

# BREATHE EASY TELFORD

September 2009

[www.breatheeasytelford.btik.com](http://www.breatheeasytelford.btik.com)

## Swine Flu latest news

The high number of deaths from swine flu predicted for this winter earlier this year are unlikely to be realised. Figures have been changed from 65,000 to produce a worst-case scenario of 19,000 deaths. That is based on one in three people becoming infected, said England's chief medical officer, Sir Liam Donaldson. Cases of swine flu continue to drop off with only 4,500 new cases in England last week. The virus is still causing mild illness in most people but some suffer serious complications and Sir Liam warned against complacency.

Overall the pressure on the health service has been falling and demand for the National Flu Service, the web and phone service which is operational in England, has also dropped off. Experts are still expecting a surge in cases as winter approaches but they believe figures are unlikely to peak before mid October. In an average year around 6,000 to 8,000 people die from seasonal flu.

The new figures of 19,000 deaths from swine flu compare with the levels seen in the last seasonal flu epidemic in 1999-00. Sir Liam said the figures may be revised again once a vaccination programme is introduced. "We want the NHS to plan for a worst case scenario." He added: "We are very unlikely to see a peak before the second half of October, which is something we're pleased about because we're expecting to be able to use the vaccine during October."

Scientists at Leicester University are currently conducting a trial in humans on a swine flu vaccine developed by Novartis have reported that one dose might be enough to produce a good immune response. Plans for a vaccine programme have so far been based on people needing two doses to protect them against the virus, but one dose would mean more vaccine to go around. Sir Liam said it "It's too early to say whether the early results can be generalised. We will watch carefully but we're not at this stage starting to think about one dose rather than two."

{Editor:- Please see our website for further information and action to take regarding Swine Flu.}

**ShropDoc New Number 08444 06 8888**  
**See page 4 for details**

### Forthcoming Events

Thursday 24 September - Group Meeting  
Speaker from PRH - Respiratory Team.

Monday 5 October - Mary's Monday Pub Meal  
The Hartley Arms, Wheaton Aston.  
Meet at noon, all welcome.

Thursday 22 October - Group Meeting - Tea and Chat.

**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 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.

**Tuesday 29 September**

### Breathe Easy Telford Tombola

Princess Royal Hospital  
9AM to 4PM at the  
"Charity Desk" in the foyer.

**Have a go!**  
**Support a good**  
**community cause!**

**Lots of**  
**fabulous**  
**prizes**  
**to win!**



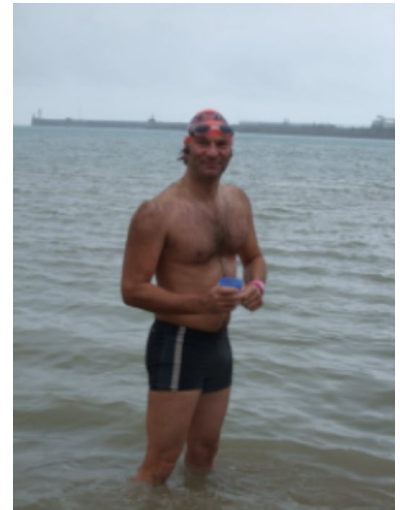
**breatheeasy**  
BRITISH LUNG FOUNDATION SUPPORT NETWORK

Registered Charity No. 326730

## Mark Hewish Swims English Channel

As many of you know Garth`s eldest son Mark, age 39 years, was to swim the Channel to raise money for Charity. Indeed those who were at Mary`s Lunch at the Downs, Bridgnorth, very kindly donated £109 and this is much appreciated - many thanks. In the end he raised over £4000 to be split between "Help for Heroes" and "Hope House".

After several false alarms brought about by inclement weather or unsuitable tides he actually entered the water from Shakespeare Beach, Dover at 0340 hrs on Friday 14 August 2009. He landed in France 14 hours 49 minutes later. The weather gave him a rough ride but thanks to



some very skilful seamanship by the Pilot of his escort boat and a 2 hour "burst" towards the end when he increased his strokes from 54 / min to 64 / min to get him into shallow water before the tide turned the deed was done !!

A very tense period since many very fit swimmers get swept off course by fierce tides and do not make it. Statistics say that only 1 in 10 succeed. On the escort boat, in addition to the Pilot

there was an official timekeeper and judge from the Channel Swimming and Pilot`s Association, two swimming coaches, a doctor and very importantly his fiancée Julie who spent her time feeding him, encouraging him and being sea sick !!

A great effort all round and as you can imagine it was a frayed and very proud Mum and Dad Hewish who emerged at the end of it all.

*Garth Hewish*



### Answers to last months Puzzles!

**Riddle!** I am the letter "e". **Word Search:** 1/ England, 2/ Uganda, 3/ Japan, 4/ Antigua, 5/ Malta, 6/ Cyprus and 7/ Venda (northeastern corner of South Africa)

# Llandudno 2009

After a smooth two hour ride taking in the North Wales expressway we arrived at Llandudno to be greeted with what was fortunately a brief fleeting spell of rain. It brightened up to be a pleasant if not slightly breezy afternoon. Plenty of fresh air! Some of us went for a gentle stroll round the promenade and pier.

Others took advantage of the sandy beach and taking in the splendid views of Snowdonia in the background. The town was alive with families and I stopped to watch the Punch and Judy for a while. Not an everyday sight unfortunately but was much enjoyed by the children and adults alike. We all reflected on our lovely day out on the way home and had a raffle on the coach raising £21 for our funds.



## Llandudno Logic Puzzle

	Ice Cream	Beach	Pier	Punch & Judy	Fish & Chips	Black	Purple	Red	White	Yellow
Mark										
Veronica										
Mary										
Simon										
Dave										
Black										
Purple										
Red										
White										
Yellow										

Last month Breathe Easy visited Llandudno! Five members left the Coach and rushed to their favourite activity! Using the clues, can you name each members favourite activity and the colour T-shirt they wore?

- 1/ One of the members wore a T-shirt that was the same colour as the castles she was building at her favourite place.
- 2/ Mark who was not wearing black went for a meal.
- 3/ Simon who did not have the ice cream wore the white T-shirt.
- 4/ While enjoying a 99 flake one member said he saw a lady with the red T-shirt laughing at PC Plod.
- 5/ Veronica was shaking the sand off her feet when she saw someone in his purple T-shirt eating a meal.

What is the difference between Bird Flu and Swine Flu??  
 For bird flu you need tweetment and for swine flu you need oinkment.



## Pierson Bell and Barbara Banks



This is turning out to be a very sad year. Since the last newsletter, we have two more valued members who have relinquished their hold on life: Pierson Bell and Barbara Banks.

I remember both of them with affection. I remember Pierson particularly for an extended chat we had on a coach returning from one of our longer outings. Unfortunately, his attendance at the meetings and other occasions was affected by an exacerbation of his illness, so that I had little opportunity to renew the conversation we had started. I have no doubt that had his health allowed him to attend more regularly he would have been a very committed member. Gerald reports that his 'send-off' at the crematorium was very well attended, a measure of his power to make friends.

Barbara I remember with special gratitude. In a way, when I first joined in the rather inhospitable surroundings of the PRH suite, she helped me settle into the group. She was quick to introduce other member to me, and me to them. I remember Barbara as an enthusiastic member. She could be relied on to attend meetings and seemed to particularly enjoy Mary's pub outings.

Those members who have a longer time than I with the group will know that Barbara looked after the refreshments at the meetings. Some will probably remember that she funded the tea, coffee and biscuits out of her own purse, allowing all the money raised to go the group finances. Eventually a deterioration in her health meant she was unable to continue with her refreshment duties, but her practice of personally funding the necessary liquids and biscuits has been continued by Len Sankey and his cohorts. Both Pierson and Barbara will be remembered.

*Steve Evans*

## Out Of Hours ShropDoc Telephone Number Change.

The out-of hours number for urgent health care and advice from ShropDoc changed from 1 September 2009. The new number is **08444 06 8888** and will be charged at 1p per minute from BT landlines.

(Calls from other networks and mobiles may vary).

The service is provided by Shropdoc (Shropshire Doctors Co-operative Ltd), a not for profit company established in 1996. The service is provided by over 300 GP members, the majority of whom work in local general practice. ShropDoc provides services to 600,000 patients in Shropshire, Telford and Wrekin and Powys. They take over 200,000 calls per year and see over 50,000 face to face patients per year.

ShropDoc provides urgent healthcare and advice when your own surgery is closed i.e. every weekday evening, week- ends and Bank Holidays.

ShropDoc is a growing organisation dealing with an increasing numbers of patients' year on year and the need for a resilient telecommunication system is therefore of paramount importance.

Commenting on the change of numbers Dr Russell Muirhead, Chairman of ShropDoc said "After exhaustive discussions we are pleased to have found a system that allows us to re-route calls within seconds via the web or mobile phone should a problem arise, providing a valuable safety net for patients against technical difficulties".

The new number will also make phoning ShropDoc cheaper and provide a more memorable number.

{Note from Editor:- Just updated my telephone directory and contact on my mobile while I think about it!}

## Odds and Ends

'Dreamt' is the only English word that ends in the letters 'mt'.

No word in the English language rhymes with month, orange, silver, or purple.

A cat has 32 muscles in each ear.

A goldfish has a memory span of three seconds.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.

Our eyes are always the same size from birth, but our nose and ears never stop growing.