

# BREATHE EASY TELFORD



September / October  
2015

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

## Respiratory Information Event

Randlay Community Centre was the venue earlier this month for a Respiratory Event. This was organised by British Lung Foundation (BLF) and supported by Breathe Easy Telford. It was a good forum to bring together various local services providing care and support for respiratory illness in Telford. We had information stands from Age UK, Breathe Easy Telford, Red Cross and Princess Royal Hospital's (PRH) Physiology Department. The Event was opened by Julie Hodder (1), from BLF, welcoming all. Sarah Gray (2) from BLF told the audience about BLF leading the fight against lung disease and how the organisation campaigns and supports. Mark Dillarstone, Joint Chair of Breathe Easy Telford gave the background of our local support group along with its current activities. Dr Ahmad (3) Respiratory Consultant PRH, spoke about patient empowerment, striving to manage the condition and prevent hospital admissions. He also spoke about the "Patient Champion" Scheme, a new initiative planned for the PRH. Sarah Paterson (4), Respiratory Nurse explained the background and access to the community respiratory nursing team. Kim Brown (5) Specialist Respiratory Physiotherapist spoke about the Pulmonary Rehabilitation courses that are available and how to access them. *Continued page 3*



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 BLF Direct on 03000 030 555 for further information. E-mail the editor: [dillarstone@blueyonder.co.uk](mailto:dillarstone@blueyonder.co.uk)



Registered charity in England and Wales (326730) and in Scotland (SC038415)

## “Mad Hatters” Tea Party



Linda Robinson hosted a “Mad Hatters” Tea Party with Strawberries and cream at her daughter’s vintage tea rooms in Oakengates. All family friends and customers had a wonderful day and Linda would like to thank them all for their support for monies raised which was donated towards the blood gas machine for our community nurses and they raised a total of £303.10 on the day.

## October’s Group Meeting - Preferred Priorities Of Care

In October Dr Northern and I are coming to talk to the group about an end of life care plan. Please don’t worry about coming along to this meeting. It is not meant to be a sad or morbid meeting. It is an opportunity to have a discussion with you and your loved ones around this very sensitive subject and to raise an awareness.

We hope to give you some advice around advanced care planning to enable you to think and discuss issues around lung disease and its progression.

If you feel you would like some more information about the content of the session please let me know (the editor can pass my contact details) prior to the meeting and I will do my best to speak to you before or if there is anything you feel you cannot talk about at the meeting but would like us to discuss perhaps again you could let me know. *Sarah Paterson*

## Dick Whittington - Pantomime - 30 December

- Shrewsbury’s Severn Theatre presents DICK WHITTINGTON, is a thrilling tale of good against evil, the search for true love and exciting adventures to far-off lands. There will be stunning sets and costumes, big musical numbers and hysterical comedy.
- Tickets including coach from Wellington, £15 Adults and £10 Child. Book at group meeting or call Veronica Miller on 01952 275210.

## Up Coming Events

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| 5 October   | Pub Lunch – Wickets Inn, Wellington   |
| 6 October   | Tombola in the foyer at Princess Royal Hospital - Telford (9am to 1pm)                            |
| 22 October  | Dr Northern – Talking about End of Life care plan<br>Sarah Paterson - Community Respiratory Nurse |
| 2 November  | Pub Lunch – Wickets Inn, Wellington   |
| 13 November | Quiz at AFC Telford   |
| 19 November | Xmas Meal. Ramada Hotel, Telford  |
| 26 November | Hadley and District Orpheus Choir   |
| 7 December  | Pub Lunch – Wickets Inn, Wellington   |

**No Group Meeting in December**

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| 30 December | Pantomime - Dick Whittington - Theatre Severn, Shrewsbury |
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## Llandudno

Wednesday 12th August took us on our what has become our annual pilgrimage to the George Hotel in Llandudno. Mary Cook may have retired from her post on the committee but she certainly trained her successor well, as even the weather showed up! Llandudno never lets us down, it was a happy day with door to door sunshine & lots of laughter. Lovely food, perfect for a stroll along the prom & pier, with a ice-cream while taking in the Punch & Judy show....lovely! Those that were fitter, more able bodied took a trip on the tramway to the summit of the Great Orme or potted around the shops. Llandudno never fails with something for everyone....all together another great day out!

*Elaine Biddulph*



## Race for Life - 5 K race



Maureen Sanders' daughter Chellie and friends, Anna, Bev, Janine and Leanne ran the Manchester 5k colour run in July at the Etihad stadium Manchester to help raise money for a Portable Capillary Blood Gas Analyser Machine to be used by NHS Telford and Wrekin community respiratory team. Having a portable machine would allow housebound and acutely ill patients to have these tests done at home so they could be monitored more closely when they were feeling unwell. The girls enjoyed their day, the weather was kind to them and thanks to all that supported them with their sponsors, they raised £1308.60 well done to all concerned.

## Festive Meal 2015

**This year's festive lunch is at the, Ramada Telford Ironbridge Hotel, (Grays) Forgegate, Telford Town Centre TF3 4NA.**

**Thursday 19 November 2015, 12 noon for 12.30. £16 per person.**

**Menus for booking available at October's meeting (when payment is due by) or from Mary Evans on 01952 605351 or email the editor.**

## Calendar 2016

Our Calendar for next year features delightful scenes from Shropshire. £4 each, all proceeds going to the Group's running costs. Available from October group meeting.

## Respiratory Information Event continued from page 1.

Kim went on to explain about the two exercise classes set up by Breathe Easy/BLF, held at St Georges and Dawley. A patient successfully completing a Pulmonary Rehabilitation course, can join an exercise class to maintain the healthy regime. We have had very positive feedback with comments such as very informative, with 60 people attending. The day was successful in that it further increases the understanding of the impact of lung disease and awareness of how to get the support to live and manage it.

Many thanks on behalf of Breathe Easy for everyone's efforts and support on the day.

## Fund Raising News

### Elsa's Bike Ride raises £681

Elsa Davies who is the Team Leader of our community respiratory nurses completed the 2015 Prudential Ride London-Surrey 100. She cycled the route in 6 and a half hours and said it was a fabulous day. £681 was raised for British Lung Foundation. A big thank you to everyone who sponsored her. Elsa is looking forward to taking part in next year's ride!

### Car Boot raises £205

Keith Mezen's family and friends held a Car boot sale over the August Bank holiday. They raised £205! They went on to have a "card" night and raised a further £60. Many thanks to them for their support and efforts.

### Donations still coming in for the Portable Blood Gas Machine!

Our Treasurer, Veronica Miller is still receiving money, which some pledges to be received. Enquires are under way about procuring the equipment with the Community Respiratory Nursing Team. A full report, announcing the final total raised will appear in our next newsletter.

### Stamps for Xmas?

It has been suggested that instead of exchanging cards this Christmas, a donation of a few stamps at the group meeting to assist in sending out the groups newsletters. Many Thanks.

## Goodies from Us to PRH – Ward 9



Mark and Julie (BLF) were really thrilled to present to Elsa Davies £240 worth of exercise equipment for the use of patients on Ward 9 at our local Princess Royal Hospital. We have provided 2 steps, an electric stepper and a cycle which is suitable for use whilst sitting down. Reports are that the equipment is now being used and patients have been so impressed, they are purchasing similar domestic models for use at

home, which are also more affordable! Studies are continually showing the benefit of exercise to those living with a lung condition in helping people to enjoy a better quality of life.

We have also been really pleased to present Ward 9 with 10 electric desk type fans and 48 pillows, together worth £215, to provide patients with a little extra comfort during their stay on Ward 9.

Thank you to everybody who looks after and respects the equipment we provide to Ward 9 so that as many people as possible can benefit from the items we purchase. All of these items were purchased from funds raised by our members and their families and friends. *Veronica Miller*

## Stay Healthy this Winter – Get the Flu Jab



Don't forget to book your flu jab! 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 (and carer) are eligible to receive a free flu vaccine if you have a certain medical conditions, including a long-term lung disease.

Please ensure you have had your pneumonia vaccination. Check with your GP that you have received it.

## Breathe Easy Telford Committee

**Joint Chair** - Mark Dillarstone - Maureen Sanders

**Treasurer** - Veronica Miller

**Secretary** - Hazel Banks

**Community Respiratory Nurse** - Sarah Paterson

**Newsletter / Website** - Mark Dillarstone

**Newsletter Assistance** - Elaine Biddulph

**Meet & Greet** - Brian Bennett

**Group Luncheon functions / Tea and Coffee** - Mary Evans - Brenda Yarnold.

Mary Cook assisting Mary Evans on Hotel Luncheon Menus.

**Raffle coordinator** - Mervyn Tuck

**BLF call centre contact** - Mervyn Tuck

**Welfare Advisor / Coordinator** - Mary Cook assisted by Mary Evans, and Elaine Biddulph

**The Welfare Team** – Welfare contacts are Mervyn Tuck, Maureen Sanders and Elaine Biddulph

**Speaker coordinator** - Keith Mezen

**Fund Raising** - Linda Robinson.

**Trips and Transport** – Veronica Miller and Mervyn Tuck