

BREATHE EASY TELFORD

January / February
2013

www.breatheeasytelford.btik.com

Events and Outings in 2013

It is a wintry scene outside as I write this. The radio is full of snow stories and transport issues. Can't wait for the Spring and then into Summer, hopefully with warm sunny days for our outings this year. Mary Cook and Veronica Miller have been hard at work to organise some old favourites and some new destinations. Please contact Mary on 01952 254678 for further information, in particular questions on scooter provision/hire. Bookings can be made at monthly meetings or by telephoning Mary. Payments are required at the latest by the monthly meeting prior to the outing booked. Pick up location (Wellington area) and time to be given later.

Wednesday May 22 2013 - £10 for Coach



The **National Memorial Arboretum (NMA)** is the UK's year-round centre of Remembrance. Set in 150 acres of trees and gardens. As you stroll round one finds it a spiritually uplifting place, honouring the fallen, recognising service and sacrifice. There are 50,000 maturing trees and over 200 memorials, it is a beautiful and lasting tribute to those who serve their country or who have died in conflict. Visitors in wheelchairs and electric scooters are well catered for. There is level access to the Visitor Centre and firm, level paths give good access to much of the site. Wheelchairs and electric scooters are available



Wednesday June 19 2013 - £20 Coach and Entrance

Chester Zoo is one of the UK's largest zoos at 111 acres with 11,000 animals! Chester Zoo is also set in stunning gardens. I'm sure we all have our favourite animals, I have lasting memories of the monkeys & the giraffes on my past visits! This year there is the new Hot Pink Flamingos exhibition and trail. Free wheelchair & electric scooter hire with a refundable £10 deposit.



Monday July 15 2013 - £10 (NT members £5) Entrance / High Tea

Sunnycroft in Wellington is managed by the National Trust, a substantial red-brick villa, typical of the many thousands that were built for the prosperous middle classes in the late Victorian period. It is one of the very few villas to have survived, with a mini estate & largely unaltered contents - well worth a visit. The grounds are partly accessible, uneven, narrow & loose gravel paths. There are accessible routes around grounds.

If anyone needs transport to the house, please ring Mary who will arrange this as we have a small taxi fund. *Continued on page 2*



Breathe Easy Telford is a self-help group affiliated to the British Lung Foundation, dedicated to bringing together all those in our area affected by respiratory diseases, both patients and carers.

Meetings are monthly, every fourth Thursday at Wellington Civic & Leisure Centre [Swimming Baths], Larkin Way, Tan Bank, Wellington, Telford TF1 1LX at 2.00 p.m. Please contact chairman:- Gerald Newton on 01952 593561 for further details.



Events and Outings in 2013 continued

Wednesday August 14 2013 - £10 for Coach



Llandudno is an annual favourite of the group and we have always been blessed with good weather. The largest sea-side resort in Wales on a peninsula between the Great Orme and the Little Orme. It has a sweeping promenade to stroll along, a traditional seaside feel, with Punch and Judy still entertaining children. Usually donkey rides are available on the immaculate north beach on all sunny summer days, subject to the tide tables. The 2,295 foot long Llandudno Victorian Pier is the longest pier in Wales and is a very grand structure, well worth a visit. Apart from the Great Orme, everywhere is very level for access and wheelchair & mobility scooters are available for hire not far from our drop off.

Scooters and wheel chairs may be taken on to the coach or are available for hire (not Sunnycroft) please let us know your requirements at the time of booking.

Mark Dillarstone

SALE - Up to 70% off BLF Christmas cards

Grab yourself a real bargain and stock up on Christmas cards for next year for up to 70% off their original price*. 100% of the profits go towards the fight against lung disease.

Start 2013 feeling great about yourself, knowing you're helping us reach millions of people in the UK affected by a lung condition with the vital help and support they need.

*based on 2012 BLF's retail prices at Sep 2012.



You can see full details of the sale and order online, go to www.blf.org.uk/Page/Christmas-cards

If you prefer to place your order over the phone or have any questions regarding your order, please call Jonathan on 020 7078 7941 or email jonathan.mathews@blf.org.uk

Every card features our charity details and the greeting "Wishing you a merry Christmas and a happy New Year". All packs come with envelopes

Example:- Penguin Slide (168mm x 113mm).

Pack of 10 cards.

Was £4.99 now £1.99!! Hurry while stocks last!

Anniversary meal Reminder!

**Our Anniversary Lunch is being held
at Hadley Park House Hotel
on 20 February 2013
arriving at Noon for 12:30.**

Update - Post Pulmonary Rehab Exercise Classes for Telford

Great progress is being made on setting up the classes. I am pleased to report that we have secured funding now and will be holding a meeting with an instructor later this month. There are a few things to sort out. We should have a full report in the next newsletter. *Mark Dillarstone*

Riddles Answers

1/ Shadow, 2/ A fingernail, 3/ A mirror, 4/ Queue

Breathe Easy Telford Quiz Evening

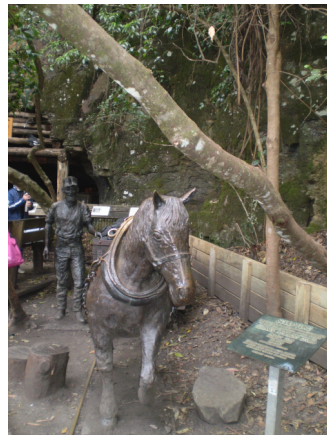
We are holding a Quiz night penciled in for April at the Learning Centre, AFC Telford Football ground. The use of the facilities has kindly been offered by AFC chairman Lee Carter. The Quiz master is his father Danny who has hosted many Quizzes over the years. It promises to be an entertaining night and good exercise for the old grey matter. Teams will be made of 5 and there is room for 10 teams! Full details will be given in the March Newsletter. *Mark Dillarstone*

Len's Australian Travels

Some more pictures from Len's Australian adventure. Showing the sort of weather we would dream of this time of year. They are having a heat wave there over recent weeks, temperatures in Sydney reaching 46°C So intense that the Met office there has added a new shade to its colour-coded temperature chart, so the scale now reaches above 50°C.



Above left is a view from Pearl Beach, this is about 50km from Sydney just round the corner from the mighty Hawksbury River. Above right is a shot of the sea pool ready for a 7am swim!



Above is the coal mine at Katumba, famous for the three sisters. The mine is at the bottom of a 150 foot cliff and was worked by Cornish miners with pit ponies. The cable car seen above is the way to get down to the foot of the cliff. When the mine was in operation, all the coal had to be got up to the top the long way.



Views above from Sofala, located on the Turon River. This is Australia's oldest surviving gold town. Gold was discovered on the Turon River in mid 1851 and thus established the town. Initially it had a population of 30,000 Europeans and 10,000 Chinese. By 1868 there were 51 licensed hotels and numerous other businesses catering for the needs of the prospectors. Gold was found in abundance, Sofala is one of the few villages from the gold rush era to have stayed much as it was. Many buildings have survived. *Len Sankey*

Importance of Keeping Warm!

With the sudden cold snap this week, people living with respiratory diseases (diagnosed or undiagnosed) such as COPD or severe asthma can be particularly at risk of seeing their condition worsen, especially if they are unprepared. They may find themselves shorter of breath and coughing more than usual. The impact can be very serious with cold periods almost always seeing a rise in the number of people hospitalised with respiratory disease.



Dr Penny Woods, Chief Executive of the British Lung Foundation explains what people can do to help protect their lung health.

“Many of the ways in which people with lung disease can avoid a worsening of their condition are common sense: wearing more layers and warmer clothing, even at night, and keeping the home well-ventilated but warm – around 21 degrees in the living room, around 18 in the bedroom.

“However, coping with the cold can also take a bit of forward planning. During cold periods, it is important for people with lung disease to check the weather forecast before leaving the house and to take appropriate precautions. Those on medication should carry it with them, and people who have been prescribed bronchodilators should use them half an hour before leaving the house, to prevent the cold weather causing a sudden tightening of the airways when they are out.

“There are often outbreaks of flu in periods of cold weather, so anyone with a lung condition should also contact their GP to take advantage of the free flu vaccine they are entitled to, if they haven't already.

“In some circumstances, cold weather can help people without a diagnosed lung condition identify whether they are showing some of the early warning signs. Over two thirds of the three million people living with COPD in this country have not been diagnosed, so anyone who notices the cold weather bringing on a cough, phlegm and shortness of breath, should consider getting it checked out by their GP. COPD is easier to manage the earlier you catch it, so don't ignore these early signs”.

Health chiefs are also reminding people to keep warm and keep well over the next few weeks.

Dr Giri Rajaratnam, deputy regional director of public health for NHS Midlands and East, said:

“Encouraging people to keep warm and healthy during the winter is one of our key priorities, particularly for older residents and those that spend all day at home. It only takes a few simple measures to protect yourself and your family from winter-related illnesses and incidents.” © BLF 2013

Riddles!

1

Each morning
I appear
To lie at your feet,
All day I will follow
No matter how fast you run,
Yet I nearly perish
In the midday sun

2

I can be
long, or I can be short.
I can be grown, and I can be bought.
I can be painted, or left bare.
I can be round, or square.
What am I?

3

When you look at me,
You think of yourself.
I am always ready to talk
Whether times are easy or
rough.

4

I am a five letter
word. If you remove
my last four letters I am still
pronounced the
same. What am I?