

BREATHE EASY TELFORD



September/October
November/December
2019

A Bi-monthly Leaflet www.breatheeasytelford.btck.co.uk

Boat Trip Down the Shropshire Union Canal



Last September we went to Norbury Junction. On our arrival, we enjoyed tea and coffee, sitting outside the canal side cafe. We then went onboard our boat, for a three hour cruise, heading south along the peaceful Shropshire Union Canal. Passing through the village of Gnosall. Here the boat moored for a few moments, to collect Fish and Chips. This was served to our tables, on board. The boat then continued through the rolling countryside, arriving at High Onn Wharf. We saw a few boats here, moored up as we reversed and turned around and headed back to Norbury Junction.

All the members enjoyed the ride, the weather was good, so we were able to see the countryside without rain which we have had on the Chester trips over the last few years.

Panto and Xmas Meal Choices with Final Payments please.

Reminder for the ALADDIN Pantomime at Shrewsbury's Theatre Severn.

Coach pick up at 12.30, Red Lion, Holyhead Road, Wellington. Thursday 9 January 2020.

FINAL payments please, are now being taken for the Pantomime at our October meeting this week or Contact Brenda on 01952 612318 as soon as possible. Many Thanks.

Our Christmas Meal is at Hadley Park House Hotel, Noon for 12.30 on Thursday 5 December.

Menus and Payments to be in by November 12th - Contact Brenda on 01952 612318.

Contact Mary regarding Menus on 01952 605351.



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 Methodist Church, New Street, Wellington, Telford TF1 1LU

Please contact BLF Direct on
03000 030 555 for further information.



Registered charity in England and Wales (326730) and in Scotland (SCO38415)

British Lung Foundation Christmas Cards

Show your support for the UK's lung health charity this Christmas. Go online to BLF's shop:-
shop.blf.org.uk/collections/blf-charity-christmas-cards
or phone the BLF helpline to order in other ways:-
Call 03000 030 555.

Choose from the great range of Christmas card packs
33 different designs—there's something to suit everyone.
Only a few examples shown here.

All proceeds from the sale of these Christmas cards
will support our work to look after the nation's lungs.
Each pack contains 10 Christmas cards with envelopes.
Delivery is just £3.95 per order - it doesn't change
if you order more than one pack of cards.



All About Lungs

Your lungs are incredible. Every day you take about 25,000 breaths, mostly without thinking. How often you breathe in and out every minute depends on your age and what you're doing. If you're resting, an adult will breathe around 12-20 times a minute – that adds up to around 17,000 – 30,000 times a day! The amount of air that moves in and out of your lungs can vary from just a few litres a minute when you're resting to over 100 litres a minute if you're exercising vigorously.

The lungs absorb oxygen from the air you breathe in and transfer it into your bloodstream so that it can get to every part of your body. As the cells in your body work, they produce a waste gas called carbon dioxide that is released into the bloodstream. Your lungs get rid of this waste gas when you breathe out.

What are your lungs made up of and how do they work?

Your two lungs fill your chest and sit on either side of your heart. The left lung is smaller than the right because it shares that side of the chest with your heart. Your windpipe – also called your trachea - carries air into the lungs and out again when you breathe out. The windpipe divides into airways called bronchi. These branch into smaller and smaller airways. The smallest are too narrow to be seen with the naked eye. This is often called the bronchial tree. At the end of these tubes are tiny air sacs called alveoli. This is where gas exchange happens. Under a microscope, the inside of your lungs look like a giant sponge. There are around 300 million air sacs and if they were spread out they would cover an area roughly the size of a tennis court.

What is the pleura?

The pleura is a thin, transparent membrane that surrounds your lungs, and lines the inside of your ribcage. It has two layers so the outside of the lungs can slide smoothly against the inside of the chest wall as you breathe.

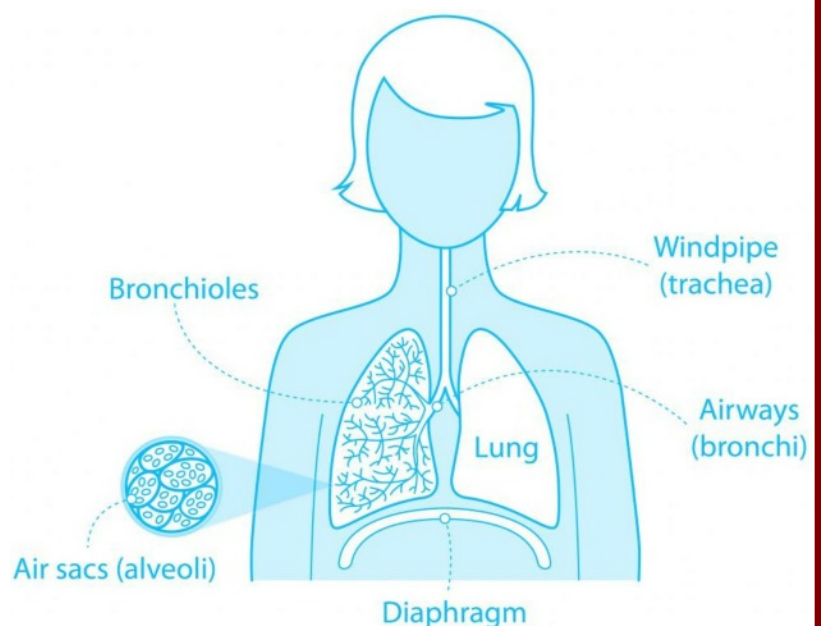
What muscles do you use to breathe?

Your main breathing muscle is the diaphragm. This divides your chest from your abdomen.

Your diaphragm contracts when you breathe in, so pulling the lungs down, stretching and expanding them. It relaxes back – into a dome position – when you breathe out, reducing the amount of air in your lungs. The abdominal muscles are used to push air out of the lungs when you breathe out.

There are also muscles in between the ribs, which keep the ribcage stiff and help with breathing. These are called intercostal muscles.

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Early 2020 Group Meetings

2020 is not far away, we start the year with on 23 January, Laughing yoga with Caroline Rolling. This can be done sitting, standing or even laying down. Combined with deep, yogic breathing, practicing Laughter Yoga can bring a host of health benefits.

On 27 February, Dr Ahmad, Respirator Consultant from Princess Royal Hospital addresses the Group.

On 26 March, Sarah Paterson from our Community Respiratory Nursing Team presents to the Group

On 23 April, Graham Penny is speaking about the Dyfi Osprey project with a slide show.

28 May 2020 V.E. celebration with the Casey girls, more details nearer to the time for what promises to be a memorable afternoon.

**Merry Christmas and
a Happy Healthy
2020 from us all at
Breathe Easy Telford**

Cereals

Rice, pasta - dried and tinned
Breakfast cereals eg Porridge
Crackers, crisp breads
Bread - freeze and defrost when needed

Fruit/Veg

Dried instant potatoes
Tinned Vegetables/fruits (in juice)
Baked Beans
Frozen vegetables

Drinks

Tea/coffee
Chocolate
Packet/tinned soups
Long-life or powdered milk
Long life fruit juice

Meat/Fish/Alternatives

Tins of chicken and ham
Tins of corned beef
Tins of tuna/salmon
Tins of sardines
Tins of lentils

Desserts

Tinned milk and rice puddings
Instant dessert mixes
Long life yogurts

A torch

SALT for putting down on icy paths and steps.



Stay Healthy this Winter – Get the Flu Jab

Don't forget to book your flu jab!

For people with long-term health problems, such as asthma or chronic obstructive pulmonary disease (COPD), and older people, it can be even more serious. Getting a vaccination can protect you from unnecessary illness.

The vaccination is given by an injection which will take a week to 10 days before it protects you from catching flu.

It will not only protect you, but may also help to protect your colleagues, friends and family.

You (and your carer) are eligible to receive a free flu vaccine if you have a certain medical conditions, including a long-term lung disease.

Please ensure you have had your pneumonia vaccination. Check with your GP that you have received it.

Stay Safe!

1/ Keep warm at home, set your thermostat at around 21°C (70°F) and heat all the rooms you use in the day. At least make sure you keep your living room warm throughout the day and heat your bedroom before going to bed.

2/ Take extra care outside, icy and frosty roads and pavements can cause serious injury so take care and wear suitable footwear and clothing. Have some salt handy for your front door step. The best advice for driving in bad winter weather is not to drive at all, if you can avoid it

3/ Protect yourself from flu, have the flu jab.

4/ Eat a varied and balanced diet.

5/ Stay active to keep your body and mind in shape.

6/ Contact GP / Respiratory Nurse, with any health issues.

On the left is a handy shopping list to cut out.

Things to know about Mobility Scooters

Mobility scooters are more popular these days and they can provide an ideal form of transport when used safely.

There is a Motability Scheme which offers leased cars to people claiming certain benefits they also lease Scooters and powered wheelchairs. To join the Motability scheme, you must be in receipt of one of the following allowances:

- Higher rate mobility component of Disability Living Allowance
- Enhanced rate of the mobility component of Personal Independence Payment (PIP)
- War Pensioners' mobility supplement Armed Forces Independence Payment

It's important that you choose the right type of scooter or powered wheelchair to suit your needs, whether you are choosing one through the Motability scheme or buying independently.

Think about:

Your weight and height

Your weekly rental budget (if you are going to lease the scooter)

The length of your typical journeys Do you wish to travel on the roads?

Do you carry mobility aids or shopping?

Do you need to take it on public transport?

Will you need to transport it in the car? Think of the weight of the machine.

Do you have somewhere safe to store it and somewhere to charge it overnight?

The Motability scheme leases a car, scooter or powered wheelchair. Insurance, breakdown assistance and maintenance is also included in the price you pay and payments are taken from the qualifying benefit. For further information, visit the Motability website - www.motability.co.uk or call 0300 456 4566.

Tips to help scooter owners stay safe.

Be visible - especially in the winter months. You should always make yourself visible to other road users. It's a good idea to wear a fluorescent jacket and to always use your lights if you have them. If you don't, get them fitted.

Always stick to routes you know. You will soon find out the routes that are safest for you to navigate. It's best to stick to quieter roads if you use your scooter on the road rather than the pavement.

Try to avoid busy periods such as rush hour.

Be very careful when using a scooter in the winter; they are not designed to be used in icy or snowy condition

Group's New Logo Competition

Following on British Lung Foundation's plans, in their Summer Bulletin 2018 issued along with, our September/October's newsletter, that year, we are in the process of moving to becoming an affiliated Group of British Lung Foundation (BLF). There are a few behind the scenes changes to happen but Group meetings, activities and events will not alter.

The free membership will also continue. We plan to have this completed prior to the AGM currently scheduled for July next year.

An affiliated group, is run independently but part of the BLF family.

This gives the Group greater local control. We will be able to raise funds for the BLF, local health services and other organisations in order to promote better lung health. We will broadly support the BLF's aims and principles.

BLF have created a general affiliated brand logo, which we can use.

We can design and create our own logo for the Group, for use on our website, newsletters and promotion materials. We thought it be nice for members to have a chance to send in logo designs. The logo has to include the strap line "Breathe Easy Telford and District affiliated to British Lung Foundation". We can't use any elements of the BLF/Breathe Easy logos. A logo that reflects breathing and with a clear layout would be ideal. Please pass logo drawings to a committee member at the November or January 2020 Group meetings.

Winning design used, will receive a prize. Good luck.

