

BREATHE EASY TELFORD



May / June
2018

www.breatheeasytelford.btik.com

Mrs Mary Cook

It is with deep regret that we announce the death of Mary Cook on 22 March 2018. She had been the last surviving member of our Group's original Committee. She was a major contributor to the launch and steady growth of our Group and championed many causes, within Breathe Easy and beyond. She will be hugely missed by members, past and present, their relatives, our wonderful medical personnel and local political figures. Her lasting influence will no doubt help to guide and steer the Group in the future. We owe her a huge debt. Thank you Mary.



Reminder details for forthcoming trips

Llandudno Thursday 5th July Cost £10 . - Places are available. Final bookings and payments at June's Group meeting.
Chester Lunch & Canal Trip Thursday 20 September £20 Deposit £10 Final date for Full payments at our July meeting.
Pantomime - Theatre Severn, Shrewsbury Mother Goose Friday 28 December Cost TBA
Names for Pantomime must be in by September meeting to let the theatre how many of the reserved tickets we require.
Contact Brenda on 01952 612318 for further information on the above trips and to make a booking.

Judy Frayer

We have received a donation of £450 from Margaret Frayer in memory of Judy Frayer. They had received support from Ward 9, Princess Royal Hospital and the Community Respiratory Nurses. We appreciate the support to the group.



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)

Fond memories

I first met Mary in 2006 at a meeting with the local Primary Care Trust with the Air Products management team during the then national problems of the newly contracted out Oxygen Services.

She had a great air of presence and struck me with her determination to effectively advocate for local oxygen users. Mary was always approachable and very supportive and very driven to get engagement and support for local respiratory services.

Breathe Easy Telford and District today is a well supported group in the community as a result of Mary's determination to publicise the existence of the Group, the BLF and the needs of those living with lung disease. The group indeed misses her greatly, as I do.

Mark Dillarstone Co Chair - Breathe Easy Telford and District.



I remember Mary well. I seem to remember that I did some work with one of the oxygen providers following a complaint she had made about the length of tubing causing her problems. We got them to change their policy. I always admired her strength and determination. What a lovely woman she was.

Sarah Gray Former Service Development Manager- Midlands, BLF

This is very sad news indeed. Mary was such a force and a stalwart of Breathe Easy. A truly fine lady. My condolences and best wishes to all at Breathe Easy Telford.

Jeremy Bacon, Former Breathe Easy Manger, BLF

Mary held a very important place in our hearts in the Respiratory Team here in Telford. She was always a friendly voice in encouraging and supporting us to do things, and would always be the first to put her hand up when we were struggling for aids to benefit people with COPD. She would always find a way to work out a way of getting them! An



example of this was her tireless enthusiasm for raising money to purchase the Blood Gas Analysis Machine for our team, which she managed to do in a year!

She played a very important role in the Telford and Wrekin Clinical Commissioning Group and Shropshire Community Health Trust as an advocate for people with COPD. She was on the patient and carer panel to ensure their voice was heard throughout Telford and Shropshire and her



strength and beliefs were fundamental in changing things when they were not working. She would work tirelessly putting her point forward when she believed things needed to change. We were over the moon when her hard work was recognised a few years ago when she was awarded the Volunteer of the year award. And she would always be the first to promote our service whenever she could. Without her passion and enthusiasm for believing what was right for COPD patients many of our patients would not be aware of so many things. Thank you and god bless you Mary x

Sarah Paterson, Community Respiratory Nurse



Living Well with a Respiratory Condition

Having a respiratory condition such as Chronic Obstructive Pulmonary Disease (COPD) or asthma, can affect all areas of our life, not just our physical health. Telford Wellbeing Service is now providing a new service to help people with respiratory conditions maintain the best possible health for them.

Who are we?

The Primary Care Wellbeing Service, or IAPT (Improving Access to Psychological Therapies) is a free NHS Service providing a range of recommended support for people. Our new service for people with respiratory conditions such as Chronic Obstructive Pulmonary Disease (COPD) or asthma focuses on helping people claim back their quality of life, as well as their physical health.

How can we help?

Whether you have been diagnosed recently, or have been living with a respiratory condition for a while, it can have a huge effect on day to day life. People with these long term conditions sometimes struggle with:

- Remembering to take medication, such as inhalers which can prevent flare-ups or the condition worsening
- Getting to regular appointments to keep a check on their health
- Stopping or giving up smoking
- Not being as active as they once were because of increased breathlessness, coughing, or chest tightening
- Feeling panicky or anxious when they become breathless
- Difficulty sleeping
- Feeling tired and a lack of energy
- Eating healthily or maintaining a healthy weight
- Worry about their condition, or things getting worse
- Feeling low in mood, and "down in the dumps"
- Feeling frustrated and angry about how to manage their condition
- Feeling socially left out, or that people are judging them

If any of this sounds relevant to you, we may be able to help you improve your mood, worry less, and gain more motivation.

What do we do?

We offer a type of support called CBT, or Cognitive Behavioural Therapy. CBT looks at how our thoughts and behaviour affect the way we feel. Our aim is to give people tools with which to manage their mood and condition, in order for them to feel happier, healthier and more in control of life.

How will it work?

You can self-refer to us by calling us , where someone will take all your details. We will then invite you to an initial assessment, which will be face-to-face or via telephone.

At your assessment we will ask you to fill out some questionnaires, discuss your confidentiality and find out how your respiratory condition is affecting you. We will then explain the type of treatment we can offer, and what we can do to help you.

To self-refer, call us on 01952 457 415 Monday to Friday 9.15am - 4.30pm
(Excluding Bank Holidays)

Our administrators will take your details and arrange an initial appointment for you on a date of your choice within our opening hours.

Email us: wellbeing.telford@sssft.nhs.uk

Visit our webpage: telfordwellbeingservice.sssft.nhs.uk

Please note we are not a 24/7 service. If you are worried you are seriously unwell, or are thinking seriously about harming yourself or others, please call your GP or NHS Direct on 111 (open 24 hours).

Looking after your lungs in hot weather

Summer heatwaves and hot weather can affect anyone. But if you have a long-term lung condition like asthma, bronchiectasis or COPD, you're more at risk of the heat affecting you and causing your symptoms to flare up.

This could be because you're dehydrated and too hot, making you feel worse. Or it could be because strong sunshine has caused the level of ozone in the air to rise. High levels of ozone and other air pollutants can cause breathing problems and trigger symptoms if you have a lung condition like asthma, bronchiectasis or COPD. Humid, hot weather can also make your breathing problems worse.

Summer is also the time when grasses and weeds make pollen levels higher and the pollen count rises.

If you live with asthma, COPD or another condition that makes your airways sensitive, this can mean you end up coughing, wheezing, and feeling short of breath.

Our top tips during a heatwave, plan ahead to keep cool and well:

Check the weather, pollen and pollution forecasts

Avoid the heat

Keep out of the sun

Pack a bag of essentials

Exercise sensibly

Drink cold water

Check the weather, pollen and pollution forecasts

Keep your house cool

Take cool baths or showers

Use a fan

Eat as normal

Be aware when a heatwave is forecast and how long it's likely to last. You can also check air pollution levels in your area for the next 5 days and local pollen levels too. Remember that high pollen and pollution levels can combine with heat to increase your chances of a flare-up of your symptoms – so have a plan ready for what to do if that happens.

Avoid the heat

If a heatwave is forecast, don't go outside during the hottest time of day, normally between 11 am and 3 pm. If you have to go out, plan your day around the early morning or evening when the air is cooler and the air quality better. When you're outside, walk in the shade and avoid main roads and busy streets if you can.

Keep out of the sun. If you do need to go out during the day, avoid being in the sun for long stretches. Wear loose, cool clothing and a hat. Wear sunglasses too – wraparound ones are a good idea. They will protect your skin from the sun and stop pollen getting in your eyes.

Certain antibiotics like doxycycline, and medications like prednisone, can make you more sensitive to sunlight. If you're taking one of these medications, you'll burn more quickly, so make sure you cover up and wear high factor sun cream. Always check the information leaflet that came with your medication.

Pack a bag of essentials

If you're going out, take a bag of essentials. Include any medication that you might need, plenty of water and a fan.

How to handle hot weather

Exercise sensibly, this brings a lot of benefits if you have a lung condition, but in hot weather take care you don't overheat. Exercise indoors in a cool, well-ventilated room or gym. Do activities like housework and gardening in the early morning or evening when it's cooler. If you do get breathless, use your breathing control techniques to ease the symptoms. During a very hot spell, you may want to think about reducing or avoiding strenuous activity until it's cooler. Have plenty of cold water and drink regularly even if you don't feel thirsty – it's important to stay hydrated.

Drinks with caffeine - such as tea, coffee or cola - and drinks high in sugar make you more dehydrated. Also avoid alcohol, which dehydrates you and makes you pee more too.

Keep your house cool

Closing blinds or curtains can help to keep your house cool. If it's cooler inside your house than outside, close the windows to keep the cool air in. At night when the air outside is cooler, open your windows, safely.

Take cool baths or showers

If you feel overheated, take a cool bath or shower or splash yourself with cool water.

Cool your skin with water with a cool wet sponge or flannel, or a cool water spray.

Use a fan

If you get out of breath, try using a handheld fan. Hold it about 6 inches away and let the cool air blow towards the centre of your face. Remember to keep your fan clean, so that you don't blow dust into your face. A floor standing fan or desktop fan can also help, and you may sleep better if you have a fan in your bedroom at night. Handheld fans are a good tip for relieving breathlessness at any time, but especially when it's hot.

Make sure you have agreed a written plan with your health care professional so you know what to do if you feel unwell whatever the weather. © BLF