

BREATHE EASY TELFORD



September / October
2017

www.breatheeasytelford.btik.com



Lions Day, Wellington



We set up a stand early on Sunday 9th July, in Bowring Park, Wellington. Thankfully it was lovely and sunny, not a cloud in the sky. Our volunteers helped put up the stand and talk to people about different Lung conditions including Chronic Obstructive Pulmonary Disease (COPD). We had a name the teddy competition, there was quite an array of stalls, something for everyone as they say. Would like to thank the military kitchen for supplies of tea and bacon sandwiches and especially to our members for all the hard work they put into making it a successful day. *Mervyn Tuck*

Christmas Meal 2017

Our forthcoming Festive Lunch is being held at
Hadley Park House Hotel, Hadley Park East, Telford TF1 6QJ

on Thursday 30th November.

Arriving at Noon please for 12:30.

Bookings are now being taken.

Please contact Mary on 01952 605351 for further details & booking.



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)

SNOW WHITE AND THE SEVEN DWARFS - December 28th

We are hiring a coach from Wellington to the Severn Theatre, Shrewsbury to see Snow White and the Seven Dwarfs, starring the return visit of the hilarious Dame, Brad Fitt and Eric Smith from BBC Radio Shropshire. The show has been written by Paul Hendy and produced by Evolution the same team behind last year's smash hit, Cinderella.

We have a provisional allocation of tickets and need to take your bookings now, up to and including 28th September, at our next group meeting.

Please contact Brenda directly, particularly if you can't go to our next group meeting, on 01952 612318. You may also contact her via our website using the contact form.

SNOW WHITE AND THE SEVEN DWARFS is proving to be the most popular pantomime ever staged at the Theatre Severn. The Coach will be leaving from the Red Lion Pub, Holyhead Road, Wellington on Thursday 28th December for the matinee.

£15 per head, includes cost of the coach. Leaving Red Lion at 12.30 pm.



Deadline - Old One Pound Coins. One Euro coin being passed as a new One Pound coin.

There are now more new 12-sided One Pound coins in circulation than the old circular pounds. The old round One Pound coin cease to be legal tender on October 15. Look now through your piggy banks, tins, jars etc and spend these coins now. After this date the Royal Mint states – that some UK high-street banks will be willing to accept these old coins from their customers. Please be aware, however, they are under no legal obligation to do so.

Holidaymakers returning from Europe are using One Euro coins as the new One Pound coins in British shops because they look so similar. So it is appearing in our change and we have heard about it happening locally. Not easy to spot straight away, see the picture above. They are very similar. The One Euro is round as opposed to the new 12 sided One Pound coin and is slightly thinner. Banks and bureau de changes only exchange notes from people coming back off their holidays.

If you get one, perhaps save for holiday or pass to someone going to the Euro Zone.

The euro is near enough worth the same as sterling.

The new One Pound coin has been criticised for looking like a One Euro coin.

The Royal Mint introduced the new 12 sided One Pound coin on March 28 this year and the old coin will cease to be legal tender on October 15.

The new £10 note went in to circulation on Thursday, 14 September. Jane Austen is on the note, The plastic note is the first British bank note with tactile information for blind and partially sighted people. It is slightly smaller than the existing note and very much like the new £5 note introduced last year, in its feel. It will also be harder to counterfeit.

Stay Healthy this Winter – Get the Flu Jab

Don't forget to book your flu jab! For people with long-term health problems, such as asthma or chronic obstructive pulmonary disease (COPD), and older people, it can be even more serious.

Getting a vaccination can protect you from unnecessary illness.

The vaccination is given by an injection which will take a week to 10 days before it protects you from catching flu. It will not only protect you, but may also help to protect your colleagues, friends and family.

You (and your carer) are eligible to receive a free flu vaccine if you have a certain medical conditions, including a long-term lung disease.

Please ensure you have had your pneumonia vaccination.

Check with your GP that you have received it.



Facts about diet and respiratory disease

Diet can significantly affect a person's health – including the lungs

Food is the fuel that the body needs for everything it does, including breathing. The body takes food and the oxygen we breathe and converts it into energy and carbon dioxide, this process is called metabolism

A healthy diet is important in helping the body fight infections. Chest infections are dangerous for people with lung conditions, so it is particularly important to maintain a healthy diet. When people with lung disease are unwell or feeling breathless, they will take less exercise which will result in a weakening of their muscles. Again a well balanced diet is needed with more high protein foods such as meat, fish, poultry and dairy products

During an infection and during hot weather, people with respiratory disease should increase their fluid intake as they often produce secretions/mucus which they need to cough-up. If a person with lung disease does not drink enough, their secretions will be thick and sticky and their chances of an infection will be increased. At least four pints of liquid should be consumed a day, preferably water.

Some additional points from American Lung Association.

- Maintain a Healthy Body Weight

If you are overweight, your heart and lungs have to work harder to breathe. In contrast, if you are underweight, you may feel weak and tired and be more susceptible to infection.

- Decrease Sodium Intake

Eating too much salt causes your body to retain fluid. Too much fluid can make breathing more difficult. To reduce sodium intake, don't add salt when you cook and make sure you read all food labels

- Wear Your Oxygen Cannula While Eating

If your doctor has prescribed continuous oxygen therapy for you, make sure you wear your cannula when you eat. Since your body requires extra energy to eat & digest food, you will need the additional oxygen.

- Avoid Overeating and Foods that Cause Gas

When you overeat, your stomach can feel bloated making breathing more difficult. Carbonated beverages or gas-producing foods such as beans, cauliflower or cabbage can also cause bloating.

For more information on dietary guidelines and COPD, be sure to check with your primary care provider or a registered dietitian.

EDITOR'S NOTE: I try and eat a balanced diet, makes things more interesting! One thing I have found is that cooking is very therapeutic and gets you to use good wholesome ingredients. Any members have any interesting recipes to publish in a future newsletter? Fidget Pie handed down the generations??

Please use contact form on our website for Editor's contact details or bring a copy to a meeting.

Mark Dillarstone

Glazed Lemon Cake

Set Oven to Gas mark 4 or 350F – 180C
7' x 11' x 1.5' shallow tin, base lined and greased.

8 oz Self Raising Flour
1½ teaspoons Baking Powder
6oz Caster Sugar
6 oz Margarine or Butter
3 Eggs (Size 3)
Grated rind of Lemon
3-4 tablespoons Milk



Mix all ingredients together using a wooden spoon or beaten until smooth.
Pour into prepared tin and bake until cooked.

Topping

4oz Granulated Sugar
The juice of the Lemon

Melt the sugar and lemon juice in a saucepan and pour over the cake immediately **after** its is cooked.

Leave to go cold.

Make a cup of tea, cut a slice of cake and enjoy.

Mary Evans

Forthcoming Events

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

28 September 2017

2 October

26 October

27 October

6 November

23 November

30 November

4 December

28 December

December

8 January 2018

25 January

5 February

22 February

5 March

22 March

Elsa Davies - Severn Hospice

Pub Lunch – Wickets Inn, Wellington

Nova Chocolates

Quiz at AFC Telford

Pub Lunch – Wickets Inn, Wellington

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

QUIZ NIGHT Friday 27th October

Friday October 27th - 19:30 for 20:00 start at the Learning Centre, 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 us to enter a team. Teams must be booked in advance due to popularity!