

BREATHE EASY TELFORD



July / August
2016

www.breatheeasytelford.btik.com

Awareness Stand - Lions Day on Wheels



L-R Veronica Miller, Mark Dillarstone, Brenda Yarnold,
Mary Evans, Mervyn Tuck and Chrisse Matthews

On Sunday 10th July we set up an awareness stand up at Bowring Park, Wellington. Thankfully the heavy rain had gone just as we started to set the stand up. Many volunteers came on the day to help with the setting up of the stand, manning it and getting it all packed up during the rain at the end. We had British Lung Foundation leaflets out regarding many aspects of Lung diseases and information on our support group. We also ran a name the bear and how many sweets in a jar competition. It was a busy afternoon, despite the Wimbledon Men's Final! Was a lovely setting with many stands, classic cars and

military vehicles. Brenda, who coordinated the event would like to say a big 'Thank You' to all who gave their help on Sunday at the Wheels Day, "sorry the weather was not good but I am sure we all enjoyed ourselves."

Future Events

- 1 August** Pub Lunch – Wickets Inn, Wellington **No Group Meeting in August**
5 Sept Pub Lunch – Wickets Inn, Wellington **22 Sept** River Wye - source to sea - Brian Draper
28 September Chester Lunch River Cruise **3 October** Pub Lunch – Wickets Inn, Wellington



Breathe Easy Telford and District 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



Our Best Wishes to Elsa Davies



Elsa with founding group member, Mary Cook.

Elsa Davies our local Respiratory Nursing Team Leader for the last 6 years, has recently left to go and work with the Severn Hospice.

We presented her with a card and some vouchers at our June meeting. She has been working with the group including helping with the patient pack scheme. These were given to recently diagnosed patients. She also assisted in helping to ensure we had a nurse from the team to be at our group meetings. She has also helped with our Portable Blood Gas fundraising, last year.

As a keen cyclist, she did the Ride London 100 in 6 and a half hours for British Lung Foundation last year. Her efforts are very much appreciated. On behalf of all our members we wish Elsa well.

Shropshire Masonic Charitable Association Presents Breathe Easy Telford a donation of £500

Myself and Brian went along to the Masonic Hall in Shrewsbury last month to an award ceremony. There were many other local charities receiving awards. It was a honour to be amongst so many dedicated people working hard to support people and local communities. We received a cheque for £500 which will go towards the running of the group. It is much appreciated and Brian and I enjoyed the warm reception we were given and the hospitality of the Shropshire Masons. *Mark Dillarstone*



The Mayor of Wellington -
Phil Morris-Jones having a browse

Lions Day on Wheels



Ollie was the winner of the Jar of Sweets. There were 151!



Anne was the winner of the bear. Bear's name was Summer.

Gardening With A Lung Condition

Kevin Turley, a member of the Lakeside Plant and Garden Centre team in Priorslee, came to give a talk at our Breathe Easy group meeting in May. Kevin came armed with plants and tool accessories and had, even taken the time to find and research which plants are more suitable to assist gardeners who have mobility and or lung condition, Kevin advised easy to manage ground covering plants such as:-

Hosta – ground cover

Heuchera marmalade – ground cover

Hardy geranium – ground cover

He also advised flowers with a trumpet flower such as:

Digitalis – trumpet flower (less pollen in air)

Also to look at cultivating an attractive garden for winter (when pollen is less of an issue):

Cornus – hedgerows gold – nice for winter

Salvia roemeriana – little heath – good for winter

He showed us some equipment:

Kneeler

Long handled fork and trowel

Bendy hose/sprinkler

We all enjoyed his talk and discussion and appreciated his research on the use of plants and items, which was of great interest to us all. All plants and accessories can be purchased at Lakeside Plant and Garden Centre.

10% discount for Breathe Easy members with the voucher below. *Maureen Sanders*



Lakeside Plant and Garden Centre, Priorslee 10% off Full Price Items



Present this voucher to get 10% off full price items,
Not to be used in conjunction with any other offers.
Exp :- End Dec 2016



Our Monthly Pub Lunch Meet Ups

We started the social pub lunch over 10 years ago and recently we are seeing a lack of numbers. Over the last 2-3 years we have lost many members and do not seem to be attracting new members to the lunch. We meet the 1st Monday of the month (2nd Monday in the month when the 1st Monday is a Bank Holiday) at The Wickets Inn, Holyhead Road, Wellington (TF1 2EB) at 12-00 p.m. There is Disabled access through the front porch doors and disabled toilets with onsite parking. There is a good menu of homemade food.

As the only founder member of the Group, I know and understand the importance of social outings. If transport is a problem, please contact us and we will try to offer help where we are able.

The greatest effect of the lunch is when you can suddenly stop eating, talking and listen and hear the talking and laughter conversation is a wonderful sound and I feel that the effort given to get there is certainly worth it.

So if you feel you may like to join us please let us know, as I have mentioned we can help you to get there. We can also arrange a meet and greet with a named person to meet you outside, so you don't have to enter on your own. As well as the BLF helpline, who can put you in touch with us, we also have an online contact form on our website. Google us!

Look forward to seeing you soon. *Mary Cook*

OUT OF BREATH? LISTEN TO YOUR LUNGS



*Getting out of breath when you push yourself
is healthy and normal.*

*But sometimes it can be a sign of something more serious.
Take our online breath test to see if you should get checked out.
It only takes about 5 minutes, and it's completely confidential*

*Or call our helpline on 03000 030 555
(9am-5pm, Monday to Friday)*

Go to www.blf.org.uk/breathtest

Telford & The Wrekin Citizens Advice Bureau

Valerie Graham, Development Manager at Citizens Advice Telford (CAB) presented to the Group at our June meeting.

Whoever you are, whatever the problem, CAB offers free information and advice.

They provide information and advice on areas including: Benefits, Consumer, Debt, Discrimination, Employment, Housing, Immigration, Legal and Relationships.

It is free, confidential, impartial and independent and available to everyone.

The Wellington CAB office has information to browse yourself and If you'd like to discuss your enquiry – you will be offered a short interview with one of our volunteers. This helps us to identify the most appropriate way to help you.

Depending on your particular needs, we may make an appointment to discuss your problem further – in person, by phone or by email. Alternatively, we may provide you with information to take away, or direct you to a different organisation that is better placed to help you

Valerie also highlighted the Assistive Technology drop in session which are each Wednesday mornings 09:30 – 2pm at Wellington. Everyone welcome to come along and try products to help you stay independent for longer. It is becoming increasingly important as councils' social care budgets come under increasing pressure due to cuts in Government grants.

She mentioned that people approaching older age often aren't aware of how assistive technology could help them remain independent and in their own home later in life. This is run in conjunction with Telford and Wrekin Council.

The CAB main office is located at 40 Tan Bank, Wellington, Telford
and open Monday 9.30 – 4.00 Tuesday 9.30 – 7.30 Wednesday 9.30 – 4.00
Thursday 9.30 – 12.30 Friday 9.30 – 4.00
You can drop in at the above times.