

BREATHE EASY TELFORD



September/October
2018

www.breatheeasytelford.btik.com



Chester Boat Trip 2018

On 17th of September, we were lucky to go to Chester for a meal on board the Mill Hotel canal boat.

The day went very well except for the odd bit of rain.

The staff were fantastic in serving up three delicious courses and the cooking was exceptional. Everyone enjoyed themselves to the refreshments, plus an added incentive, was Dave our coach driver, for the day who not only was very professional in his job, but also serenaded us with a few songs on way home, on a personal note Dave you might consider changing career but that would be our loss as you've got a great voice.

Arriving home the inclement weather finally caught up with us and we got wet.

But that didn't dampen our spirits, it was a fantastic day which was enjoyed by all.

Mervyn Tuck



QUIZ Night - Friday 26 October

Friday 26th October - 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!



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)

Autumn/Winter Meeting & 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.

25 October

Sarah Paterson - Inhaler Techniques

5 November

Pub Lunch, The Wickets Inn, Wellington

22 November - NOTE a 2pm prompt start.

Hadley Orpheus Choir.

3 December

Pub Lunch, The Wickets Inn, Wellington

December NO MEETING

Pantomime is on Friday 28 December
12.30pm departure from Red Lion,
Holyhead Road, Wellington



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.

Stay Safe!

1/ Keep warm at home, set your thermostat at around 21°C (70°F) and heat all the rooms you use in the day. At least make sure you keep your living room warm throughout the day and heat your bedroom before going to bed.

2/ Take extra care outside, icy and frosty roads and pavements can cause serious injury so take care and wear suitable footwear and clothing. Have some salt handy for your front door step. The best advice for driving in bad winter weather is not to drive at all, if you can avoid it

3/ Protect yourself from flu, have the flu jab.

4/ Eat a varied and balanced diet.

5/ Stay active to keep your body and mind in shape.

6/ Contact GP / Respiratory Nurse, with any health issues.

On the left is a handy shopping list to cut out.

Cereals

Rice, pasta - dried and tinned

Breakfast cereals eg Porridge

Crackers, crisp breads

Bread - freeze and defrost when needed

Fruit/Veg

Dried instant potatoes

Tinned Vegetables/fruits (in juice)

Baked Beans

Frozen vegetables

Drinks

Tea/coffee

Chocolate

Packet/tinned soups

Long-life or powdered milk

Long life fruit juice

Meat/Fish/Alternatives

Tins of chicken and ham

Tins of corned beef

Tins of tuna/salmon

Tins of sardines

Tins of lentils

Desserts

Tinned milk and rice puddings

Instant dessert mixes

Long life yogurts A torch

SALT for putting down on icy paths and steps.