

BREATHE EASY TELFORD



January / February
2016

www.breatheeasytelford.btik.com

Portable Blood Gas Machine Presented to the Community Respiratory Team £7,390 raised

The idea of raising funds for the community respiratory team to have a portable blood gas machine which cost £7,390, was raised back in April 2014.

We initially had a £5,000 target, as this was a new venture for the group. So we were also able to provide some consumables for the machine.

A static version of this machine is available in hospitals but the benefits to respiratory patients at home to have testing with this portable is immense. Fellow committee member Sister Sarah Paterson explains on page 2.



Coalport China History with Kate Cadman

Apologises for a printing error in our last newsletter, our February group meeting is on Thursday 25 February. We welcome Kate Cadman from the Iron Bridge Museum Trust to give a presentation on Coalport China.

Tombola on May 19 at PRH

We are having a tombola at the Princess Royal Hospital, Telford on May 19. It might seem a long way off but could we ask if you have any unwanted Christmas presents and would like to donate for prizes please pass to a committee member at a future group meeting. Many thanks.



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



Councillor Lee Carter Makes the Presentation to Respiratory Team Leader Elsa Davies.



The sense of achievement for all was in the air. A photographer from the Shropshire Star newspaper was there to take photos. They had been one of many organisations and individuals who contributed in raising funds. We were delighted to see Councillor Lee Carter attend. He is the Managing Director of AFC Telford who have kindly hosted our Quiz Nights for the last few years.

He spoke of the community working together to make this possible and to achieve something that will have a big impact on the on the health of patients in the area. He noted the splendid turn out of the nursing team for the occasion. This was an indication of how much they appreciate now having this piece of equipment in helping to carry out their good work.

He presented the machine to Elsa Davies on behalf of myself, Maureen Sanders and all members and supporters of Breathe Easy Telford and District.

On page 3, memories of only a few of the events that have taken place, raising funds and the profile of the important work our health care professionals do in helping respiratory patients manage their condition. *Mark Dillarstone*

The static version of this machine is used widely in the hospital setting to enable health professionals to obtain accurate information regarding patients' oxygen levels and enables them to look all the other components in the blood that helps to maintain the oxygen level at acceptable and safe limits. It is very important to know that each patient is receiving the correct amount of oxygen for their needs and also allows the health professional to make accurate adjustments to their oxygen requirements when the levels need altering. It is a relatively quick and painless test where by a sample of blood is taken from the ear and analysed. Having the portable machine now allows housebound and acutely ill patients to have their tests done at home so they can be monitored more closely when they are feeling unwell and there is some doubt about their oxygen level and need. Patients can be now fully assessed at home in order to prevent an admission to hospital if not required.

There is a lot of evidence to suggest that keeping patients at home, who have a long term lung condition, is far more beneficial to their health as it helps to prevent them catching further infections. *Sarah Paterson - Community Respiratory Nurse*



Joyce Mobberley

Joyce passed away last October age 95. She was a member of our Group for 14 years. Her daughter, Carole Roberts, has kindly donated £150 towards the coach hire for this year's outing to Llandudno. Thank you to Carole and Joyce's extended family and friends.

Anniversary meal - 7 April

This year's anniversary lunch is at the Ramada Telford Ironbridge Hotel, (Grays) Forgegate, Telford Town Centre TF3 4NA. Thursday 7th April 2016, 12 noon for 12.30. £18 per person.

Menus for booking now available, Booking can be taken in person at February's group meeting or by contacting Mary Evans on 01952 605351 All payments by Thursday 10th March please.



Forthcoming Events

Feb 25
 March 7
 Mar 24

Coalport History with Kate Cadman
 Pub Lunch – Wickets Inn, Wellington
 Dr Nawaid Ahmad , Respiratory Consultant PRH

BE Telford blows away the January Blues with Laughter

Another year has passed and many members were looking forward to the January meeting as once again, Denise Campbell from Eubotic Holistic Health Clinic, Wolverhampton was coming to entertain the Breathe Easy meeting with her talk on “Laughter”.

January is always classed as the darkest month of any year and we all sat there in anticipation. For some, we knew what was to come, but it is always great to see the people who have no expectation of what this could be about. Soon the group was laughing with such gusto that it was ringing around the room.

We started with throwing a squishy ball to other members in the room making up our names as we went along. Then we continued with various other acts including he.he.he, arh, arh arh and ho, ho ho’s and blowing bubbles and even trying to blow up a balloon, which if possible then expelled a squealing noise to show you had done this. And some members did “WELL DONE”. We finished each section with a congratulations, clapping of the hands “very good, very good” and finishing with the hands above the head shouting “yeah”.

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.

Maureen Sanders

Events and Outings in 2016

It has been a very mixed winter so far with the weather, not long for Spring now and into a Summer, hopefully with warm sunny days for our outings this year. Bookings can be made at monthly meetings or by post with payment. Payments are required by the deadline stated for the outings bellow. Please contact Veronica on 01952 275210 for further information. Coach pick up location for all trips is from the Red Lion on Holyhead Road, Wellington. Please park at the rear of the car park, parking is free. Scooters and wheel chairs may be taken on to the coach. All trips are on a Wednesday.



Llandudno

29 June

£12

An annual favourite of the group, the largest sea-side resort in Wales on a peninsula between the Great Orme and the Little Orme. It has a sweeping promenade to stroll along, a traditional seaside feel, with Punch and Judy still entertaining children. Usually donkey rides are available on the immaculate north beach on all sunny summer days, subject to the tide tables. The 2,295 foot long Llandudno Victorian Pier is the longest pier in Wales. Apart from the Great Orme, everywhere is very level for access and wheelchair & mobility scooters are available for hire not far from our drop off. Price is for coach travel. Depart 10am. This trip is being subsidised by a donation of £150 in memory of Joyce Mobberley. £12 payable by May meeting.



Trentham

13 July

£10

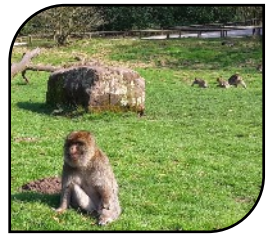
Trentham Gardens

The new-look gardens have matured into some of the finest in Britain, to be called by Alan Titchmarsh - no less - as "one of the UK's must-see gardens". See the Italian Gardens, the Rivers of Grass and the adjacent Floral Labyrinth. At the centre of Trentham Gardens a mile long Lake. General access around the gardens is good on mainly level, compacted shallow gravel paths however manual wheelchair users may require the assistance of an able pusher to negotiate some inclined areas. There is wheelchair access to the 'Miss Elizabeth' passenger boat which offers pleasure trips affording visitors a chance to see the wider estate from the unique perspective of the lake.



Trentham Shopping Village

There are over 50 enticing shops and 14 cafes housed in timber cabins making it a unique shopping and eating experience. The village is all on one level, with wide access doors to all shops and cafes.



Trentham Garden Centre

You can spend hours browsing around its vast indoor and outdoor facilities. There's an impressive range of gardening products, indoor and outdoor lifestyle sections, and specialist food and drink - this is so much more than just a garden centre! It also has three brilliant cafes and restaurants. Accessible.

Trentham Monkey Forest

Approximately 140 Barbary macaques live within the forest and have total freedom to wander and live as they would in the wild. General access around the site is good and on compacted surface paths. There is a designated easy access route which avoids some of the steeper inclines but manual wheelchair users will probably need the assistance of an able pusher. The coach will make two drops and pick ups, one for Monkey Forest and the other for all the other attractions. Price is for the coach travel, there are admission charges for Trentham Gardens and Trentham Monkey Forest. Concession prices for Seniors and Disabled/Carers are available. Depart 10.15. £10 payable by June meeting



Chester Lunch River Cruise 28 Sep - tbc £20

See Chester from a different perspective, viewing parts of the city unreachable by other transport. Our coach drops us off outside the Mill Hotel for coffee before boarding our Restaurant Cruiser, moored alongside the hotel. All food served aboard is freshly prepared in the Hotel's kitchen. The starter course is served, and you sail away along the Shropshire Union Canal towards the Northgate Lock returning to collect the main course and continuing your journey towards Hoole Lane Lock and beyond, before returning to the hotel. Kindly supported from donations made in memory of John Sanders.

All inclusive price for trip. Coach departs 10am.

Deposit of £10 payable by end of May. Balance to be paid by July meeting