

BREATHE EASY TELFORD



March / April
2017

www.breatheeasytelford.btik.com

Tombola at PRH Wednesday 29 March

Our next Tombola is March 29th at the Princess Royal Hospital, Telford, from 9am. Please bring all your unwanted Christmas presents, etc. to the next group meeting and to our March meeting.

Donations are required, please give directly to Brenda Yarnold at the group meetings. Many thanks for your generosity & support.

QUIZ NIGHT

*Friday March 17th - 19:30 for 20:00 start
Learning Centre at
Telford AFC, Wellington*

An evening of knowledge and fun, raising funds for our local group supporting those affected by lung disease and long term associated illnesses.

Raffle with prizes

Tea - Coffee - Licensed Bar

Teams of 5 £2 a person

Contact the BLF call centre to speak to our local contact or through our website, to enter a team.

The New £1 Coin

The new 12-sided £1 coin will enter circulation on 28 March, the government has said.

The round £1 will be legal tender alongside the new, more-secure coin until 15 October.

The public are being urged to use their current £1 coins or bank them before they lose their legal tender status.

The government estimates around a third of the £1.3 billion worth of coins stored in piggy banks or saving jars around the UK are the current £1 style.

Some of those returned by the public will be melted down and used to make the 12-sided version.

The new style was announced in the 2014 budget and has been billed by the Royal Mint as "the most secure coin in the world".



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.**



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

Speakers for 2017 Meetings and Pub Lunches

All group meetings start at 14:00

Pub Meals - meet at 12 Noon

6 March	Pub Lunch – Wickets Inn, Wellington
17 March	QUIZ at AFC Telford – March Newsletter for details
29 March AM	Raffle at the Charity Desk, Princess Royal Hospital
23 March	Jeremy Bacon - British Lung Foundation - Breathe Easy Manager
3 April	Pub Lunch – Wickets Inn, Wellington
27 April	Yoga Laughter with Dru
8 May	Pub Lunch – Wickets Inn, Wellington
25 May	CAB-Energy Advice - Louise Paterson
5 June	Pub Lunch – Wickets Inn, Wellington
22 June	Ornithologist - Chris Edwards - Birds of Prey
3 July	Pub Lunch – Wickets Inn, Wellington
27 July	AGM/ Sarah Gray BLF - TBC / Tea and Chat
7 August	Pub Lunch – Wickets Inn, Wellington
August	No Meeting
4 September	Pub Lunch – Wickets Inn, Wellington
28 September	Elsa Davies Severn Hospice
2 October	Pub Lunch – Wickets Inn, Wellington
26 October	Nova Chocolates
6 November	Pub Lunch – Wickets Inn, Wellington
23 November	Hadley Orpheus Choir
4 December	Pub Lunch – Wickets Inn, Wellington
December	No Meeting

Allison's Bees

Allison visited the group on the 26th January at Tan Bank Wellington to talk about bees. She gave an informative, educational and, at times, entertaining talk about Life in the Hive. Everyone was amazed how much they learned from Allison regarding the bees, right up to making of the honey. A big thank you to Allison for attending the meeting, everyone enjoyed the speech.

Linda Robinson

Outings for 2017

Anniversary Lunch Hadley Park Hotel Thursday 18 May - £15.00 **£10 deposit.**

Llandudno Thursday 15 June - £10.00

An annual favourite of the group, the largest sea-side resort in Wales on a peninsula between the Great Orme and the Little Orme.

Bridgemere Garden Centre Thursday 13 July - £8.00

Chester Lunch River Cruise Thursday 21 September - £20.00 **£10 deposit.**

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.

All pick up's from Red Lion, Holyhead Road, Wellington. Pick up times to be announced later.

Bookings to be taken at group meetings or contact the BLF call centre to speak to our local contact or contact us through our website contact form.