

## WELCOME TO THE FIRST NEWSLETTER FROM THE CHILDREN & YOUNG PEOPLE'S COMMUNITY ASTHMA TEAM



**CYP Community Asthma Team**  
 Targeted interventions in Cambridgeshire and Peterborough

Dear Parent/Carer,

It is important to look after your (child's) asthma over the summer holidays as every year in September there is an increase in asthma attacks and hospital admissions once children and young people return to school. A very common reason for this increase is a lapse in preventer inhaler use over the summer school holidays. Going to bed later and sleeping in later means a change in routine and established asthma habits may slip.

Below are some tips for your child to stay well and help prevent attacks from happening:

- Take your preventer inhaler everyday even when you feel well.
- Always use a spacer that is correct for your age.
- Follow your Personalised Asthma Action Plan (PAAP) and know what to do in an emergency.
- Know your triggers.
- Have an annual review every year and after an attack.
- Get a Flu jab every year.



To prepare for this rise in asthma attacks NHS England has developed a campaign called #askaboutasthma. The campaign highlights simple changes to children and young people's care that will make a big difference to how they experience their asthma. By sharing learning, resources and key information, we can help even more children and young people to ask about asthma and get the right care in place. The campaign runs from 11-17th September, for more information use the link below:

<https://www.transformationpartnersinhealthandcare.nhs.uk/our-work/children-young-people/asthma/ask-about-asthma-2023/your-asthma-care/>

Here are a few useful video links too:

<https://www.youtube.com/watch?v=fJpXvOixZRo> Video of inhaler technique with a mouthpiece.

<https://www.youtube.com/watch?v=9vPzdAZRryI> video of inhaler technique with a mask.

In the event of having any queries at any time,  
 then please Email: [ccs.cypastma@nhs.net](mailto:ccs.cypastma@nhs.net)  
 or Call: 07912473821