

Warwick & District Breathe Easy Group

January 2005

Welcome

The start of any year does make you think about new ideas and motivates you for a while to try something new. The first speaker in our programme for this year, which is about diet, might help everyone to do just that. We already have a varied list of subjects to be covered at our meetings that we hope will be of interest. In case you're not able to be with us we'll include some reports about them in future newsletters.

We wish you better health for 2005.

Tony Brown, Chairman

Your Committee

At the AGM held on 4th October the following were elected:

Tony Brown	Chairperson
Lynn Fletcher	Vice chairperson
Linda Kay	Secretary
Sheila Gibbons	Treasurer
Carol Palmer	Refreshment Coordinator
Alice McGucken	New Members Host

The group meets at 7pm on the first Monday of every month at St Mary's Church Centre, St Mary's Road, Leamington Spa, Warwickshire CV31 1JW. Each meeting usually includes a speaker, followed by refreshments and a chance to chat with other group members. There is no charge, but donations are welcome to cover the cost of the room hire.

Meetings

For further information please contact Linda Kay
Tel: 01926 864157

Future dates and planned speakers:

3rd January 2005	NO MEETING
7 th February 2005	Ruth Breese, Community Dietician
7 th March 2005	Lynn Fletcher, Respiratory Nurse. Using Medication correctly.

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Meetings (Cont'd)

4th April 2005 Rachel Booker National Respiratory Centre on COPD
2nd May Being creative with flowers
6th June 2005 Buteyko breathing method
4th July 2005 Dr R Jones, Chest Consultant at Warwick Hospital.

Future topics include Yoga.

Previous Meetings

Report on the November 2004 Meeting

Professor Burge has been a Consultant Chest Physician at Birmingham Heartlands Hospital since 1980 and he runs research programmes in Occupational Lung Disease and COPD. So he was well qualified to tell us about COPD or Chronic Obstructive Pulmonary Disease. He was a very relaxed and down to earth speaker and with a series of projected pictures he explained the effects of the Disease, and showed us some of his Patients. I remember one of his amusing questions to us, on what we thought the effect might be of smoking whilst taking Oxygen! As oxygen is an aid to combustion the result could be Dramatic! He then stayed on during our coffee break to speak to group members individually to round off a very successful evening.

We've heard that Professor Burge was awarded an OBE in the new years honours.

Report on the December 2004 Meeting

Even though we meet at the beginning of the month this evening had a really festive air. Our own Refreshment Coordinator, Carol Palmer gave a most enjoyable Flower Decoration Demonstration. As the theme was naturally Christmas, instead of a wreath for the door, Carol decorated a shovel (yes really!) and this, together with two Table Arrangements that would make as fine an ornament to anyone's home as you could wish for.

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**British Lung
Foundation
Midlands News**



Her natural enthusiasm for the art of decoration came through and she gave us many hints and stories during the display.

As everyone brought cakes and mince pies, my overeating for Christmas started earlier than usual so thank you Carol and to all members for the supper.

Mo Fowler has been appointed as the Breathe Easy Volunteer Recruitment Officer for the Midlands. She is currently advertising for volunteers to assist our group with fundraising, promoting the group and particularly to assist with the production of the newsletter and publicity leaflets. If you would like to volunteer please contact Linda on 01926 864157 or Mo on 0121 6272260

Caroline Johnson has been appointed as the Support and Development Manager for the Midlands, and starts work on 4th January. Caroline has previously worked for the Parkinson's Disease society in an education and training role.

Both Mo and Caroline will be visiting the group shortly and will be providing us with practical support.

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British Lung Foundation News

“Happy Birthday” BLF

How can we celebrate BLF's Birthday?

VERY GOOD NEWS. Total income last year for the BLF was £4,635,121 a 66% increase on the previous year. The Breathe Easy Groups raised £258,048 last year which is 11% of all income raised. The committee is giving some thought to how it may start fundraising and is exploring supermarket collections at local large stores. Your assistance and ideas for future fundraising would be very welcome.

In 2005 the BLF turns 20 and there will be lots of activities planned to help mark this special birthday. The theme of the 20th birthday year is “love your lungs” and will be targeting those who do not have a lung condition, with the aim of raising awareness about how to keep your lungs healthy.

As part of the celebrations there are two commemorative roses, which can be purchased the Princess of Wales Rose Hardinkum priced at £5.95 each, of that £1.52 goes to the British Lung Foundation. The Princess of Wales was patron of the British Lung Foundation from 1986 until shortly before her death. The other is called the “Breathtaking Rose” Hargalore. This costs £6.40 of which the British Lung Foundation receives £1.63 per rose.

Order forms will be available at evening meetings until March 2005.

This will raise awareness of the aims of the British Lung Foundation.

If you have any ideas about what our group could do please let any one of committee know.

Getting Breathless is the theme of the 20th birthday celebrations and the group will be receiving a pack from BLF about how we could organise an event. They would love to see our local MPs or Chest Consultants Getting Breathless.

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“Happy Birthday” BLF (Cont’d)

Breathing Space Magazine

Lottery News

Improved Website

BLF Helpline

Your Help

The media launch of the event will take place during Breathe Easy week (16th June) where 200 supporters will take part in a 10-floor stair climb at City Hall, home of the London Mayor.

The British Lung Foundation’s new magazine – Breathing Space is set to arrive in March. The magazine will be 52 pages and will cover all sorts of topics, but always with something to do with breathing. There will be: celebrity interviews, diet, lifestyle items, news and opinions. For Breathe Easy members, the magazine will include a special supplement, which will cover group news, and other items of special interest to the Breathe Easy Club.

In September the group was awarded £5,000 from the lottery scheme called “awards for all”. This sum will be spent for example on producing publicity which can be made available in all GPs surgeries, community venues and will be given out to all patients who visit the respiratory departments at Warwick Hospital. The fund will also pay for the production and distribution of this newsletter.

Have you checked out the BLF’s new website yet? www.lunguk.org any comments let Linda know.

The BLF Helpline is still on course to launch in January. The Helpline will be open 10 am until 6 pm Monday to Friday and will offer advice and support on a wide range of issues affecting people with a lung condition. Phone number to follow.

If you have any comments about this newsletter, or would like to provide information for a future edition or if you do not wish to receive further copies of this newsletter please contact Linda Kay on 01926 864157. Your help and interest is much appreciated.