

# BREATHE EASY TELFORD



July / August  
2018

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

## Our Visit to the National Arboretum



Before the recent heat wave fully set in, we had a very pleasant trip in May to the National Arboretum.

It is a huge site covering 150 acres with over 30,000 trees. Scooters can be hired there. We booked a few for the day, for our less mobile members.

I took one myself and it was great to visit some of the more far flung memorials, of which there are over 360.

A good day was had by all.  
*Mark Dillarstone.*



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 (SCO38415)

## Out-of-Hours GP Service - Call NHS 111

On Tuesday 17th July the number for the urgent out-of-hours medical help or advice changed. **You will now need to call 111 instead, not the ShropDoc number.**

The NHS 111 service has replaced the out-of-hours telephone access service provided by Shropdoc in line with national policy to provide a consistent, integrated approach to urgent care; but any patients that need to see a clinician out-of-hours will still be seen by a local GP or other appropriate clinician.

The NHS 111 service is now offered across the whole of England. It is the number people should call if they require urgent medical

advice and it is not an emergency. It is free and available 24 hours a day, 365 days a year.

NHS 111 is much more than a helpline - if anyone is worried about an urgent medical concern they can call to speak to a fully trained adviser. Depending on the situation, the NHS 111 team can connect patients to a nurse, GP, pharmacist or a range of other specialist support, and can arrange face-to-face appointments if necessary.

Those of you that have a COPD self management plan, please note that the dedicated COPD/ShropDoc is no longer in use and again you will need to phone 111.



**when it's less  
urgent than 999**

**Call 111 if you need medical help fast,  
but it's not life-threatening:**

- If you don't know who to call for medical help
- If your GP practice is closed
- If you need medical advice or reassurance about what to do next

## Last Few Places Chester Lunch River Cruise Thursday 20 September

At the time of printing there are a few places left for our forthcoming Chester trip. Our coach picks up at the Red Lion, Wellington and 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. The cost is £20. Please call Brenda on 01952 612318 for further information and to make a booking. Bookings must close at the end of August along with any final payments.

## Eileen Rothwell

It is with regret that we inform you that Eileen Rothwell's daughter, Lorraine, has been in touch to let us know that Eileen has sadly passed away. Eileen had secondary liver cancer following an ocular melanoma. She died on 14th March at the Telford Hospice. Eileen had been regularly attending Group meetings and events for many years before moving to Lytham St Annes. She kept a keen interest in the group and in touch.

## Treasurer Assistance

At our July Group meeting we had our AGM. I am pleased to say that the committee have all volunteered to carry on their work. I would like to thank them on behalf of the Group for all their efforts and continued support. We are looking for a volunteer to work with and with a view to take over the treasurer work Hazel does. This work consists of managing the group's cheque book and also involves data entry of the finance figures, using an Excel spreadsheet to compile the accounts for the group. If anyone would like to find out more, please use our contact form on our website or call the British Lung Foundation on 03000 030 555 to speak to our contact.



## Patient Participation Group Baywater Healthcare, Home Oxygen Provider.

I am attending a Patient Participation Group meeting with Baywater Healthcare in early September. They provide the home oxygen service for patients in our area. It is the initial set up meeting of this group. I would be interested to take onboard any comments and experience, good and/or not so good about the service from Oxygen users. Please use the contact form on our website or call the British Lung Foundation on 03000 030 555 to speak to our contact. *Mark Dillarstone*



### Pub Meal at Wickets Inn

On the first Monday of the month, (the following Monday if it is Bank Holiday Monday), we meet up for lunch at the Wickets Inn, Holyhead, Road, Wellington TF1 2EB.

There is adjacent level parking and easy access in to the bar / dining room. We meet in the bar at noon and there is a wide menu to choose from. Some members have a main course and some follow it with one of the many deserts. It is an informal occasion and all are welcome to come along.

### Autumn /Winter Meeting and Pub Lunch dates

Our meetings generally start at 2pm, with the doors open from 1.45.

The first 20 minutes is for members to chat and have tea/coffee and biscuits. We usually have a respiratory nurse during this time for members to chat to informally. Occasionally we have someone attending from the NHS local Wellbeing Service, during this time for members to chat to informally. After short update of group business the invited speaker commences at 2.30.

All Pub lunches meet in the bar at noon.

#### 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. <b>NOTE a 2pm prompt start.</b> |
| 3 December   | Pub Lunch, The Wickets Inn, Holyhead Road, Wellington |

#### December

#### NO MEETING

### Outings Dates for Autumn/Winter 2018

**Christmas Lunch - Hadley Park House Hotel** Thursday 29 November

Menus are available at September's and October's Group meetings

£17 per head for three courses, with Tea and Coffee (including Christmas Novelties).

**Pantomime - Theatre Severn , Shrewsbury** Friday 28 December

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

There is an included coach pick up from the Red Lion, Holyhead Road, Wellington.

Costs and Pick Up times to be announced later.

Bookings to be taken at group meetings or please call Brenda on 01952 612318 for further information and to make a booking or contact us through our website contact form.

# Air Pollution and our Lungs

## What is air pollution?

An air pollutant is any substance in the air that could harm people. Some are more harmful than others. Particulate matter, nitrogen dioxide and ozone are particularly damaging types of air pollution.

Different areas of the UK have different levels of air pollution. High concentrations can be found in most UK towns and cities. This is where sources of pollution, such as road traffic, are more concentrated.

The amount of air pollution can also change depending on the weather and the season. For example, it's harder for pollution to disperse during still, sunny weather in summer and still, foggy weather in winter. This means the pollution becomes more concentrated causing a high pollution episode. These episodes often affect towns and cities, but they can also affect areas of the countryside as wind blows pollution across the country.

Visit the government's website to find an up-to-date pollution forecast for your area.

[uk-air.defra.gov.uk/](http://uk-air.defra.gov.uk/)

## Where does air pollution come from?

Different types of air pollution come from different sources so the mix of pollutants varies across the UK. Air pollution can travel long distances and can affect areas far away from where it was created. UK pollution levels can even be affected by pollution sources outside the country.

In towns and cities, the main source of air pollution is road transport. Diesel and petrol vehicles create pollutants, including nitrogen dioxide and particulate matter. The friction of brakes and tyres on the road also creates particulate matter. Most diesel vehicles create much higher levels of these pollutants than petrol vehicles. Other sources of air pollution include: burning fuel in houses for heating or cooking, emissions from power generation, industrial processes and agriculture.

Bonfires and firework displays, candles and incense can result in temporary increases in particulate pollution. Inhaling any smoke is harmful, so it's best to avoid breathing in bonfire smoke or smoke from other sources. Smoke from burning a range of materials can irritate your airways, your skin and eyes. Breathing in the smoke can make you cough or wheeze, feel breathless or produce more phlegm or have pains in your chest. Tiny particles in smoke can also pass deep into the lungs and into your bloodstream increasing the risk of heart attacks and strokes.

Our noses are also very sensitive to odours and can detect chemicals in the air in levels which aren't a risk to health. Some conditions like allergies can make the nose more sensitive. Such odours can be unpleasant and affect wellbeing, causing anxiety. This can lead to symptoms such as nausea, headaches or dizziness.

If you're concerned about your symptoms after breathing in any smoke, call NHS 111 or get medical advice. Air pollution can also come from natural sources. In the UK, high pollution levels are sometimes caused by dust that has been blown from the Sahara desert. These Saharan dust episodes can be serious for someone with a lung condition. Other natural sources of air pollution include volcanoes, sea spray, pollen and soil.

People react to air pollution in different ways and some are more affected than others.

Air pollution is especially harmful to people who are living with a lung condition, such as asthma or chronic obstructive pulmonary disease (COPD). Older people, children and babies also have a higher risk of experiencing symptoms and other harmful effects from breathing in polluted air.

Healthy people who work or exercise outdoors might also experience symptoms when they're exposed to moderate or high levels of pollution. They may feel out of breath or start coughing.

## How can I protect myself from air pollution if I have a lung condition?

On high pollution days, the best thing you can do to reduce your exposure to air pollution is to avoid main roads and busy streets where possible. On days when pollution levels are low, you don't need to be worried about going outside. But even on these days, it's a good idea to avoid spending long periods of time in places where pollution levels build up, such as busy roads. As air pollution levels rise, people with lung conditions are at an increased risk of becoming ill and needing treatment. Take note of air pollution alerts in the media. Reduce or avoid strenuous, outdoor exercise. Stay away from pollution hotspots such as main roads and busy road junctions. Try to get to work a little earlier before rush hour has begun and levels of pollution have built up, use back streets away from the bulk of vehicle congestion.

Make sure you carry your reliever inhaler with you if you use one.

If you have asthma, use your preventer inhaler regularly.

If you find your condition is getting worse, or if you're getting wheezy or coughing from walking outside, get in touch with your doctor. If you're out and about, you could also call into any chemist, where a pharmacist can also give you advice.

Anyone who experiences discomfort such as sore eyes, a cough or a sore throat should consider reducing their levels of physical activity outdoors. © British Lung Foundation