

BREATHE EASY TELFORD



November / December
2017

www.breatheeasytelford.btik.com

Chester Boat Trip 2017

In September, fifty of us travelled to Chester by coach for a lunch on the Mill Hotel cruise boat.

On arrival at the hotel we had tea and coffee prior to departing for our lunch down the Shropshire Union Canal.

All aboard the boat, moored at the hotel, which was comfortable and very spacious, drinks were served whilst we chose our lunch from the a la carte menu. Not long to wait before our 3 course meal was being served, our starters arrived and our journey began. All food was prepared freshly by the hotel and was enjoyed by all concerned.

The captain of the boat told us all about the history of the canal and we even had time to stretch our legs before returning back down the canal, going through locks, which was very interesting to see.

Our weather was very pleasant and the day was enjoyed by all. A big thank you to the Rotary Club of Wellington who subsidised the trip for members.



The Shropshire, Telford & Wrekin Trader Register

Many consumers find it difficult to find a trader they can rely upon when they need building or repair work carried out on their home. The Register covers all aspects of home improvement and repairs, including building, carpentry, external property repairs, decorating, home security and gardening. The Scheme aims to reassure consumers, providing advice and information on employing a trader and working together to get things right first time.

By using the Shropshire, Telford & Wrekin Trader Register you are supporting reliable local businesses and trades people. Go to <https://www.traderregister.org.uk/shropshire/index.php>

Alternatively you can telephone 01952 381999 and a representative will carry out the search for you.

This service is available Monday to Friday 9am to 5pm



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)

Being Prepared in Advance for a Hospital Admission

At Home:

Have phone numbers of your GP practice, specialist consultant(s), specialist nurses and family all by your phone. Leave a spare key with a friend or someone you choose in case of an emergency. If you are not well do not bolt the top of doors, or leave the key in the lock after locking the door, so emergency services can get to you using the spare key.

Also have your prescription to hand so that emergency services know what medication you are taking should you be unconscious. See the article below on the "Message in a Bottle Scheme".

Personal items to pack and to bring, in case of hospital admission:

Night clothes, including dressing gown and slippers. Some comfortable and loose ordinary clothing for during the day. Try and keep the amount of clothing you bring with you to a minimum as bedside storage space is limited. Please mark all clothing and towels with the owner's name. Toiletries, soap and towels.

Any special equipment you require to meet your specific needs for example Cpap / Bipap machine. Please note, you should avoid bringing valuables into hospital.

Money [change], wet wipes, mobile and charger for mobile, glasses and any hearing aids.

Bring with you any medication that you are currently taking and tell the nursing and medical staff on admission. Tell them if you get your medicines in a medication organiser, for example a Dosette or Pill box. Bring any special cards you have which detail current treatment, for example a steroid card or anticoagulation card.

Message in a bottle

Message in a Bottle is a potentially life-saving scheme. It is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency. It is a national scheme that is funded locally by the Ironbridge & Severn Gorge Lions Club. NHS Telford and Wrekin currently sponsor the scheme.

The idea is that information, including medical details and emergency contacts, is kept in a plastic bottle in the fridge. Emergency services' staff will be alerted to the presence of the bottle via the display of two stickers - one to be fixed on the inside of the front door and the other on the fridge door.

The information contained within the bottle could help identify a medical condition faster and therefore potentially save lives. It can also reduce manpower costs in locating next of kin as these details will be immediately to hand.

The special forms to be placed inside the bottles have room to provide:

- Full name and brief physical description
- GP name, surgery address and telephone number
- Brief description of any existing medical conditions
- Details of allergies/allergic reaction to medication
- Location of medication within the home
- Names, addresses and telephone numbers of two emergency contacts
- Details of any pets on the premises.

It is also advised to keep a repeat prescription list with medication within the home.

Members of the public can obtain bottles from participating health centres, GP practices and pharmacies. For further information call Ironbridge & Severn Gorge Lions on 0845 833 9516.

Information reproduced from Telford and Wrekin's "Mylife" portal .



Last Christmas Posting Dates for UK

Fri 22 Dec Special Delivery Guaranteed Saturday Delivery **Thur 21 Dec** Special Delivery Guaranteed
Thur 21 Dec 1st Class and 1st Class Signed For **Wed 20 Dec** 2nd Class and 2nd Class Signed For

Effect of Grapefruit on Medication

Grapefruit contains substances that block the production of a particular enzyme. This enzyme would usually deactivate some drugs before they are absorbed, so switching off its release allows more of the drug to pass into the circulation. The effect is irreversible and lasts for at least 24 hours, so that drinking grapefruit juice regularly, or eating the fresh fruit, can even cause overdose. Grapefruit can also affect how some drugs are broken down in the liver. Perhaps better known is that some medicines shouldn't be taken with alcohol. For example, you shouldn't drink when taking the antibiotic metronidazole, because the interaction will cause a build-up of acetaldehyde - a poison that produces headache, nausea, palpitations and vomiting. Alcohol also interacts with some blood pressure medications to cause dilation of blood vessels, so you may faint. Even if you've read the leaflet supplied with your medicines, it's a good idea to recheck regularly in case instructions have changed. There is more detailed information on NHS Choices website, see link below

<https://www.nhs.uk/news/medication/prescription-drugs-and-grapefruit-a-deadly-mix/>



Room Change for the November Group Meeting!

Hadley & District Orpheus Male Choir

Members of Hadley & District Orpheus Male Choir will be performing at our November (23rd) Group meeting. The choir was formed in 1901. They are three time winners of the Welsh National Eisteddfod in 1923, 1925 and 1933. Tea and coffee available along with complimentary mince pies!

Following the popularity in recent years with members and a large number of choir members attending, we will be using the larger meeting room at the Methodist Church, not far from our usual meeting room. Doors open from 1.30pm for a 2pm start by the choir. Promises to be another memorable meeting.

Advice from Baywater Health Care for Oxygen users

Do not use oxygen whilst cooking Christmas dinner on gas stoves, hobs and ovens. Gas heaters are an 'open flame', and should not be used with 3m of an oxygen supply. Be careful around candles in your home.

It's party time!

The upcoming months are a brilliant excuse to go out with your friends and over indulge with family. However, it is important that when getting ready to look your best that you take some precautions.

When styling your hair, ensure that you do not operate appliances such as Curling Tongs whilst using your oxygen. These products can get very hot, so this heat source is a danger.

Be sure to use water-based lubricants when treating dry skin and irritation that may come from your cannula, such as KY Jelly. Avoid petroleum-based products such as Vaseline, as these products are dangerous when combined with oxygen.

DO NOT SMOKE WHILST USING OXYGEN.



Forthcoming Events

Events in bold are our Group Meetings, held at the Wellington Methodist Church.

23 November

30 November

4 December

28 December

December

8 January 2018

25 January

5 February

22 February

5 March

22 March

Hadley Orpheus Choir

Breathe Easy Telford Christmas Lunch

at Hadley Park House Hotel

Pub Lunch – Wickets Inn, Wellington

Snow White & The 7 Dwarfs- Pantomime at Severn Theatre

No Group Meeting

Pub Lunch – Wickets Inn, Wellington

Dr Ahmad - Consultant Respiratory Physician

Pub Lunch – Wickets Inn, Wellington

Cheryl Evans BLF/COPD

Self management programmes

Pub Lunch – Wickets Inn, Wellington

Music boxes/ past & present

What did the big candle say to the little candle? I'm going out tonight!

Who's there? Mary Mary who? Mary Christmas!

What would a reindeer do if it lost its tail? She'd go to a "re-tail" shop for a new one!

What do you have in December that's not in any other month? The letter D!

Friendship is like a violin the music may stop now and then, but the strings will last forever.

Christmas is truly a magical moment. Your money disappears into thin air.



Stay Safe!

Cereals

Rice, pasta - dried and tinned

Breakfast cereals eg Porridge

Crackers, crisp breads

Bread - freeze and defrost when needed

Fruit/Veg

Dried instant potatoes

Tinned Vegetables/fruits (in juice)

Baked Beans

Frozen vegetables

Drinks

Tea/coffee

Chocolate

Packet/tinned soups

Long-life or powdered milk

Long life fruit juice

Meat/Fish/Alternatives

Tins of chicken and ham

Tins of corned beef

Tins of tuna/salmon

Tins of sardines

Tins of lentils

Desserts

Tinned milk and rice puddings

Instant dessert mixes

Long life yogurts

A torch

SALT for putting down on icy paths and steps.



1/ Keep warm at home, set your thermostat at around 21°C (70°F) and heat all the rooms you use in the day.

At least make sure you keep your living room warm throughout the day and heat your bedroom before going to bed.

2/ Take extra care outside, icy and frosty roads and pavements can cause serious injury so take care and wear suitable footwear and clothing. Have some salt handy for your front door step. The best advice for driving in bad winter weather is not to drive at all, if you can avoid it

3/ Protect yourself from flu, have the flu jab.

4/ Eat a varied and balanced diet.

5/ Stay active to keep your body and mind in shape.

6/ Contact GP / Respiratory Nurse, with any health issues.

On the left is a handy shopping list to cut out.

