

## **OUR HISTORY**

Our launch meeting was on 1 February 2001 at the Princess Royal Hospital with British Lung Foundation. Since then, the group has met monthly. On the 30 May 2001, 220 Red Balloons were released from the Princess Royal Hospital's car park as part of 20,000 balloons released nationwide all in the interests of Lung Research. The group has expanded over the years. British Lung Foundation and Asthma UK joined forces in 2020, rebranding as A+LUK in February 2022. Our meetings are now held at the Hadley United Services & Village Club

## **OUTINGS**

Over the years we have had trips to Weston-Super-Mare, Shugborough Hall, Bridgemere Gardens, Cosford and National Arboretum. Llandudno has been and still an annual favourite. We have assistance on hand with travel and at venues. We go to the pantomime at Severn Theatre, Shrewsbury. Members are also welcome to join in a monthly Pub Lunch.

# **TELFORD BREATHE EASY AND DISTRICT affiliated to A+LUK Known locally as Breathe Easy Telford and District**

## **WHO CAN JOIN?**

We are a self-help group affiliated to A+LUK and open to all those living in our area affected by respiratory diseases, both patients and carers.

## **MEETINGS**

The group meets once a month on the fourth Thursday not including August and December. Doors open at 1.45pm for a start at 2pm.

Hadley United Services & Village Club, High St, Hadley, Telford TF1 5PB. Large free car park on the premises, adjacent to the building. Bus stops nearby. Step free access.

## **FINANCE**

There is no subscription for membership. Tea, Coffee and Biscuits, are provided, for a small donation.

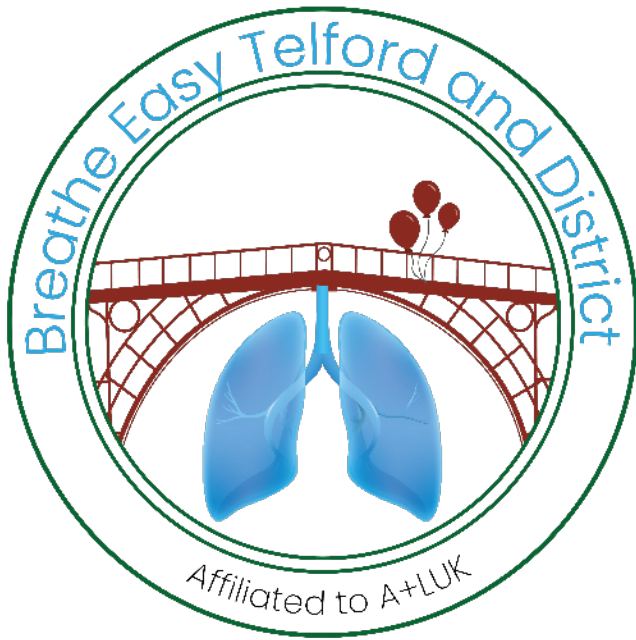
We have a raffle at meetings at a £1 a ticket. The proceeds of which help group funds.

## **SPEAKERS**

We have had many visits from speakers from the medical professions. Other presentations, including local crime prevention officer on home security, Department of Works and Pensions adviser on benefits and the Hadley and District Orpheus Male Choir.

## **LOCAL COMMUNITY RESPIRATORY TEAM**

We usually have a member of our local Community Respiratory Team attend our group meetings.



**Everyone is welcome.**

**For further information call  
0300 222 5800**

## **OUR WEBSITE**

**Group information and events**

 [breatheeasytelford.chessck.co.uk](http://breatheeasytelford.chessck.co.uk)

## **FACEBOOK**

[facebook.com/groups/breatheeasytelford](https://facebook.com/groups/breatheeasytelford)

## **LUNG RESEARCH**

**Donations to A+LUK are welcome**

## **INFORMATION AND ADVICE**

 [asthmaandlung.org.uk](http://asthmaandlung.org.uk)

 **A+LUK Helpline**

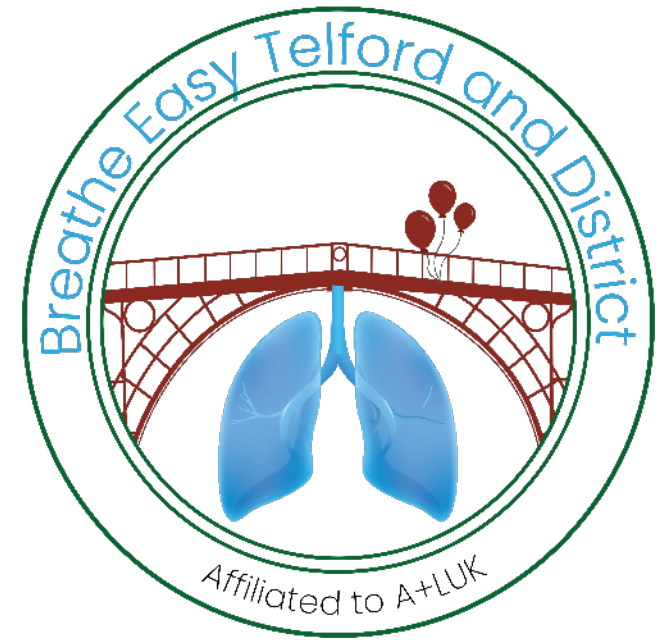
**9am to 5pm on 0300 222 5800  
(Monday to Friday 9am to 5pm)**

## **CONTACT US**

 **Contact form on our website above**

 **[breathe-easy-telford-and-district@googlegroups.com](mailto:breathe-easy-telford-and-district@googlegroups.com)**

 **0300 222 5800  
(Monday to Friday 9am to 5pm)**



**A support and social group  
for those living with a lung  
disease and/or those who  
are carers.**

**Come along and join us at  
our monthly meetings.**

**We meet on a Thursday,  
once a month!**

**Affiliated to**

