

BREATHE EASY TELFORD

January / February
2014

www.breatheeasytelford.btik.com

Happy New Year!

Hope you all had a good Christmas! Behind the scenes and in the warmth of indoors we have organised a full and varied program of events and meetings to look forward to this year, see pages 2 and 4 for full details.

Hadley & District Orpheus Male Choir

sang at our November meeting. A good turn out for a memorable meeting. We look forward to their return visit later this year.



Tombola at PRH Tuesday 4 March

Our next Tombola is in March at the Princess Royal Hospital, Telford, from 9am. Please bring all your unwanted Christmas presents, etc. to the next meeting and our February meeting. Donations urgently required, give directly to Mary Cook or Veronica Miller at the meetings. Many thanks for your generosity & support.

QUIZ NIGHT

Friday March 21st
19:30 for 20:00 start
Learning Centre at
Telford AFC, Wellington

An evening of knowledge and fun, raising funds for our local group supporting those affected by lung disease and long term associated illnesses.

Raffle with prizes

Tea - Coffee - Licensed Bar
Teams of 5 £2 a person

Tel - 01952 415474 to enter a team

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. E-mail the editor: dillarstone@blueyonder.co.uk



Breathe Easy Telford Committee

Chairman

Gerald Newton

Treasurer

Veronica Miller

Newsletter Editor/Website Manager

Mark Dillarstone

Welfare

Elaine Biddulph, Mary Cook, Maureen Saunders,
Mervyn Tuck & Brian Bennett

Community Respiratory Nurse

Sarah Paterson

Meet & Greet

Brian Bennett

Events & Transport

Mary Cook

Speakers

Jeff Woodcock

Raffle Draw

Mervyn Tuck

2				5		4		
	5	6					9	
4		7	3			2	8	
			5		4	8		
8								1
		4	2		1			
	8	1			7	6		4
	6					7	5	
		2		6				3

Sudoku

Complete the grid using numbers 1 to 9 once in each row and column

Calendars

I am pleased to report that the calendars raised so far £200 for the group and all sold out. Subject for next years calendar, gardens.



Breathe Easy Telford Events 2014

Group meetings start at 2pm and Pub lunches at noon.

23 January 2014	Denise	Talk with Laughter
3 February 2014	Pub Lunch	Wickets Inn, Wellington
27 February 2014	Brian Draper MBE	River Severn Start to Bridgnorth
3 March 2014	Pub Lunch	Wickets Inn, Wellington
21 March 2014	Quiz at AFC Telford,	Learning Centre
27 March 2014	Sharon Smith	Patient Engagement Lead, Telford & Wrekin CCG
7 April 2014	Pub Lunch	Wickets Inn, Wellington
24 April 2014	Colin Smith, DWP and	Nick John, Respiratory Physiologist Cardio Respiratory, PRH
12 May 2014	Pub Lunch	Wickets Inn, Wellington
22 May 2014	Tea and chat	
2 June 2014	Pub Lunch	Wickets Inn, Wellington
26 June 2014	Elsa Davies,	Respiratory Team Leader, NHS Telford & Wrekin
7 July 2014	Pub Lunch	Wickets Inn, Wellington
24 July 2014	AGM	
4 August 2014	Pub Lunch	Wickets Inn, Wellington
No Group Meeting in August		
1 September 2014	Pub Lunch	Wickets Inn, Wellington
25 September 2014	Dr Moudgil,	Consultant Physician - Respiratory Medicine PRH
6 October 2014	Pub Lunch	Wickets Inn, Wellington
23 October 2014	Sarah Paterson,	Community Respiratory Nurse, NHS T&W
	Lifestyle change management	
3 November 2014	Pub Lunch	Wickets Inn, Wellington
27 November 2014	Hadley & District Orpheus	Male Choir
1 December 2014	Christmas Pub Lunch	Wickets Inn, Wellington

No Group Meeting in December

New name for local Oxygen supplier

Last December, Air Products home oxygen service was taken over by Baywater Health Care. Things don't change for patients. Engineers and contact centre operators remain the same. The Helpline number also remains the same 0800 373580. More information - www.baywater.co.uk under "Home Oxygen". (Enter address directly, not on "Google")

Respiratory Team Latest News

Happy New Year from all at the community respiratory team!

Thought we would update you with some of our recent news! Firstly, Sarah Pezziolai, one of our nurses, has recently given birth to a beautiful baby girl, who they have named Willow, I am sure you will join us in wishing her and her family all the best! They are both doing very well. We have 2 new editions to the team: Sandra Shutt and Serika Atherton, who join us as respiratory nurses. They have a wealth of respiratory knowledge.

We have been very busy during the festive period, despite the fact that the weather has stayed remarkably mild for the time of year! For those of you who aren't aware the service now runs **7 days a week 365 days a year**. This service is only available to those of you who are registered with a Telford and Wrekin GP and is a recent addition to the service. Our normal working hours are Monday to Friday 8am until 6pm and on a weekend from 9am until 5pm. We can still be contacted on the same number Telford **580368**, this will be answered by a telephonist from single point of referral who will take a message and contact us if we are not there. We can then either contact you by phone to give you some advice or come and see you at home if required. We are also in regular contact with Shropdoc so work closely with them at weekends.

I appreciate that not everyone who reads the news letter are known to the respiratory nurses but if you feel you would like to be referred to the service for some help and advice about your respiratory condition then please contact us or discuss this with your GP who can make a referral.

Sarah Patterson Community Respiratory Nurse NHS Telford and Wrekin

Christmas Basket Raffle raises £304

Keith Mozan a new member to the group kindly donated this lovely hamper. It had been on display in the Wickets Inn, Wellington.

Raffles at St Georges Exercise Classes raises £114

Many thanks to Brian Bennett and Keith Mozan for organising and running these raffles at the classes.



The Zoo Keeper

A bloke starts his new job at the zoo and is given three tasks. First is to clear the exotic fish pool of weeds. As he does this a huge fish jumps out and bites him. To show who is boss, he beats it to death with a spade. Realizing his employer won't be best pleased he disposes of the fish by feeding it to the lions, as lions will eat anything. Moving on to the second job of clearing out the Chimp house, he is attacked by the chimps who pelt him with coconuts. He swipes at two chimps with a spade killing them both. What can he do? Feed them to the lions, he says to himself, because lions eat anything.... He hurls the corpses into the lion enclosure. He moves on to the last job which is to collect honey from the South American Bees. As soon as he starts he is attacked by the bees. He grabs the spade and smashes the bees to a pulp. By now he knows what to do and shovels them into the lions cage because lions eat anything. Later that day a new lion arrives at the zoo. He wanders up to another lion and says "What's the food like here?" The lions say: "Absolutely brilliant, today we had Fish and Chimps with Mushy Bees."

Events and Outings 2014

Bit of sun as I type this, been a wet and breezy winter! Roll on Spring! We have placed our order for warm sunny days for our outings this year, fingers crossed! 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) for trips using a Coach and time to be given later. Contact Mary if a lift is required on the non coach trips.

19 February Anniversary Meal Ramada Telford Ironbridge Hotel (Grays), Forgegate, Telford Town Centre TF3 4NA arriving at Noon for 12:30. Own transport.

This occasion will be partly funded by donations in remembrance of Steve Evans.

4 March Breathe Easy Telford Raffle at the Princess Royal Hospital from 9am until all the prizes have gone!

16 April Cosford, meet at 13.00. Own transport,
Meet in the cafe for tea and or a light bite and tour starts at 13.30. Gerald will be our guide. Cosford has 70 aircraft of are housed in three Wartime Hangars and the informative National Cold War Exhibition. The world's oldest Spitfire and a Lincoln Bomber, just two of the highlights

21 March Quiz at AFC Telford Learning Centre, 19:30 for 20:00 start.
Own Transport. Raffle with prizes, Tea - Coffee - Licensed Bar Teams of 5 **£2 a person**

21 May Arboretum Guide, land train and afternoon tea. Coach pick up. £10
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

18 June Severn Valley Railway Luncheon. Coach pick up (to Kidderminster). £25
A three-course lunch as you travel by a steam hauled train along the beautiful Severn Valley. Dine in style as you pas the spectacular views of the countryside and the river valley.

16 July Attingham Park – Guide and tour and Afternoon Tea. Coach pick up £10
Attingham Park was built for the 1st Lord Berwick in 1785 and was in continuous ownership by the family for more than 160 years. The Mansion is at the heart of this great estate between Shrewsbury and the River Severn and is set in beautiful parkland designed to impress. Home to a wide range of wildlife, the main highlights on the estate include the Deer Park and the walled garden.

Access Wheelchair transfer available, Adapted toilet near tea-room and at stable courtyard. Wheelchair available in mansion, Some sloped areas. Single-seater PMVs available to borrow. Attingham Park has mainly good access, with level access to the mansion, shop, Carriage House café, welcome centre and bookshop and accessible park pathways

20 August Llandudno Coach pick up £10
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. 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 and mobility scooters are available for hire not far from our drop off.

2 January 2015 Peter Pan Pantomime, Severn Theatre Shrewsbury £12.00 Coach pick up
This hilarious family panto will star Shropshire's favourite Dame, BRAD FITT, and will be packed full of comedy, audience participation, spectacular sets and dazzling costumes.
Once again, the show will be written by PAUL HENDY and produced by the same team who brought you this year's smash hit, Sleeping Beauty.