

# BREATHE EASY TELFORD

May / June  
2014

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

## Thanks ASDA Living - Telford!

Following our successful Awareness Day at Asda Living, on the Wrekin Park, Wellington, we were recently given the news that our Group had "won" their latest Community Fund Raiser.

Members may be aware that most of the Asda stores continually promote and support, generally, local charities, by giving each customer a green counter. The customer then adds their token to one of the three collections on display. The charities "pitted" against each other are usually similar in nature. The charity with the most counters then receives £100 from Asda. The picture shows Mark, Veronica, Lynda (Community Champion for Asda Living) and Alice receiving the cheque.

Veronica won't be able to post this one to the bank! The Scheme generously ensures that there are no losers however, as the other two charities each receive £25 for taking part.

Thank you Asda! *Veronica Miller*



## Latest news from St Georges Exercise Class

We are constantly impressed to hear about the progress the people in this Class are making.

The participants have embraced the aims of the exercise and provide a marvellously supportive environment for each other to work in. We are very proud to remind Readers that the Class recently celebrated their 1st birthday. Well done everyone! The Committee would like to take this opportunity to publicly send a huge thank you to Dee Carpenter and the team at St Georges' Cricket Club, where the Class meets each Tuesday morning. They are friendly, supportive, generous and make the participants feel so very welcome.

In addition, to the hard work in relation to exercising, the Class have also recently held an Easter Raffle and have, once again, generously raised funds to support the work of Breathe Easy. Thank you folks!

*Veronica Miller*



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)

## **Daisy's Tea Lawn - Postponed**

This was planned to take place later this month. Unfortunately due to unforeseen circumstances this has had to be postponed. We will keep you updated in future newsletters.

## **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



## **COPD Self Management Plan**

A COPD Self management plan helps patients to have better control of their lung conditions. It enables monitoring of symptoms and clear guidance on what needs to be done if a patient has an exacerbation and directs where to go to, to seek help.

This has been shown to reduce the need to go into hospital, which is better for the patient and NHS. It is also very helpful to partners and carers when someone is short of breath to assist them as to what needs to be done. In our June meeting Elsa Davies, Respiratory Team Leader, NHS Telford & Wrekin will be talking more about this.

**Please bring along your Self Management plan along to the 26th June meeting if you have one.**

## **Happy Cake**

This is a fatless, sugarless and eggless cake. Mary Evans brought this cake to our April meeting for members to enjoy. Pauline Tin, from the Expert Patient Programme had passed on the recipe.

### **Ingredients**

200g dates

250ml hot water

350g dried fruit

150g wholemeal flour

3 teaspoons of baking powder

1 teaspoon mixed spice

Grated rind of orange

25g ground almonds

4 tablespoons orange juice

### **Method**

Chop dates and soak in hot water until soft. Add all other ingredients to the dates. Mix well. Put mixture into a greased loaf tin and bake at 150 degrees C (gas mark 3) for about 90 minutes.

Pauline adds some alternatives to the above:

The 200g of dates may cause enough wind to fly a kite! The solution is to halve the quantity of dates and make up the difference with either cherries, mixed fruit or figs.

You can add some brandy about 3-4 table-spoons.

If you do, do not forget to reduce the water by the same amount!

## **Easter Raffle Raises £211**

Brian Bennett arranged a raffle at the Wickets Inn, Wellington.

The Top prize was an huge Easter Egg kindly donated by Magna Foods.

## **Summer Lunch Ramada Hotel**

Wednesday July 2nd -- 12.30 for 1.00 pm.

2 Course Lunch for £5.00

Ramada Telford Ironbridge, Forgegate, Telford Town Centre.

This price has been subsidised by donations given to the group.

Come along and enjoy a social occasion.

Book at group meetings or contact Mary Cook / Veronica Miller.

## **Severn Valley Stream Trip - Lunch 18th June**

If you are booked to go on the SVR trip please make sure you have your menu(s) and monies given to Mary Cook or Veronica Miller by the 30th May. The coach departs from the Red Lion, Wellington at **10.30 prompt**. Train leaves Kidderminster at 12.20 with lunch served as we leave. Kidderminster.