

BREATHE EASY TELFORD

September / October
2013

www.breatheeasytelford.btik.com

DAISY'S TEA LAWN EVENT RAISES £250

Saturday 17th August saw an afternoon of the 1940's enjoying tea and cake of the era, out on the lawn. Page 2 for full story.



QUIZ NIGHT at AFC Telford

Friday October 4th 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 Book at group meetings, Email the editor or
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



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

DAISY'S TEA LAWN



Our chairman's daughter Kate and her friends Jo and Heather organised a fabulous afternoon last month. Jo's back garden was transformed back to the 1940's with lovely tables decked out with the fine china as you see from the pictures. There was plenty of tea and many delicious homemade cakes, so hard to choose, I confess to have sampled most of them! There was a steady stream of visitors enjoying the afternoon with the rain thankfully holding off after earlier heavy rain.

They raised £250 for the group. Well done ladies.
Editor



Stay healthy this winter – get the flu jab



With the leaves falling from the trees and nights drawing in, many people – particularly those with lung disease – will recognise it's the time of year to get vaccinated against flu. Flu (the short name for influenza) is unpleasant for anyone who catches the virus. It affects people of any age and gives you a sudden fever, chills, headache, aching in the muscles, a dry cough and often a sore throat. It can make you feel very weak and can take at least a week to pass.

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 are eligible to receive a free flu vaccine if you:

- are 65 years of age or over
- are pregnant
- have a certain medical condition, including a long-term lung disease
- are living in a long-stay residential care home or other long-stay care facility
- get carer's allowance, or you are the main carer for an older or disabled person whose welfare may be at risk if you fall ill
- are a health care worker with direct patient contact or a social care worker

Contact your GP practice to take up the offer of a free jab.

If you are not entitled to a free jab, you can get one from a range of providers including many high street chemists – have a look at their websites to see if they offer this service.



Next Pub Meal

Monday - 7th October - Noon. Wickets Inn,

240 Holyhead Rd, Wellington, Telford TF1 2EB. All Welcome!



Garth Hewish – Vice Chairman

Our Vice Chairman, Garth passed away on Wednesday the 17 July 2013.



Garth joined the Royal Engineers as a national serviceman in September 1954. Joining the army made him decide not to pursue his first career choice which was to be a professional violinist. He saw service in many places including Cyprus, Jordan, Malaya in his early career. He was honoured as President of the Airborne Engineers Association.

On promotion to Lieutenant Colonel he spent two years in Nigeria helping to set up the new staff college. Then moved on to command 11 Ulster Defence Regiment, the most recently formed of the Ulster Defence Regiment battalions. It was quite a challenging time for Garth, also for his friend Geoff Field OBE, who gave a eulogy at Garth's funeral. Geoff reported that Garth had done this job magnificently, as you can probably imagine. This followed by promotion to Brigadier and then followed by two years as Chief of Staff for the Royal Brunei Malay

regiment, just before independence.

A spell in the United States followed where Garth went as the British liaison officer to the US Army Corps of Engineers at Fort Belvoir, Virginia.

After leaving the Army, for 15 years he worked for the bridge builders, Mabey and Johnson.

His contribution to the company was outstanding and he was regarded at all levels as a legend.

The high point was Bosnia. He set up a continuous supply loop of Croatian low loaders supplying bridging materiel. Most of us reading this will have met Garth in recent years as a leading member of Breathe Easy Telford. One of our members, Elaine writes her thoughts below.

It is with great sadness that I write regarding the recently loss of our Vice Chairman Garth Hewish. Our thoughts are with Sheila and the family.

Within the group Garth was not only our Vice Chairman but he had become a much loved and respected friend to all who knew him. His quick witted humour kept us all smiling. I'm sure we all have our own memories of him but I will remember Garth as he was at our last committee meeting. We left together and as usual he passed some wise crack about the way the pair of us were puffing away like a couple of old steam engines, to which I replied "Well they couldn't make a good un out of us could they?" He looked at me all very serious for one moment asking "What did you say?" When I repeated it, the broadest grin broke out on his face "You're not wrong there" he replied as he literally fell into his car seat laughing!

That's exactly how I will remember him, with a huge smile on his face and his infectious laughter! R.I.P. Garth we salute you, a true gentleman. It's been a privilege to have known you! *Elaine Biddulph*

Reflection on this Year's Outings

Well here we are back again with an "r" in the month and this glorious summer is starting to fade into Autumn, I hope everyone has had time to rest up and re-charge their batteries before Winter rolls around again.

Mary as usual served us up a lovely menu from which to choose, for trips out. We've had lots of opportunities, for interested parties, to have a change of scenery and visit somewhere different for a few hours. We started with a guided tour of the RAF Museum Cosford, a must for any one who hasn't already been there. Mobility scooters are available, you just need to phone in advance and reserve one. The National Memorial Arboretum, in Staffordshire came next. Once again mobility scooters are available but for a small charge. Ride on the land train will take you round the site with commentary! This was quickly followed by a visit to Sunnycroft at Wellington, for afternoon Tea where Cakes and Scones are a force to be reckoned with! Last but certainly no means least our annual visit to Llandudno with the St George's Hotel and its rapidly growing reputation!

If any of our readers who are unable to join us for our monthly meetings but are interested in tagging along on one of our outings next year, you and your carer/partner or friend will be made most welcome. Just get in touch and let us know.

Mary as ever your organisational skills have done us proud yet again, thank you. *Elaine Biddulph*

Excercise Class Planned for Madeley

I had a meeting last month with Tracey Oliver, who is the instructor for the St Georges class, Jeremy Bacon - service development manger for British Lung Foundation and Kim Brown - NHS Pulmonary Rehab physiotherapist. We heard very positive feedback and results from the St Georges class and made plans to set up a class in Madeley. Telford and Wrekin Clinical Commissioning Group have awarded funds to set up a class. We have identified a potential venue in the centre of Madeley that has good access for attendees and are currently looking at a suitable day and time. Given that there are some behind the scenes work and the approaching winter we are aiming to start the classes in the Spring. I will publish full information early next year. *Mark Dillarstone*

Obstructive sleep apnoea

Obstructive sleep apnoea (OSA) occurs when the muscles in the throat relax and cause an obstruction in the airway during sleep, which stops the person breathing ('apnoea').

In severe cases, more than 30 apnoeas occur an hour. The core symptoms are:-

- Snoring when asleep
- Stopping breathing or struggling to breathe when asleep
- Sleepiness (excessive) when awake

OSA affects men, women and children. Patients most at risk include middle-aged, overweight men, post-menopausal women, and children with enlarged tonsils. OSA is a common, treatable condition, but up to 80 per cent of people with OSA have not yet been diagnosed. Up to 4 per cent of middle-aged men and 2 per cent of middle-aged women in the UK have OSA. It also affects 3 per cent of children in the general population; and as many as 50 percent of children who are obese or have specific disabilities or other health conditions. Older people are even more at risk, with 15 to 20 per cent of those aged 70 and over estimated to have the condition. This means that OSA is more common than severe asthma, and the numbers affected could be rising due to more people being overweight. Associated health risks Untreated, OSA may increase the risk of hypertension, stroke and cardiac arrest. The condition is also associated with Type 2 diabetes. People with undiagnosed OSA are also at greater risk of having road traffic accidents:

- 20 per cent of serious road traffic accidents on major roads are thought to be caused by sleepy drivers.
- People with uncontrolled OSA are three to seven times more likely to have a road traffic accident than the general driving population.

The British Lung Foundation believes that people with OSA and their families have a right to:

1. OSA screening, through primary care wherever possible;
2. a speedy and accurate diagnosis in a sleep clinic, wherever they live in the UK;
3. access to appropriate treatment and to a comprehensive specialist sleep service if needed, wherever they live in the UK;
4. appropriate information and ongoing support for the management of the condition, according to agreed national standards and provided by suitably qualified and trained staff; and
5. timely and relevant information on the implications of an OSA diagnosis for vigilance-critical job roles, and fast-tracking for diagnosis and treatment if people with OSA drive for a living.

Calls on governments across the UK to:

6. make OSA a national priority;
7. increase awareness of the symptoms and dangers of, and issues that surround, OSA among medical professionals, employers, the general public and those at greatest risk;
8. ensure collection of comprehensive data to enable commissioners and service planners to provide effective services; and
9. encourage investment in research, including clinical trials, recognising the potential cost savings and improvements to quality of life that could be made.

And encourages employers to:

10. arrange for all staff who are employed as drivers or in other vigilance-critical roles to be screened for OSA.

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**CONTRIBUTIONS FOR FUTURE NEWSLETTERS FROM READERS ARE MOST WELCOME.
A VIEW POINT, RECIPE OR A SHORT STORY FOR EXAMPLE. - CONTACT THE EDITOR.**