, a kaumātua managing their condition at home, a nurse more confident in treating asthma.

Here's what some of them have shared about the difference Asthma NZ has made in their lives.

Alani's story shows why ongoing support matters.

At just 3 years old, Alani has faced repeated hospital visits and struggles with asthma. Living in a tiny home in a semi-rural area, her mum Jessica reached out to Asthma NZ for help, wanting to better manage her daughter's health. Through regular online education and check-ins, Alani's parents are now more confident in recognising early warning signs and understanding medications, but they continue to need guidance to navigate this complex journey. As Alani's family keeps working towards better asthma control, your donations ensure they have free, expert support right there with them, every step of the way.

*Alani and Jessica
Asthma NZ Ambassadors*



Let's help keep children like Alani out of hospital and help mums like Jessica get the support they need.

Thank you for helping Kiwis Breathe Easy

Your support helps us reach those who need it most — from children in schools to kaumātua in their homes



Together, we are making a difference — one breath at a time.

Every donation, every partnership, and every conversation brings us closer to a future where no one is left struggling to breathe.

asthma
NEW ZEALAND

Breathe **50**
Easy YEARS