



# ASTHMA SUMMER CAMP

Midland Park Hotel, Portlaoise, Co. Laois

4-5 July 2026



FSS Bhaile Átha Cliath agus Lár na Tíre  
HSE Dublin and Midlands

## About the camp

The Respiratory & Allergy Department at the Midland Regional Hospital Portlaoise and the Asthma Society of Ireland are hosting an 'Asthma Camp' on the **4 and 5 July 2026**. The camp is designed for children with a diagnosis of asthma and aims to support them to learn about their condition through active play, equipping them to better understand asthma and instil optimal asthma control for life.

The camp is aimed at 6–10-year-old children and their parents/carers. Families are welcome to attend the camp together, and siblings without asthma may participate in the activities over the two days.

The camp is **completely free to attend**, and break snacks/refreshments and lunch will be provided. Additional costs, such as accommodation (if needed) will need to be covered by families.

## Eligibility

To be eligible to attend the camp, your child must:

- Be aged 6-10
- Have been diagnosed with asthma by a GP or Paediatrician
- Have been prescribed a controller inhaler for a diagnosis of asthma with possible nasal allergies

## Contact/Registration

Please contact the Paediatric Respiratory & Allergy team at  
Midland Regional Hospital, Portlaoise:

Phone: 087 6410989 / 057 8696508

Email: [alison.russell@hse.ie](mailto:alison.russell@hse.ie) / [lisa.egan1@hse.ie](mailto:lisa.egan1@hse.ie)

# CAMP TIMETABLE

## Saturday 4 July 2026

- **10am:** Welcome
- **10.30am:** Arts & crafts session - Nose and lung anatomy and physiology
- **11.15am: *Break - tea/coffee/juice and scones***
- **11.30am:** What is asthma and hay fever? - With Andy Asthma and other props
- **12.30am:** Exercise activity with sports star
- **1pm:** *Lunch*
- **2pm:** Pharmacist chat on medication technique
- **3pm:** Hide and Seek Your Triggers! – Hide and seek games to help children identify their triggers
- **3.45pm:** Break - Tea/Coffee/Juice & cookies
- **4pm:** Red, Yellow, Go! - Traffic light game for recognising deteriorating asthma
- **5pm:** Close

## Sunday 5 July 2026

- **10am:** Asthma and hay fever recap
- **11am:** *Break - Snacks and juice*
- **11.30am:** Iggy and the Inhalers
- **12pm:** Breath Easy - Activity with physio
- **1pm:** *Lunch*
- **2pm:** Putting a Busy Mind at Ease - with yoga master
- **2pm:** Parent Activity - How to deal with anxiety and child anxiety around asthma (with the Asthma Society of Ireland).
- **3pm:** Swimming lesson
- **4pm:** Recap and close





Developed by Paediatric Respiratory & Allergy Team, Midland Regional Hospital Portlaoise.

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