

Breathe Easy

Monday 26th May 2008

Supported by
The National Lottery®
through Awards for All



Sutton Coldfield

breatheeasy
BRITISH LUNG FOUNDATION SUPPORT NETWORK

Dear Member,

Welcome to the May newsletter. Last month I mentioned about the balmy days of summer.

Well, as I write this newsletter the weather is Glorious, so those days are nearly here. This time of year it is very pleasant to be able to walk in Sutton Park so it was appropriate for us to welcome Kevin Daley who gave a talk and slide show, about the 'Donkey Sanctuary' in Sutton Park.. The highlights of his talk I have included below. The speaker for June is a member of the Infection Control team at Good Hope. I am sure you will have plenty of questions to ask on the night. I look forward to seeing you all on the 29th. ED.

Last Month's Speaker

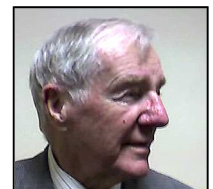
Kevin started his talk by giving us the background to the start of the first Donkey Sanctuary. All of the early work with donkeys was carried out by Dr. Elisabeth Svendsen, pictured here. Apparently the Doctorate was bestowed on her by the Veterinary College for her work with animals. She is also an MBE which was presented by the Queen in 1972. Born in Yorkshire in 1930 and from an early age she was interested in animals, especially donkeys. This came about when he grand parents moved to Lytham St. Ann's near blackpool to better their health. It was during trips to see her grand parents that she and her sister were allowed to stop at a field that had two donkeys in it, and taking with them some carrots, the donkeys came towards them at once. In later life she joined a firm owned by her father and rose to being an accountant. She married Neil Svendsen and they had two daughters. She and her husband then established a company, of which they were directors. After moving to Devon they started a catering business and eventually bought a hotel with 6 acres of ground which before long contained a donkey. Kevin explained that donkeys are very sociable animals and like to be with one of their kind. So, to cut along story short it wasn't very long before they had 40 donkeys in the field. After a visit to a nearby market where she saw very sick donkeys being herded into a transporter Elizabeth decided her quest in life would be to rescue as many of these poor animals as she could. Kevin went on to say that at this point Elizabeth set up a registered charity. Shortly



afterwards she received a phone call from a bank to say she had been left a legacy. This however turned out to be not money, but 204 donkeys and a number of debts for which she was now responsible. After looking around for a property with enough land attached she finally purchased a farm near Sidmouth. Today, Slade Farm as it is called, is the centre of the largest donkey sanctuary in the world. There are sanctuary's at Sutton Park, Leeds, Manchester and Plymouth. Kevin said there are now 2,600 donkeys in all at these centres.

Kevin went on to explain some of the day to day tasks that have to be carried out for the well being of these animals. One of these is to care for their feet, which have to be attended to every six weeks, otherwise their feet curl upwards and this can be very painful for the animal. Two farriers are employed to deal with this task, and hospital is provided to treat any sick animals which Kevin said "the NHS would be proud of and no waiting lists." On being approached by a local specialist school and asked if they could bring along some of the children to see the donkeys of course she agreed and after a period of three years an indoor riding arena was set up, with doctors and Physiotherapists giving advice on how to look after the needs of the children. The idea took off and before long a number of these riding arena's were set up, including the one in Sutton park which is used by 175 children a week. Kevin now mentioned the visits that are being made to Residential homes for what is called 'touching therapy' which is pictured above. This ended the talk and now Kevin moved on to the slides. These pictures gave an insight into the workings of the sanctuary and the many aspects of looking after donkeys.

We thank Kevin for a very interesting evening and as I understand he is now retiring from public speaking, we send our Very Best Wishes for the future. Ed.



Kevin Daley

Breathe Easy

This is a compilation of an actual student GCSE (15/16 year old)

1. Ancient Egypt was inhabited by mummies and they all wrote in hydraulics. They lived in the Sarah Desert and traveled by Camelot. The climate of the Sarah is such that the inhabitants have to live elsewhere.
2. Queen Elizabeth was the "Virgin Queen." As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah."
3. Solomom had three hundred wives and seven hundred porcupines.
4. Socrates was a famous Greek teacher who went around giving people advice. They killed him. Socrates died from an overdose of wedlock. After his death, his career suffered a dramatic decline.
5. Eventually, the Romans conquered the Greeks. History calls people Romans because they never stayed in one place for very long.
6. Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out: "Tee hee, Brutus."
7. Nero was a cruel tyranny who would torture his subjects by playing the fiddle to them.
8. Joan of Arc was burnt to a steak and was canonized by Bernard Shaw. Finally Magna Carta provided that no man should be hanged twice for the same offence.
9. Another story was William Tell, who shot an arrow through an apple while standing on his son's head.
10. Gravity was invented by Issac Walton. It is chiefly noticeable in the autumn when the apples are falling off the trees

Pulmonary Rehabilitation at Heartlands.

By Ann Heaton Ward.

After a great deal of input and pressure from my doctor, it was agreed that I would be seen at the Birmingham Chest Clinic in Great Charles St which hopefully would lead to the ultimate aim of allowing me to attend the rehab' class at Heartlands, as Good Hope is now part of the same Trust.

By chance, I was seen by Professor Burge who had actually set up the rehab' course and its exercise regime.

I made it clear that our group was anxious to have pulmonary rehab' back at Good Hope and we felt excluded from help that could be so beneficial for most of us in dealing with our conditions.

He is positive that classes are coming our way and he understands our concern.

I received an appointment in the post to attend an assessment at which I would be required to do a walk test after being interviewed and completing a questionnaire.

I started rehab' on March 31st and I recognise how lucky I am to be attending as the class is so full. The session lasts for 90 minutes in the gym at Heartlands. 1 hour is taken up with 10 exercises in whatever order we choose. Five are easy and five are not. We are advised to alternate between the two types. We time ourselves and use a scale of breathlessness to note how we feel after each one. We need to become moderately short of breath each time to gain benefit. All of the exercises except for the bike could be done at home, however there are around 3 physiotherapists keeping an eye on us and encouraging those who need it, especially those on oxygen.

Thank goodness for my 'Sat Nav' as I have no sense of direction. Heartlands could well have been in another country. It took me a month to know my way. The classes are on Monday and Thursday 11.00 - 12.30. We all sit outside the gym until 11.00. Each one of us arrives breathless and we all greet each other like a family. I am an oddity as I come from Sutton and laughed at because they all think I speak 'posh'. Everyone is very friendly and it is obvious to me that some of those attending are really ill yet they try very hard to do the exercises. We laugh all the time like a lot of kids.

The last half hour alternates between relaxation or a lesson of interest relating to our pulmonary diseases which are really informative and usually taken by Louisa Stonehewer who is the most senior of the Physiotherapists.

Continued over →



Congratulations!
Jean and Family

Jean Fletcher, a committee member of Breathe Easy Sutton Coldfield group, together with her daughter, and two grand daughters age 11 and 14, entered the Lung Run in Sutton Park on Sunday 27th April. As a group they raised a remarkable sum of £225 for the charity. When I spoke to her about the event, Jean was quick to thank all who sponsored her. Very well done Jean!

Ed.

Breathe Easy

Chairman's

Chit

Chat



The Joy of the Community Matron

I first heard about the Community Matron service from my brother-in-law in Sutton. As he has been in and out of hospital fairly often, the need for him to be kept an eye on was triggered by his Doctor.

It was at his suggestion that we looked into having such a service. Eventually I was put on the books of the South Staffs Community Team. What a difference that has made for us. There is also a Rapid Response Team on the end of a phone. If we have any problems or queries, they give advice or come round and check me out. The Community Matron is a gem too! She calls on a regular basis, she deals with any problems we may have, but most of all gives us a feeling of security in as much as there is always someone there for us.

Ann Fenoughty

Continued from page 2

I realise how fortunate I am to be allowed to go to this class. I daren't find out how long I can remain in it. There hasn't been an instant improvement physically but I have rediscovered a feel good factor from knowing I am on the right track and doing things to help my lungs by getting fitter. It is inspiring being with physiotherapists that are all so knowledgeable about our various conditions which is such a change from the lack of real interest and input shown in our 'wellbeing' locally.

Ann.

...and Afterwards?



The new BLF Active Exercise Programme is designed to provide

people with lung disease the chance to take part in structured exercise classes after they finish pulmonary rehabilitation.

Read more about the BLF Active scheme in the next issue of *Breathing Space*. Why not join the British Lung Foundation and receive the magazine on a regular basis? Just £15 per year, helps you keep in touch.

Ed.

Theatre Trip



We still have some places left for the theatre trip to 'Sutton Arts' in South Parade, Sutton Coldfield on Thursday 19th June, for an Evening performance of Noel Cowards 'Private Lives.' The entrance fee will be paid out of group funds, So, can I again appeal to you to let our Treasurer, Tom Fenoughty, have the £5 deposit (refundable on the night) **as soon as possible** if you wish to attend. The address to send your deposit to is The Treasurer, Mr. Tom Fenoughty, 3, Wentworth Drive, Lichfield, Staffs WS14 9HN

Is Breathe Easy the answer?

When it was first suggested to me that I come along to the Breathe Easy group I had certain reservations.

Firstly I was recovering from a stay in hospital in Good Hope. How well I recovered from pneumonia, but it did make me feel vulnerable to those 'flying' bugs!

Secondly. I felt concerned that I would come home feeling poorly and possibly collect another virus.

Then I heard about a group called 'Breathe Easy' but I didn't think I would be able to deal with questions such as, "what is wrong with you? What medication are you on?" and perhaps other questions too!

More importantly, would I be well enough to go along and could I stay for the duration.

The problem was, having to use a nebuliser at twelve hourly intervals and prepare three different treatments, leaving it ready for use at the next session. Then, having to cope with a certain amount of physiotherapy, which is wonderful for a well being routine.

Happily I took that first step and joined the group at Good Hope, which meets at monthly intervals. I soon discovered that a welcome, care, support and comradeship were to be found in abundance. There were interesting evenings of learning and awareness for all to enjoy. For anyone who is not quite sure whether or not it is worth their while coming along to these meetings; please do! On leaving the session you cannot help but smile and say.... "See you next month!"

Finally, a newsletter to relish. Read, and of course write a piece, if this is what you would like to do. We all are worth listening to and have something to offer others in various ways.

Warm Smiles
from Pauline Macavoy.

Breathe Easy



The Puffer Line Snippets!

Whilst most people enjoy the coming of the warmer weather, it has it's drawbacks to about 20% of the U.K. population who suffer from allergies such as hay fever, prickly heat, and the worsening of asthma symptoms.

Air pollution is worse in the summer months because when sunlight combines with chemicals found in car exhaust fumes, it produces ground level ozone and smog which are in higher volume levels on hot still days.

A thunderstorm releases large amounts of pollen into the air and the smoke from a barbeque can trigger an attack of asthma .

In the summer months it is advisable to check pollen and air pollution forecasts in the papers, on television or on line and always carry your reliever with you.

It appears that in Britain 90% of hay fever sufferers are allergic to grass pollen. In Scandinavia most sufferers react to Birch pollen, and in parts of southern Spain the culprit is Birch pollen, which I find most interesting. That's all until next time!

Joyce Dyke.



Quiz Time

Time for
Answers!

The Quick Quiz

Answers for last months Quiz

The answers are all 'Body Parts'

1. Sacred Building ? Temple.....
2. Prisons have these ? Cells.....
3. These have caps ? Knee.....
4. Seen on a pirate flag ? Skull.....

Here are this months questions

1. Rows of knit 1.Purl 1. ?
2. A branch of a tree?
3. Type of tree?
4. Ammunitions ?

The Days of the professionals

Our Breathe Easy Group were invited to have a stand at an event organised by Birmingham East and North Primary Care Trust for Doctors, Nurses and Physiotherapists and other professionals in the community.

The programme was called 'Breathing Space'-- Learning Time Initiative on COPD and was held on two half days. There were two venues, Aston Villa Football Ground and at the Pavilion, Moor Lane.

The speakers were Dr. Rashiq, a GP (with special interest in COPD) Professor Burge and Louisa Stonehewer HoEFT, (chief Physiotherapist at Heartlands.)

Dr. Rashiq gave an introduction to C.O.P.D and N.I.C.E. guidelines, Professor Burge's subject was the role of Secondary Care in the management of COPD, and Louise Stonehewer was eloquent on Pulmonary Rehabilitation.. The day ended with workshops. →



Both days were well attended and our Pamphlets were eagerly seized. We had the chance to meet and chat to the course participants, and we have been invited to give a talk about the work of our group. I felt that we learned from each other during the two sessions, and the days were a worth while experience.

Congratulations to Stuart Thomson, our events organiser, for his hard work.

Joyce Dyke.

Bereavement

It is with great sadness I have to report yet another bereavement, the passing of John Wiggins who had attended our group meetings on many occasions. His wife and family are in our thoughts at this sad time.

For submission of articles, comments or news, contact:- Peter Rubery at this address:- 18, Forest Close, Streetly, Sutton Coldfield, West Midlands B74 2JZ Telephone No. 0121 353 9623 or email <eponym@peterrubery.co.uk.>

If you **do not** wish to receive the News Letter in future, please contact me and I will delete your details. Peter Rubery, Ed.