

BREATHE EASY TELFORD

May/June/July/August
2017

www.breatheeasytelford.btik.com



New Home for our Group Meetings

We moved to a new venue for our group meetings in May, The Civic Centre, where we have been for the last few years is undergoing redevelopment this year.

Our new venue has a room of a similar size. We will be able to offer Tea and Coffee, as there is an adjacent kitchen. The Methodist church is not far from the Civic Centre, It has its own car park adjacent to the building, with many car parks nearby. There is level access throughout.

Our next meeting is on Thursday 22nd June 2017, 2pm.

The Community Room, Wellington Methodist Church, New Street, Wellington, Telford TF1 1LU.

We look forward to seeing you there.

Tombola at PRH



A great day was had at the Tombola event last March. It was lovely to see familiar faces at the charity desk, Princess Royal Hospital, plus a number of people who had not yet heard about us.

Special thanks to Brenda Yarnold (L), Mary Evans and Chrissie Matthews (R) for raising £151 for the group,

Mervyn Tuck

Pillows for Ward 9 at PRH



We have donated some more pillows to ward 9 at the Princess Royal Hospital.

The nursing staff were delighted and we know patients very much appreciate having the extra head support when in bed.

Linda Robinson
making the delivery.

Our **Easter Raffles** were a resounding success and the Vintage Tea Room, Oakengates made £100, St Georges Exercise Class raised £114 and the Wickets Inn, Wellington made £146.

The **Quiz Night** at AFC Telford, last March was a great night, lovely turn out and well supported.

We raised £216. Many thanks to AFC Telford and quiz master Danny Carter.

We go to **Theatre Severn, Shrewsbury** by coach to see the Pantomime December 28

(Thursday at 2 pm). Let us know if you are interested in going, so we have an idea of numbers.

My apologies for combining May's newsletter with the June newsletter.

I have been dealing with family matters. *Editor.*

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 Methodist Church, New Street, Wellington, Telford TF1 1LU

Please contact BLF Direct on
03000 030 555 for further information.



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

Citizens Advice - Could You Save Money On Your Energy Bills?

Louise Patterson from Citizens Advice Telford & Wrekin based in Wellington gave a talk to the group in May about how to save money on energy bills and the different options available regarding fuel suppliers and payment options. The Citizens Advice Telford and Wrekin has a wealth of information about how to shop around for cheaper tariffs, how to deal with any arrears on prepayment meters, what help is available to reduce the bills

**citizens
advice**

Whoever you are, whatever the problem Free, Impartial, Confidential and Independent Information and Advice Available
40 TAN BANK, WELLINGTON, TELFORD TF1 1HW

Drop in Sessions: Monday, Wednesday & Friday 9.30am – 4.00pm,
Tuesday 9.30am – 7.30pm, Thursday 9.30am – 12.30pm
Information Centre Open: Monday – Friday 9am – 4.30pm

The Guildhall, High Street, Newport (*Supported by Newport Town Council*)

Every **Thursday** 10am – 1pm

The Sambrook Centre, Stirchley (*Supported by Stirchley & Brookside Parish Council*)

Every **Wednesday** 9.30am – 11.30am

Dawley Town Hall, New Street, Dawley (*Supported by Great Dawley Parish Council*)

Every **Friday** 10am – 1pm (Appointments only)

First Point, TWC, Southwater One, Southwater Square, Telford TF3 4JG - 01952 380000

Weekday appointments available Monday – Friday 9am – 4pm (Appointments available)

Madeley Library, Madeley (*Supported by Madeley Town Council*)

Every **Monday** appointments 10am – 2pm (Appointments booked via First Point-01952 380000)

Telephone Advice Line – 0300 330 1159 (9.00am – 5.00pm)

24-hour information available: www.citizensadvice.org.uk

Meet Stephanie O'Neil



Hello, I am Stephanie O'Neil Community Respiratory Team Leader and Specialist Respiratory Nurse. I started with the team in 2013 as a bank nurse and took over the team leader role from my predecessor Elsa Davies in September 2016. I now split my week into managing the team, developing the service and covering the Oakengates' practices and Hollinswood. I started my nursing career on the local respiratory ward but my passion lay in supporting respiratory patients in their own home hence my transition in 2013. I would like to thank the breathe easy group for their ongoing support to both patients and our respiratory services; we as a team thoroughly enjoy events put on by the group and I look forward to meeting you at these events if I haven't already.

Chester Lunch River Cruise September 2017

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.

All inclusive price for trip.

All pick up's from Red Lion, Holyhead Road, Wellington. Pick up times to be announced later. Bookings to be taken at our group meetings in June and July or contact the BLF call centre to speak to our local contact or contact us through our website contact form.

Thursday 21 September - £20.00 £10 deposit. Final day for booking July 27th.