

Local Community Scheme - Help close to you

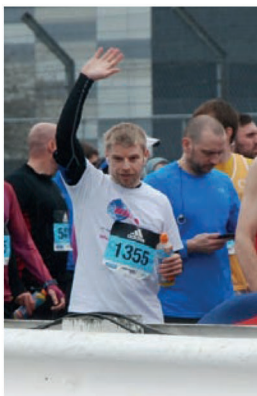
We like to be proactive and have medical equipment in the community ready for our patients to use immediately. With your help we can ensure this equipment is right on your doorstep - local money helping local people.



Thanks to previous fundraising and donations we have equipment in a number of surgeries nationally. We would ideally like to ensure more surgeries have this equipment. With your continued help we know we can achieve our goal.

Funding and Fundraising - Can you help?

There are many ways in which you can help raise funds and your imagination is the only limit. A huge **Thank You** to all those who have helped us make it through the years. Your kind support has enabled us to help sick babies, children and adults with all types of respiratory and life limiting conditions, protecting and prolonging a quality of life - without your generosity we would simply not exist.



Helping all ages



NARA – The Breathing Charity

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Find us on
Social Media too



Facebook
Nara's Support Group
Twitter
@Naratbc



www.naratbc.org.uk



Do you, or anyone you know,
have breathing problems?

If so, we may be able to help.

NARA - The Breathing Charity is a registered working title of the National Association for the Relief of Apnoea - Registered Charity no: 327033

Dear Friend,

Can you imagine a loved one, Mum, Dad, Husband, Wife, or especially your Son or Daughter struggling to breathe - one of the most natural elements of life so many of us take for granted.

What can you do? Who can you turn to?

Well, for over thirty years many have called on NARA - The Breathing Charity for advice, support and medical equipment. Simply providing medical equipment is relatively easy. However, uniquely, we offer a 24 hour 'Community Care Programme'.



At a moments notice, this frequently takes us from our base in Northampton to some of the most distant parts of the United Kingdom to help patients, their families or carer. Our range of medical equipment varies dependant upon the patient's needs. We also like to keep abreast of

modern technologies and evaluate new products to ensure only the best are used. Financial support comes from public donations and our own fund-raising ventures. Demand for our assistance grows daily, we hope we can continue to rely on the generosity of individuals, trusts, businesses and local communities for support. If you, or someone you know is struggling to breathe just contact us and we will do whatever we can to help. For full details please visit our website at www.naratbc.org.uk

Thank you.

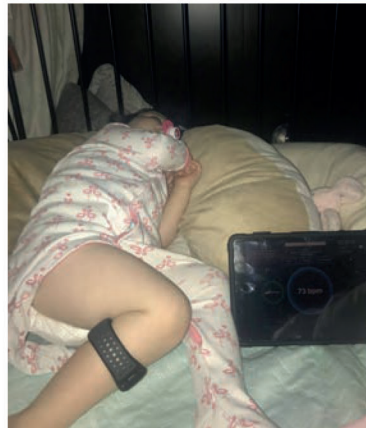
'You make my fairly challenging little life significantly easier and you've no idea the difference that makes to me and the people around me' Sophie - Leeds

The Breathing Monitor Appeal - Supporting New Life



Respiration Monitors or Apnoea Alarms alert a baby's parent or carer should they stop breathing allowing an opportunity to give whatever assistance necessary. In extreme cases resuscitation may be required. It is therefore paramount that any person having charge of a baby is taught the proper methods. We suggest a 'hands on' course with your surgery, Red Cross, or

St. John's Ambulance is taken. We do not suggest the use of any of this equipment will guarantee the life of a baby. However, it will give every opportunity of assisting when needed. Over the years, many parents we have helped have expressed the 'peace of mind' the equipment we have loaned them has given. Some have even said the monitor has saved their baby's life. The alarms we use are purely medical equipment and do not include baby listening devices available from many High Street retail outlets. They are loaned with the approval of the baby's Healthcare Professional. In the main we use the Graseby MR10 respiration monitor and have a significant number of them in regular use, but with the recent withdrawal of production of these alarms we are constantly searching for a replacement and trial new equipment that comes onto the market. Currently, we are favouring a new product very similar to the above. Over recent months we've also used a more sophisticated monitor for exceptional cases called the PulseGuard.



Breathing New Life Campaign - Relieving Asthma

Our patients, of all ages, suffer many different respiratory conditions such as asthma, brittle asthma, COPD and emphysema, to name but a few. They require both mains and portable Nebulisers to convert



liquid medication into a fine mist to be easily absorbed by the lungs. The medication disperses the sticky mucus that congests them allowing them to breathe more easily. Many think Nebulisers are freely available on the NHS. The reality is, frequently, they are not. In cases where they are available the patient must travel to and from the surgery, sometimes three or four times a day, for treatment. Our aim is simply to give our patients the opportunity of breathing, and in turn the freedom of leading as normal a life as possible despite their particular condition. Maybe, for some it's the ability to get to the shops. For others, to be able to work, or go to school. All equipment is loaned both with the consent and supervision of the patient's GP, or Respiratory Professional

