

# BREATHE EASY TELFORD

March / April  
2014

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

## Breathe Easy Telford blows away the January Blues with Laughter

In the darkest month of any year (January) Jeff Woodcock, one of the Breathe Easy committee members arranged for Denise Campbell from Eubotic Holistic Health Clinic, Wolverhampton to entertain the Breathe Easy meeting with her talk on "Laughter".

We all sat there in anticipation, when Denise introduced herself and started her session. Very quickly we were all opening an imaginary present, from opening the bows, carefully unwrapping the paper with ho's and ar's to the final act of actually looking inside the imaginary box with exclamations of surprise to the imaginary contents, Soon the group was laughing with such gusto that it was ringing around the room. Then we continued with various other acts including blowing bubbles from children's pots of bubble liquid to throwing a squishy ball to other members in the room.

They say that laughter is the best thing to give one the feel good factor and also releases endorphins. Laughter is regularly promoted as a source of health and well being, apparently it is hard to pin down exactly why laughing until it hurts feels so good but I, along with many other on that day can recommend this kind of entertainment as one of the best to start the New Year, when outside we see wind, rain and grey skies. Well Done Jeff for arranging a very enjoyable speaker to start off the year.

*Maureen Sanders*

## Daisy's Tea Lawn - Saturday May 31st

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" later this on Saturday May 31st.

**Full details in our next newsletter!**

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



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)



# Breathe Easy Telford Anniversary Lunch





Our group is officially a teenager now! This year we had our meal at the Ramada Hotel in Telford. We enjoyed a pre lunch drink in the roomy bar and then sat down for an excellent lunch with very attentive restaurant staff. Pre lunch drinks and table wine kindly supplied by Mary Evans as requested by the late Steve Evans, our former editor. Many thanks to the staff for making us feel so welcome and also to Mary Cook and Veronica Miller for organising the event.

## News and Notices

### Ron Miller

I regret to inform you that Ron Miller recently passed away. He was a founding member and continued to volunteer running the group's raffle after his wife passed away with COPD.

### Tombola

Our latest Tombola held at the Princess Royal Hospital, Telford raised £140.74 many thanks to those who donated prizes.

### Recent Donations to the group

Nicola Bowyer very kindly donated £244.65 which had been donated, by friends and family, in memory of her mother, Valerie Peace.

Thank you Nicola.

One of our newest members recently celebrated a "big" birthday and, in lieu of gifts, very kindly collected donations for the benefit of The British Lung Foundation and ourselves.

Thank you Jenny Gater for your donation of £120.

### Breathe Easy Quiz



Our Quiz night on 21 March raised £153. With thanks to Telford AFC once again for donation of the room and prizes for the winning team. The raffle raised £75 and we are continually very grateful for all the raffle prizes donated. Thank you all!"

### Our next Pub Meal

Monday – 7 April 2014 - Noon  
Wickets Inn, 240 Holyhead Rd,  
Wellington,  
Telford, TF1 2EB.  
All Welcome!

## Fire Brigade Guidance for People using Oxygen

I recently came across the following guidance for using oxygen, some points I was aware of and a couple that I wasn't.

Never smoke (or let someone else smoke in the same room as you) whilst using your oxygen equipment.

Never smoke in bed.

Never use oxygen equipment near open fires or naked flames.

Never cook while using your oxygen.

Never use any electrical appliances such as electric razors and hairdryers whilst using your oxygen.

Avoid using barrier medications/creams that contain petroleum, oil or paraffin. Ask your pharmacist or care provider to recommend suitable non-flammable alternatives.

If you smoke when not using oxygen equipment, wait 20 minutes, use a proper ashtray and always put it out completely.

Safely store all oxygen equipment, and make sure you understand how to use it.

We recommend each floor of your home has a working smoke alarm fitted. These should be tested weekly.

*From the Oxygen Safety leaflet, Greater Manchester Fire and Rescue Service*

## 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

## Telford care merger bid to get £12m funding

The Shropshire Star reported on 13 February 2014 that a £12 million fund is to be set up to merge social care and health services in Telford & Wrekin. It went on to report the following.

It is part of a wider scheme for organisations to work together to provide better "joined up" services for patients while cutting costs.

Telford & Wrekin Council and the borough's clinical commissioning group (CCG) have now agreed the way they will start to pool cash and resources to provide services. An initial joint plan outlining how the project, called The Better Care Fund, will work will be submitted to the Government.

The main aim of the Better Care Fund is to pool health information, staff, money and risk. It aims to reduce the number of people needing hospital care by investing more in community-based services and encouraging people to take more responsibility for their own health.

Board chairman Councillor Richard Overton said: "I think the shift of services from acute to community can only be in the best interests of patients." He thanked the staff of both the council and CCG who had worked together in a very short time frame to put the draft plan together.

Councillor Arnold England, the council's cabinet member responsible for adult social care, said: "We have an agreement, which I am very thankful for. We now have to work together – there is no 'them and us' any more.

"We have a common cause, which is to look after the health and wellbeing of our community and to try to make sure people are not taking up hospital places they don't need. When they do need to be in hospital we need to get them back out into the community as soon as possible."

Dr Mike Innes said "This has come at an opportune time in terms of what we want to do in reorganising our acute services."

Councillor Gill Green said she was concerned the plan did not appear to consider patients' views and Wellington councillor Jane Chaplin, representing Healthwatch, said the organisation had as yet not been asked what it thought.

Dr Innes said that a lot of work was being done to find out what patients wanted to make sure the new services provided by the plan were effective.

David Evans, chief operating officer of Telford & Wrekin CCG, reminded the board that the money for the BCF was not new money but was coming from other budgets already held by the council or CCG. The Better Care Fund is a requirement of the Social Care Act 2012 which called for more integration of health and care. *Shropshire Star*