

BREATHE EASY TELFORD

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2012

www.breatheeasytelford.btik.com

Post Pulmonary Rehab Exercise Classes Proposed for Telford

Jeremy Bacon our local BLF Support and Development Manager at British Lung Foundation came to our last meeting and spoke to members about the benefits and opportunities of setting up a post Pulmonary Rehabilitation (PR) exercise class following on the work of the BLF Active project. One has recently been set up in Loughborough (see below). There was a fair degree of general interest shown in the room and members who had attended PR were very keen to share how much it had benefited them, but there was feeling that there was a lack of ongoing exercise opportunities.

BLF Active was a project set up in 2007 with funding from Air Products. Many people with lung disease express how exercise during pulmonary rehabilitation has been the most life changing treatment they have been offered. The BLF wanted to provide people finishing rehabilitation with the opportunity to continue exercising safely. BLF Active collaborated with Loughborough College and leading Health Care Professionals to produce a course for fitness instructors to provide specialist exercise for people with chronic respiratory disease on completion of PR. Between 2007 and June 2011, BLF Active provided bursaries for over 148 instructors to take the course. The future of this scheme is currently under review.

The training in Chronic Respiratory Disease Exercise (CRDE) still runs at Loughborough College. Instructors all over the country continue to qualify through the course, resulting in an increasing number of people having access to safe maintenance exercise. The original BLF Active project finished successfully once the CRDE qualification was established and funding for bursaries ceased. We are left with the legacy of a reputable course at Loughborough College and a growing number of over 200 instructors around the UK qualified to give maintenance exercise to people with lung conditions. With funding from Air Products, the BLF continue to engage with fitness instructors who qualify to give CRDE through Loughborough College and facilitate the set-up of new CRDE classes.

We are now looking to set up CRDE classes in Telford in conjunction with the local respiratory team and pulmonary rehab program who are looking at ways of supporting this. At our last group meeting we agreed to put it to all our members to make sure there is significant interest before we start looking for funding.

With that in mind, could you let us know if you would be keen to see such a class established locally.

We currently have an online survey via our website to fill in or please contact the editor (email below) to show your interest, or write to:- Jeremy Bacon, Support and Development Manager (Midlands), The British Lung Foundation, Carlton House, 28 Regent Road, Leicester LE1 6YH, email Jeremy.Bacon@blf-uk.org or phone 0116 2495780 stating your support. Your assistance is much appreciated and with a good response we can get this off the ground to benefit members and the wider community.

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



breatheeasy
British Lung Foundation Support Network
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Going on holiday with a lung condition

How do I know if I can travel?

Ask your doctor whether you are fit enough to travel, especially if you want to fly or travel abroad. You may be asked to take some tests. If you can travel, your doctor should give you written consent to do so as this will save time later. If you will need oxygen, your doctor will inform you of your requirements. If you have an oxygen supplier, you will need to make arrangements with them.

Where can I holiday?

The world is your oyster. However, you may need to consider the following factors before travelling:

- Climate - Many people with lung conditions prefer warm climates that are not too hot and do have salty air. Lower oxygen levels at higher altitudes can make breathing difficulties worse.
- Terrain - Whether your destination is flat or on a hill could affect your ability to get around comfortably
- Wheelchair access.
- Transport availability.

Holiday tips

- Plan in advance - Think about how far you can walk, how many stairs you can manage, access to toilets and what transport you can use. You must arrange full travel insurance for you and any companion before you go.
- Be realistic - Places you liked in the past may not be suitable now. Pick something you can cope with physically.
- Shop around - Everybody has different policies for people with lung disease, so find the best deal for you. Many travel agents offer holidays for people with special requirements.
- Ask questions - Travel companies are used to dealing with special requirements. Be tough in asking what you can reasonably expect from them.

Holidaying in the UK

How do I choose my accommodation?

Tourism For All (A national registered charity providing information about accommodation/tourism services for older people and people with disabilities. 'Holiday Care' is part of Tourism For All)

Information Unit, 7th Floor, Sunley House, 4 Bedford Road, Croydon CR0 2AP Tel: 0845 124 9971

They assess accessibility of all accommodation.

Category One – accessible to a wheelchair user travelling independently.

Category Two – accessible to a wheelchair user travelling with assistance.

Category Three – accessible to someone of limited mobility but able to walk a few paces and up to a maximum of three steps.

How do I get to my destination?

Coach

Many National Express coaches now feature kneeling suspension, which makes boarding and alighting easier. Most on-board toilet facilities are now level with the coach seating. National Express does not carry battery-powered wheelchairs. Smaller coach companies may not yet have the facilities you require. Telephone them in advance and ask about boarding and alighting (and help with folding wheelchairs), whether you can use on-board toilets and whether you will be able to take and use oxygen.

Trains

If you are thinking of travelling by train, get the leaflet Rail Travel for Disabled Passengers, available from most staffed railway stations, Citizens Advice Bureaux or telephone 08457 48 49 50. Different companies have different policies towards people with disabilities, so plan your route in advance and find out which companies' trains you need. All rail companies offer assistance to customers if pre-booked. When contacting train companies, tell them where and when you want to travel, your disability, how you intend to get to and from the station, whether you are travelling alone or not and whether you need a wheelchair. A Disabled Persons Railcard is valid for 12 months and offers up to a third off a range of train tickets. Ask your local station for a form, go to www.disabledpersons-railcard.co.uk or telephone 08457 48 49 50 for more details.

Ferries

If you are going to one of Britain's islands or travelling to or from Northern Ireland, you may be going by ferry. Many ferry companies have lifts, toilets and wheelchair facilities; some can supply wheelchairs at terminals. A few have special cabins for disabled people and/or offer discounts. Check before and when you book, especially if you need oxygen. Don't forget to ask for extra assistance from the crew before you travel.

How can I get around?

Disabled scooters let you cover more ground and you won't have to worry about finding places to sit. You can hire them but make sure there is somewhere in your accommodation where they can be stored and recharged.

Getting oxygen in the UK

Your oxygen supply company (Air Products in Telford and district) will make arrangements for you to receive oxygen if you are going on holiday in the UK. Call them well in advance to discuss how they will handle your needs. Going abroad will be covered in our next issue.

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Latest from the Pension Service

At our March General Meeting, Colin Smith, from The Pension Service came to talk to us about various benefits. If you are of pensionable age then someone from this department is able to visit you in your own home to help with these issues. If you are younger, then help is available from various other organisations such as A4U and CAB. He stated that by 2018 both men and women will have to wait until they are 65 before claiming a State pension. He went on to explain that there was no obligation to claim a state pension from that age, it can in fact, be deferred. Your pension will then earn interest until it is claimed in the future, but it is important to note that a state pension now needs to be physically claimed. The number to ring is 08007317898 or text 0800 7317339.

Pension Credit (means tested)

This is a top up benefit. It will top up the income of a retired person who receives less than £142.70 a week to live on. A couple can claim a "top up" if they have a joint income of less than £217.90 Even if you are only entitled to a very small "top up", it is still very worthwhile to apply for this benefit as it will enable other benefits to be activated in your favour, such as a reduction or exemption in Council Tax.

Attendance Allowance

This is a benefit that recognises a health problem suffered by someone over the age of 65. It is paid to help you care for yourself. There is no requirement to spend the benefit in any particular way, but it is paid to help you pay for a carer, use taxis, purchase equipment etc

When completing the forms really think about how you go about your daily tasks. You might be able to get yourself out of bed, washed and changed but think about how long this process takes. Do you have to stop and rest? Are your clothing choices restricted because you can't do buttons up? Do you have a tremor? Do you have any difficulties eating and drinking? Can you dry your back, maybe your partner does it for you? Do you need a frame or stick around the house or outside? Do you have falls? Can you get in and out of the bath? These simple issues, stated on a form, may be what helps you to qualify for this extra payment. You may also be completing this form for someone who can't make decisions e.g. someone with dementia.

The form is complicated and takes about an hour, with assistance. The Pension Service can send someone out to visit you to help you fill in the form. This benefit is worth up to £ 77.45 a week for those requiring the highest level of "personal care".

Disabled Living Allowance DLA (not means tested)

This is a benefit to help keep people independent. People between the ages of 3 months and 65 may apply. There are 3 levels of personal care and 2 levels of mobility that can be claimed for ranging in value from £20.55 to £131.50 extra a week.

It is very important to apply for this benefit before you are 65. Once you receive it, this benefit isn't immediately taken away from you when you reach 65.

In addition, from April 2013, this benefit (DLA) will start to be replaced with the personal Independence Payment (PIP). By June, all new claims for DLA will be for PIP. A claim for PIP includes a medical exam and it may be that the applicant will not receive the benefit for the rest of his/her life. There will be periodic reviews. Further, existing claimants, between ages 16-64 will start to be reviewed from October 2013. This process is expected to take about 3 years.

Motability Scheme

This is another benefit that must first be claimed before the age of 65. If you are entitled to the higher level of the mobility payment under the Disabled Living allowance then you are entitled to join this scheme. Instead of receiving the payment, it can be exchanged for the loan of a car. The car will be taxed, serviced and maintained by the supplier. A modification may be made to the vehicle, although this usually has to be paid for. Sometimes, various charities can help with this payment where there is financial difficulty. The scheme has now been extended to include scooters and powered wheelchairs.

Colin left us with a useful list of numbers for the Pension Service. The main number being 0845 6060265 (text 0845 6060285). Please be persistent as the line is very busy. *Veronica Miller*



Teddy Edward Finds New Home!

Over the last few months Teddy Edward has been waiting for a new home. He had come to us from the generous people at Golden Bears Products on Horton Wood, Telford. We had been asking for people to guess his birthday. This had been previously picked and sealed in an envelope by an independent person. I am please to say that we have a winner and Teddy Edward is moving in with Sandra Hulbert from London. The date was the 29TH April. We raised £177.

Dear Editor,

It would be appreciated if you could ask your readers the following question on my behalf, as depending upon the response I would like to try and 'publish' a recipe book and maybe raise funds for the group.

Do you have a favourite recipe that you return to over and over again? Maybe it's one that's been handed down from a previous generation... something you carry in your head maybe or even your very own 'special' all time family treat? Would you be prepared to share it with us?

If so please can you forward a copy of it to us I would like to see if I can put together a collection of our favourites.

They can be recipes for main meals, soup, pastries, or cakes it doesn't matter as long as it's tried and tested by you! Simple no frills honest food is what we're looking for so if anything springs to mind. I would love to hear from you.

Many thanks

Elaine

New British Lung Foundation Helpline Number

The advertised BLF Helpline number has recently changed to:
03000 030 555

This now means that calls from any landline or mobile number will be the cheapest that they can be (previous 0845 number was expensive from some mobiles).

Tombola at PRH on 3 May

Earlier this month we set up stall at Telford Hospital. As a result of your wonderful generosity with prizes, we managed to raise £127.

Many thanks from Mary Cook and the committee.

Stop press!

National Arboretum trip

20 June

There a few remaining seats for tour and high tea including coach £11

Please contact Mary Cook 01952 254678

Breathe Easy Telford AGM

We have our AGM on July 26th. This meeting is an opportunity for members to be nominated to go on the committee and help with the running of the group. If you would like further information and/or to take part you can approach any existing committee member before the meeting with your interest and we can nominate you to the group. Nominations are also taken at the meeting. The current positions on the committee are Chairman, Vice Chair, Secretary, Finance, Transport, Welfare, Meet & Greet, Speaker/entertainment, Web Design/Editor and Editor/general support.

View of Sydney Harbour Bridge

**An interesting angle from Len Sankey of his trip to Australia last year.
More stories in future issues.**



Luggie mobility scooter For Sale

Only been used 3 times! Owner has recently moved to an area with out hills! It is as new and certainly a bargain.
£950

For further details please contact
Lorraine Murray on 01952 597466
at evenings and weekend.