



Media Release

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Join the Summer Fun at Children's Asthma Camp

'Children's asthma camp was a real breakthrough for me, I used to think of asthma as a disability,' said Jodie Connolly mother of eight year-old Shira-Rose who has lived with severe asthma all her life.

'I was being over-protective, asthma had placed all sorts of negative thoughts in my head and I wasn't allowing her to play sports or just be a normal kid.'

'Asthma Children's Camp helped Shira-Rose gain her confidence and convinced me that she could learn to manage her asthma and lead a full and active life.'

Shira-Rose is just one of the many success stories from the Children's Asthma Camp, which has been run every summer for over 40 years by Asthma Foundation NSW.

Australia has one of the highest prevalences of asthma in the world. One in nine adults and one in six children live with asthma, which equates to over 800,000 people in NSW alone.

"The camp offers kids a wide range of activities such as: abseiling, archery, canoeing, mountain biking, orienteering, sailing and swimming and much more," said Greg Smith, CEO of Asthma Foundation NSW.

"Staffed by a medical team, Asthma Foundation NSW volunteers and sport and recreation staff, the asthma camp is run alongside another regular Department of Sport & Recreation course and it's no exaggeration to say that we do everything they do and more."

"Through the activities and education sessions camp helps the children to better understand their asthma, how to manage it and hopefully the confidence to do everything other children do."



During the week a doctor and a nurse are on hand to assess each child. They have a lung function test and their medication and general asthma management is reviewed. Where necessary, recommendations will be made to their own doctor.

“Shira-Rose has really come on since she went to asthma camp last year,’ said Jodie Connolly.

“She is now in the state long distance running squad and plays netball, her confidence is sky high.”

“She lets everyone know she has asthma, carries her puffer everywhere and we go to the doctor to make sure her asthma is being properly controlled.”

“Her attitude and enthusiasm is a great example to every one living with asthma,” said Greg Smith.

“The key to living a full and active life is learning how to control your asthma and not letting it control you.”

The camp will be held from January 14th to 18th, 2008 at the Department of Recreation campsite on Milson Island on the picturesque Hawkesbury River. It is open to children aged from 7 to 12 years and who come from anywhere in the state.

Places are filling fast, so contact the Asthma Foundation of NSW as soon as possible to book a place. Cost - \$270 which includes *food, accommodation, return ferry to the island, and all activities*. Financial assistance for the camp is also available for approved applicants.

To get a booking form phone: (02) 9906 3233 or 1800 645 130 or log onto www.asthmansw.org.au

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