

BREATHE EASY TELFORD



November/December
2018

www.breatheeasytelford.btik.com



Gardening with a Lung Condition

Kevin Turley, from the Lakeside Plant and Garden Centre, Priorslee, recently came to give a talk. It is his second visit, this time he made up a couple of hanging baskets, showing us how many plants you can put in and discussing the various growing mediums that can be used. He told us of the service the centre offers - one of which is planting up tubs up for us - this was taken up by a member and apparently she was thrilled by the result. Lakeside also offer a garden design service.

Kevin has taken time to research the use of plants and items bearing in mind people having lung conditions. All plants and accessories can be purchased at Lakeside Plant and Garden Centre. 10% discount for Breathe Easy members with the voucher overleaf to the end of the year.

World COPD Day 21 November at ASDA Town Centre

There will be a stand at the ASDA Telford Town Centre, by the escalator entrance, promoting awareness of Chronic obstructive pulmonary disease (COPD). Nurses from the Community Respiratory Team, Breathe Easy members and other Health Care professions will be there, during the afternoon. An estimated 1.2 million people are living with diagnosed COPD – considerably more than the 835,000 estimated by the Department of Health in 2011. In terms of diagnosed cases, this makes COPD the second most common lung disease in the UK, after asthma. It's estimated that 2 million people in the UK have COPD but are currently undiagnosed.

Hadley & District Orpheus Male Choir - 22 November

Members of Hadley & District Orpheus Male Choir are returning to perform at our November 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! Promises to be another memorable meeting.



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)

2019 Meetings

7 January	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
24 January	Speaker from Baywater, Oxygen provider for our area.
4 February	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
28 February	Dr Moudgil Respiratory Consultant at Telford Hospital (PRH)
4 March	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
28 March	Afternoon Chat
1 April	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
25 April	An afternoon singing along with a gentleman playing a Guitar
13 May	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
23 May	Speaker from Veolia, Recycling contractor for our area (TBC)
3 June	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
27 June	Dr Ahmad Respiratory Consultant at Telford Hospital (PRH)(TBC)
1 July	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
25 July	AGM / Speaker from Pulmonary Rehabilitation Team (TBC)
5 August	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
August	NO GROUP MEETING
2 September	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
26 September	Talk by Sarah Paterson, Community Respiratory Nurse
7 October	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
24 October	Afternoon Chat
4 November	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
28 November	Hadley Orpheus Choir - Please note 14.00 prompt start. (TBC)
2 December	Pub Lunch, The Wickets Inn, Holyhead Road, Wellington
December	NO GROUP MEETING

Show your support for the UK's lung health charity this Christmas.

Go online to BLF's shop:-

<https://shop.blf.org.uk/collections/blf-charity-christmas-cards>

or phone the helpline for to order in other ways:-

Call 03000 030 555.

Choose from our great range of Christmas card packs – there's something to suit everyone. Only a few examples shown here. All proceeds from the sale of these Christmas cards will support our work to look after the nation's lungs.

Each pack contains 10 Christmas cards with envelopes.

Delivery is just £3.95 per order - it doesn't change if you order more than one pack of cards



**Merry Christmas and a Happy Healthy
2019 from us all at Breathe Easy Telford**



Lakeside Plant and Garden Centre, Priorslee 10% off Full Price Items

Present this voucher to get 10% off full price items,
Not to be used in conjunction with any other offers.

Exp :- End Dec 2018

