

# BREATHE EASY TELFORD



July / August  
2014

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

## Breathe Easy Week 2014



## Breathe Easy Telford Holds an Awareness Day

For this year's Breathe Easy Week, we took up a stand in the heart of the Telford Shopping Centre. The stall was set up at 9am, by Veronica Miller our Treasurer, before the first shoppers arrived and she packed it away at 6 pm. We had information for our local group's activities and meetings and a selection of British Lung literature and BLF contact cards. Many people stopped to have a look and ask questions. We had visitors who had a lung condition and others who had a family member or friend suffering from this disease. We enlightened people on how we as a group supported each other and how you can have a life with the disease. One passerby was interested in the exercise class, as he had a once very active relative and now not so since diagnosed. We advised him to look into pulmonary rehabilitation. Many thanks to BE Telford members, Mary Evans, Mark Dillarstone and Maureen Sanders in the photo and Brian Bennett. We would like to thank Telford Shopping Centre staff for their support and assistance.



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](mailto:dillarstone@blueyonder.co.uk)



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

## Breathe Easy Telford Committee

### Chairman

Gerald Newton

### Treasurer

Veronica Miller

### Newsletter Editor/Website Manager

Mark Dillarstone

### Welfare

Elaine Biddulph, Mary Cook,

Maureen Sanders,

Mervyn Tuck & Brian Bennett

### Community Respiratory Nurse

Sarah Paterson

### Meet & Greet

Brian Bennett

### Events & Transport

Mary Cook

### Speakers

Jeff Woodcock

### Raffle Draw

Mervyn Tuck

## Forthcoming Events

24 July

AGM and Tony Davies - Talk on Extreme Gardening

4 August

Pub Lunch – Wickets Inn, Wellington

20 August

Llandudno

No Group Meeting in August

30 August

Daisy's Tea Lawn

1 September

Pub Lunch – Wickets Inn, Wellington

12 September

Quiz Night - Telford AFC

25 September

Dr Moudgil, Consultant Physician - Respiratory Medicine PRH

6 October

Pub Lunch – Wickets Inn, Wellington

23 October

Sarah Paterson, Community Respiratory Nurse, NHS T&W  
– Lifestyle change management

3 November

Pub Lunch – Wickets Inn, Wellington

27 November

Hadley & District Orpheus Male Choir

1 December

Christmas Pub Lunch – Wickets Inn, Wellington

No Group Meeting in December

2 January 2015

Peter Pan Pantomime -- Theatre Severn, Shrewsbury

**5 Thursdays in July please note meeting date 24th July AGM**

## Top tips for controlling summer allergies

British Lung Foundation's Helpline nurse Jan Batten shares 5 tips for dealing with allergies.

At this time of year I talk to people on the helpline worried about allergies, so I decided to put together my top tips for staying in control.

Allergies to pollen, tree moulds and fungi can occur all year round – but over the summer period they can be a real problem.

Summer allergies start to pick up around May onwards due to the variety of allergens in the air – such as flower pollens, grass pollens and spores – and the drier days, which help them remain in the atmosphere.

You'll usually get itchy and runny eyes, a runny nose and inflamed, swollen sinuses. Breathing through the mouth can be difficult too, and you might have a cough.

For people with asthma and other lung problems the airways react and can swell up, making breathing more difficult.

If you're troubled by allergies at this time of year, these are my top tips...

Be aware of what triggers your allergy, and know the remedies which help best (such as antihistamines and nasal sprays). You can talk about this with your nurse or GP.

Sometimes a little petroleum jelly inside the nostrils can stop some of the allergens reaching the lining inside the nose (or water-based gel if you're on oxygen supply).

Wash your clothes and hair more regularly, as this helps stop the pollens sticking around.

Damp dust to stop pollens moving about your home.

Avoid open, grassy spaces if possible and keep windows shut – at home and in the car. © BLF

## Last Chance - Llandudno

Only a few spaces left for our Llandudno trip in August - Phone Mary on 01952 254678 to book.

# Daisy's Tea Lawn - Saturday 30 August

Last August we were transported back to the 1940's for a splendid afternoon enjoying Tea of the era, out on the lawn.

We are having another "Tea Lawn" on Saturday August 30th.

A selection of scrumptious cakes and tea will be laid out.

All proceeds from the event go towards raising funds for Breathe Easy Telford.

Please ring Kate Johnson - 01952 403590 for further information and invitation.

## 2015 Breathe Easy Calendar

It is early but I am now inviting submissions for next years calendar.

Last years calendar was a great success with the pets theme.

This year we are looking at gardens, big or small.

Any features that catch your eye and give a seasonal feel are sought after.

A prize of £20 for the best picture submitted as judged by our printers MDT Reprographics on Stafford Park.

Please ensure that all photos submitted are taken by a recent digital camera and no mobile phone pictures please unless a very new "smart" phone. This is to ensure that the quality to enlarge at print stage. Email photos to the editor including a short description . Good Luck!

## QUIZ NIGHT

Friday September 12th

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



A few pictures from recent outings.

Severn Valley Trip above

Ramada in Telford for Summer Luncheon below



## Tips To Keep You Well

If you smoke, **STOP** - this will stop further lung damage.

- It is important to have your annual flu jab - this reduces the chances of infection
- It will also help to have a pneumonia jab.
- Rest- it is important to plan rest periods and pace activities.
- Drink plenty of fluids, this helps reduce the thickness of secretions and eat plenty fruit and vegetables too.
- Keep up your activities; even at home if the weather is poor, people who exercise cope with breathlessness better.
- If it's really cold, and you need to go out, wrap up warm and cover your mouth with a scarf, so you don't breathe in the cold air.
- Keep your house warm in winter and cool in summer. Suggested temperatures are 22°C for the living room and 18°C for other areas during winter
- Wash your hands to reduce the spread of infection.
- Keep away from people with colds and chest infections.
- Increased breathlessness, increased sputum production, dirty sputum or worsening cough are signs you may be developing an infection or an exacerbation of your lung condition. Seek medical advice early
- Keeping a positive attitude to life is very important.
- Have at least an annual review of your respiratory condition with your doctor or nurse and ask for a self management plan
- Make sure you don't run out of your medication and ask for advice on how to use inhaler devices correctly

Cut  
Out  
Keep  
Me!!

### Notices

Ten fans have been provided by Breathe Easy Telford and delivered to ward 9 at Princess Royal Hospital, Telford to help patients in the hot weather. Many thanks to Elaine Biddulph for her help in arranging and obtaining these.

Raffle prizes are needed for Daisy's tea party and the Quiz advertised on page 3, please can you bring them to the July meeting, many thanks.