

# BREATHE EASY TELFORD



January / February  
2018

[www.breatheeasytelford.btik.com](http://www.breatheeasytelford.btik.com)

## Out in the cold

The latest report from British Lung Foundation (BLF), revealed the hidden driver of NHS winter pressure. Before Christmas, BLF published a new report, [Out in the Cold](#), which looked at lung disease and A&E departments. They found that admissions to A&E for lung disease see a huge spike in the winter months – numbers are 80% higher in December, January and February than in March, April and May. This doesn't happen with any other disease areas. That means that when we talk about a winter A&E crisis, we are really talking about a respiratory crisis.

There are two main reasons for this. The first is that for people with long term conditions, like asthma and COPD, flare-ups are more likely in the cold and can leave people needing to go to hospital. The second is that viruses, like colds and flu, are more common in winter, and older people and children in particular can be badly affected and need to go to A&E.

BLF say we need to change the way that we care for people with lung conditions. That's why they have set up a taskforce for lung health to come up with a new five year strategy.

Could you email your MP and ask them to support our plan?

See how to here: [URL: https://www.blf.org.uk/take-action/campaign/battle-for-breath](https://www.blf.org.uk/take-action/campaign/battle-for-breath) © BLF



## World COPD Day Event

Kim, Steph and Sarah from NHS Telford and Wrekin Community Respiratory Team and Oliver from Quit 51, ran an awareness stand at Telford Shopping Centre to mark World COPD day last November. They were busy with many enquiries from shoppers asking for information for themselves or someone they know.

COPD stands for chronic obstructive pulmonary disease, it is the name used to describe a number of conditions affecting the lungs including emphysema and chronic bronchitis.

COPD makes it difficult to breathe and everyday tasks can be a real challenge. But with the right support, it's possible to live well with COPD. Quit 51 is a local service for any and all smokers who want to stop, want to reduce the amount they smoke, want to stop smoking in places like the home or car.

To find out more ☎ 0800 622 6968 or

✉ [contact.quit51@nhs.net](mailto:contact.quit51@nhs.net)



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)



Grazed knee.  
Sore throat.  
Cough.  
Stock your  
medicine cabinet.

## Self-care



Unwell?  
Unsure?  
GP surgery closed?  
Need help?

## NHS 111



Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.

## Pharmacy



Vomiting.  
Ear pain.  
Stomach ache.  
Back ache.

## GP surgery



Choking.  
Chest pain.  
Blacking out.  
Blood loss.

## A&E or 999 Emergencies only

## Protect your health in the cold

If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious.

Seek advice from your pharmacist.

Follow these tips on keeping well in the cold:

Have a flu jab.

Wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat.

Use a hot water bottle or electric blanket to keep warm in bed – but don't use both at the same time.

Have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly.

Try not to sit still for more than an hour or so indoors – get up and stretch your legs stay active – even moderate exercise can help keep you warm

Wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too. If you have a heart or respiratory problem, stay indoors during very cold weather *NHS CHOICES*

## Hadley & District Orpheus Male Choir



The larger meeting room at the Methodist Church was the venue for the choir, last November.

It was great turn out and enjoyed by all members. The choir performed many favourites before joining in with the audience enjoying the tea/coffee and mince pies.

## Join British Lung Foundation's web community today!

Does the cold weather leave you stuck at home and feeling rather lonely?

This is not unusual when you are living with a lung condition.

Our web community offers support, friendship and advice. This online forum is a place where you can chat with others about your lung condition, share experiences and ask questions.

You can join at URL: <https://healthunlocked.com/blf>

or call the BLF Helpline on **03000 030 555** for more details.

## Group Meeting and Pub Lunch dates for 2018

Happy New Year to you all. A packed and interesting programme lies ahead. Note that doors opens from 1.30 and we start the meeting at 2.00 catching up with some group business and news. We usually have a respiratory nurse attending, available for members to chat to whilst we have tea and coffee before the speaker commences at 2.30.

Pub lunches meet in the bar at noon.

25 January	Dr Ahmad - Consultant Respiratory Physician, PRH (NOTE 2pm prompt start)
5 February	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
22 February	Cheryl Evans - British Lung Foundation, Business development officer
5 March	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
22 March	Kathleen Turner - Wonderful Music Boxes Past & Present
9 April	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
26 April	Brian Draper MBE - River Wye Part 2
14 May	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
24 May	Alison Wakeman - Alison's Bee Class
4 June	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
28 June	Tea and Chat
2 July	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
26 July	AGM - Followed by Swinging Sixties
6 August	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
August	NO MEETING
3 September	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
27 September	Kevin Turley - Lakeside Garden Centre
1 October	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
25 October	Sarah Paterson - Inhaler Techniques
5 November	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
22 November	Hadley Orpheus Choir
3 December	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
December	NO MEETING

## Outings Dates for 2018

### Anniversary Lunch Hadley Park Hotel

Thursday 10 May

### National Arboretum

Thursday 21 June

The National Memorial Arboretum in Staffordshire, is the UK's year-round centre of Remembrance; a spiritually uplifting place which honours the fallen, recognises service and sacrifice, and fosters pride in our country. It is a living and lasting memorial.

### Llandudno

Thursday 5 July

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

### Chester Lunch River Cruise

Thursday 20 September

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.

### Christmas Lunch Hadley Park Hotel

Thursday 29 November

### Pantomime - Theatre Severn, Shrewsbury

Friday 28 December

Don't miss MOTHER GOOSE starring Shropshire's favourite Dame, the egg-cellent BRAD FITT

All coach pick up's are from Red Lion, Holyhead Road, Wellington.

Costs and Pick Up times to be announced later.

Bookings to be taken at group meetings or contact BLF Direct on 03000 030 555 to speak to our local contact or contact us through our website contact form.



## **Old £10 Notes, cease to be legal tender on March 1st 2018**

The old £10 paper notes, featuring naturalist Charles Darwin, will cease to be legal tender on March 1, 2018, following the introduction of the plastic £10 note on last September.

Old notes can still be spent ahead of the cut-off date, or exchanged at the Bank once this point has passed. The new £10 banknote, featuring a picture of author Jane Austin, is the first Bank of England note with a tactile feature to help blind and partially-sighted users.

Like the £5 note already in circulation featuring Sir Winston Churchill, the new £10 banknote is made from polymer, which is more durable and expected to last five years in total.

## **Pulmonary rehab makes a big difference, says Eric**

Eric, chair of Breathe Easy Portsmouth South, shares his story of being diagnosed with COPD and how pulmonary rehabilitation has helped him.

I woke up one morning in 2007 and made my way to the shower. I noticed my breathing wasn't so good. It took a long time to shower and I had to sit down many times while dressing. When I did get downstairs, my wife noticed how bad my breathing was and called the GP. They advised us to call an ambulance and I was sent to hospital with blue lights flashing.

I can't recall anything until the following morning, when a doctor said that it was a miracle I survived the night. I was told that I had emphysema, which meant nothing to me. I had no idea what COPD was until I was referred to pulmonary rehabilitation (PR). I completed the seven weeks of PR and then went on to a maintenance exercise group to keep my fitness levels up.

I'd urge those with COPD to attend PR classes if they can, and complete the course. The exercise will help to keep you out of hospital and help with your breathing. That'll make a big difference to your life. © BLF

Pulmonary rehabilitation (PR) is made up of a physical exercise programme, designed for people with lung conditions and tailored for you, information on looking after your body and your lungs, and advice on managing your condition and your symptoms, including feeling short of breath.

It's designed for people who are severely breathless. Your PR team will be made up of trained health care professionals such as physiotherapists, nurses and occupational therapists.

Completing a course of PR is a good way to learn how to exercise safely and at the right level for you. Most people enjoy the course. It builds confidence and it's great fun meeting others in a similar situation.

PR can improve your muscle strength so you can use the oxygen you breathe more efficiently help you cope better with feeling out of breath, improve your fitness so you feel more confident to do things and help you feel better mentally.

PR helps you manage your condition and makes you feel better, but it's not a cure. You're unlikely to see a change in your lung function, so you may not see a difference in breathing test results. What it can do is help you make the most of the lung function that you have. There's evidence that it improves your ability to walk further, helps you feel less tired and breathless doing day-to-day activities and reduces your risk of ending up in hospital.

PR is aimed at people with a lung condition whose ability to be active is affected by breathing difficulties. Most people who go to PR have chronic obstructive pulmonary disease (COPD), but people with other long-term lung conditions can also benefit, such as bronchiectasis and pulmonary fibrosis. It's recommended for people coming out of hospital after a COPD flare-up. If you struggle with walking, have uncontrolled heart problems or have recently had a heart attack, PR might not be suitable for you at the moment.

You can do PR if you use oxygen. If you use oxygen to help manage your condition, you will be assessed to see if a portable oxygen cylinder is needed during the class. If you've been prescribed oxygen and told that your oxygen levels drop when you exercise, portable oxygen treatment may increase how much exercise you can do.

How do I get PR? Your GP, practice nurse or respiratory team can refer you for PR. Ask them if PR is right for you and what's available in your area. © BLF