

Local Community Scheme

Help Close to You

Having medical equipment on hand ready for patient use is one of the proactive ways we can ensure help is on the doorstep of those who need it. Funded by local money, we have a number of surgeries, health centres and specialist hospital departments who hold medical equipment for new and existing patients - local funds helping their local community.

Ideally, we would like to cover more regions and boroughs across the UK's cities, towns and villages. With the continued and kind public support we've previously enjoyed, we know help will be at hand near you soon.



Funding and Fundraising

Can You Help?

Over the years, there have been many ways in which people have raised funds for us. Anything from jumping out of perfectly serviceable aircraft to having wet sponges thrown at them while secured in stocks, it would seem the only boundary is imagination. So, if you have an idea that could boost our funding and fundraising we'd like to hear from you. After all, it is the only way we are financed and able to survive to provide the help and support our patients require.



NARA - The Breathing Charity

Contact Us

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

Helping All To Breathe



**If you, or someone you know,
suffers from breathing difficulties
give us a call - 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,

Since Covid-19 has consumed our lives, breathing and the ability to breathe has come to the fore, but prior to this, and indeed throughout the pandemic, many who have not been affected by the virus have still struggled to breathe, or have fought hard to take each and every breath due to many other respiratory conditions.

Imagining, or worse still watching, a loved one fighting to take a breath, one of the basic functions of life, is devastating. A feeling of helplessness consumes all of those who care. At times like these, it's good to know there are people you can turn to.

For almost 40 years NARA - The Breathing Charity has provided medical equipment, support, advice and a 24-hour helpline to many patients and carers of those suffering severe respiratory conditions from our Northampton base to almost all corners of the UK.

Our very experienced team evaluates the most appropriate piece, or pieces, of medical equipment to assist the patients' health issue, whether it's a tiny baby who simply forgets to breathe, or a more senior patient stricken by serious lung conditions. Working with healthcare professionals we offer assistance to all ages and respiratory conditions, even palliative care to support those in their twilight days.

We also keep a watching brief on latest technologies available that promote a better quality of life for those afflicted. Indeed, over the past ten years we have assessed many new pieces of medical equipment at hand to add to the range we have available. Every patient has an individual need to be catered for to improve their circumstances.

Our work over the many years has only been able to continue through the kindness and generosity of individuals, trusts, businesses, and local communities, without who we would simply not exist. Thank you all.

Despite an ever-increasing demand for our assistance, especially with the pressures the pandemic presented, NARA has still been able to help. Should you, or someone you know is struggling to breathe, please feel free to contact us and we will do whatever we can to assist you.

Thank you.

For full details please visit www.naratbc.org.uk

The Breathing Monitor Appeal

Supporting New Life

Our Charity was founded due to two tiny babies suffering from apnoea or stopping breathing. Whilst there may be many valid reasons for this, maybe due to a premature birth, or gastric reflux, there are those babies who merely forget to breathe.

In these cases, we offer support by providing a respiration monitor, or apnoea alarm, which alerts a baby's parent or carer should breathing cease. The basic sound of the alarm may offer a significant response to



arouse the baby, much more than that it will summon assistance. In most cases, the baby will stir, and breathing will recommence. In extreme cases resuscitation may be necessary, so it is paramount that each and every person having charge of a baby has proper instruction in how to resuscitate. We suggest a 'hands on' course with your surgery, Red Cross, or St. John's Ambulance is taken.

We have never suggested the use of this equipment will guarantee the life of a baby, but it will give every opportunity of assisting when needed. Over the years, many parents we have commented that they've had an overwhelming sense the 'peace of mind' the equipment has offered, others have categorically said the monitor has saved their baby's life.

Whilst commercial listening devices are on sale and available from many sources, the alarms we use are purely medical equipment and have been designed for that particular purpose. They have gone through the rigors of that certification. In the main we have used the Graseby MR10, now more recently we have the new Delta devices which is being trialled, so far with good results.

In extreme circumstances, where a baby needs more intense monitoring we use a more sophisticated device, a PulseGuard, which offers 24/7 telemetry on a patient's breathing, heart rate and pulse.

Like all our pieces of equipment they are loaned with the express approval of the baby's healthcare professional.



Breathing New Life Campaign

Relieving Asthma

After a number of years of successfully working with healthcare professionals in the provision of respiration monitors, in 1997, our attention was drawn to the plight of those suffering from asthma and associated breathing conditions. Many patients were hospitalised purely for the administering of necessary medications to assist their ability to breathe, usually via the use of a nebuliser.

Nebulisers convert liquid medications into a fine mist so it can



be inhaled and absorbed by the lungs. For several patients, the medication disperses the sticky mucus that congests them allowing them to breathe more easily. Whilst nebulisers were available in hospitals, there were minimal available in the community for home use. Many patients would only be discharged from hospital if the patient's local surgery offered daily nebulisation sessions. We were asked by many medical professionals if we could provide such equipment to individual patients, which would alleviate the

situation and so our Breathing New Life campaign was launched.

Soon we were providing patients, of all ages, suffering from many different respiratory conditions such as asthma, brittle asthma, COPD, and emphysema, to name but a few. These conditions require differing types of nebuliser dependent upon the medications prescribed. In some cases, more than one piece of equipment is provided. Our aim is simply to give our patients the opportunity to breathe and in turn the freedom of leading as near normal a life as possible. What would appear mundane for most, the ability to get to the local shop, library, or cafe would be a major step for our patients. Others find they're able to continue to work, or to resume their education and enjoy a quality of life we so often take for granted. Sadly, some of our work includes palliative care for terminally ill patients.

All equipment is loaned both with the consent and supervision of the healthcare professionals responsible for the patient.

