

Breathe Easy

Sutton Coldfield

Monday 26th October 2009



Dear Member,

Welcome to the October newsletter. Winter seems to be setting in fairly slowly this year and there are still plenty of geraniums in flower at this late stage. However, enough chit chat, down to business! Our last meeting, held on the 24th September was the AGM. A full report is on page 2. The new committee members are printed on page 4 together with contact numbers and email addresses. The next meeting will be in the shape of a group forum, with several members discussing how they deal with daily life although they suffer with a lung disease. I look forward to seeing you all on the 29th..

Ed.

Millennium Point



Joyce with Jeremy Bacon, Support and Development Manager, Midlands office.



There were a large number of tables at the event



Many people stopped for a chat



Checking Blood/Oxygen Level

INNOVATION AND HEALTH AT MILLENNIUM POINT.

The HEFT (Heart of England Foundation Trust) held the Exhibition on October 18th to promote interest in the work of the Trust to schoolchildren and members of the public, with various stands and workshops.

There were stands depicting the work of departments such as Infection Control, Ultra Sound, Bowel Cancer Screening, Investigative Procedures, Physiotherapy, The Information Shop, and Phlebotomy. Support stands included information on Prostate Cancer, Epilepsy, Rosetta Trust, our Breathe Easy group, and a stand from the Sutton Coldfield Girls Grammar School with a five year study on sleep patterns in the young, researched by students in their last year at school.

The workshops included seminars on breast cancer awareness, sleep, and surgical procedures.

It was a very good, worthwhile day and I hope it will be repeated.

Joyce Dyke

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September AGM

We were pleased to welcome Jeremy Bacon from the Midland Regional office in Leicester to our the AGM meeting in September.

Before the proceedings began Jeremy gave us an update on the work of the BLF. He outlined the work carried out by research and stated that Blf contribute a million pounds to this project every year. He pointed out that people still confuse The British Lung Foundation with the British Heart Foundation and there is a vast difference between the two organisations. BLF income for the year is about 5million pounds against The Heart Foundation's income of about 185 million. However, he felt that BLF were making progress and becoming more recognised and thanked us for our support in getting the word out about lung disease. Jeremy showed some slides during his talk which included some of our own events such as 'The Mall' and the 'Lung Run.' Jeremy went on to say that the campaign to 'find the missing million' was still at the forefront and recently out of 600 people tested for their lung function, 10% were subsequently referred to their GP. Also the 'Children's Charter was now in it's final stage and there will be more news shortly. The emphasis is on early diagnosis.

Jeremy did mention the passing of our previous Chairman, dear Ann Fenoughty, and praised her work for the organisation

At this point our Treasurer, Graham, handed a cheque to Jeremy for £850.67 for the BLF nurses fund, which was the money raised at the Garden Party in August.

There are now 3 BLF nurses working in Nottingham and as funds become available the numbers will be increased in other regions.

Sutton Coldfield wins award

We were delighted to receive a 'Breath of Fresh Air' award from Jeremy in the category:-

'Outstanding contribution to Awareness Raising and Campaigning'



We now engaged in the business of the day namely the AGM. After a proposal by Tom Fenoughty that the present committee should be re-elected the motion was carried. The only real change is that Joyce Dyke who was standing in as Chairman, is now appointed to that post. Congratulations Joyce.

Our grateful thanks to Jean Fletcher for providing some excellent refreshments after the meeting.

Ed.

EXERCISE CLASSES

I was asked to find out about various Exercise Classes, so here goes.



Exercise is often taken to mean physical activity such as sports, when in reality it means all types of movement, i.e. walking, housework, or gardening. If you have a chronic lung condition, exertion can make you breathless which is very frightening and stops you doing even the most simplest of tasks.

An Exercise Class shows you how to control breathing, and helps build confidence in yourself, as well as being a social outlet. Before commencing any classes, have a discussion with your GP or Nurse; you may be eligible for Pulmonary Rehabilitation with NHS Health Professionals, or Exercise on Prescription with Health and Fitness advisors

These courses run for 7-12 weeks. After the end of the course, you may be referred on to continue with your exercise programme. If your GP advises, there are courses run by Extend. These are weekly classes by trained Extend teachers who teach movement to music. There are similar classes by JR Vitality

There is a small cost involved with the last two groups, dependant on the particular class. I have a list of 20 Teachers for North Birmingham and Sutton Coldfield area - too long to print here, but if you are interested in joining one of the classes, I will give you the contact telephone number. My number is 0121 686 6491. They are most enjoyable, but do remember to seek advice first.

Happy Exercise!

Joyce Dyke.

Forthcoming Events

Wednesday 18th November. World C.O.P.D. Day Table at Good Hope By Information Centre

Thursday 19th November. Table inside Sainsburys at Mere green. 9am until 4pm.

Both these events will require staffing so as usual I appeal to any member who can spare some time to come along and assist on the day. These events take quite a lot of arranging and most of the load is on a few committee members. If you can help please contact Joyce on 0121 686 6491 or Catherine on 01922 452 777.

Ed.



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A HARDY LUCK STORY

As political correctness continues to take over the world, Slim Cooper asks where we would all be today if we had been so careful not to offend two hundred years ago?

The Battle of Trafalgar 1805 (brought up to Date)

Admiral Lord Nelson: "Order the signal Hardy."

Captain Thomas Hardy:
"Aye Aye Sir"

Nelson: "Hold on, that's not what I dictated to the officer. What's the meaning of this?"

Hardy: "Sorry sir."

Nelson: (reading aloud): "England Expects every person to do his duty, regardless of race, gender, sexual orientation, religious persuasion or disability. What gobbledeygook is this?"

Hardy: "Admiralty policy I'm afraid, Sir. We're an equal opportunity employer now. We had the devil's own job getting 'England' past the censors, lest it be considered racist."

Nelson: "Gadzooks! Hardy, hand me my pipe and tobacco."

Hardy: "Sorry Sir. All naval vessels have been designated smoke-free environments."

Nelson: "I that case, break open the rum ration. Let's splice the main brace to steel the men before the battle."

Hardy: "The rum ration has been abolished Admiral. It's part of the Government's policy on binge drinking."

Nelson: "Good heavens Hardy, I suppose we'd better get on with it.full speed ahead."

Hardy: "I think you'll find there is a four knot speed limit on this stretch of water."

Nelson: "Damn it man! We're on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest please."

Hardy: "That won't be possible, Sir"

Nelson: "What?"

Hardy: "Health and safety have closed the crow's nest Sir. No harness. And they said that the rope ladder doesn't meet regulations. They won't let anyone up there until proper scaffolding is erected."

Nelson: "Then get me the ships carpenter without delay, Hardy."

Hardy: "He's busy knocking up a wheelchair access to the fo'c'sle Admiral."

Nelson: "wheelchair access? I've never heard anything so absurd."

Hardy: "Health and safety again, Sir. We have to provide a barrier free environment for the disabled."

Nelson: "Disabled? I've only one arm and one eye and I refuse to hear even mention of the word. I didn't rise to the rank of Admiral playing the disability card."

Hardy: "Actually Sir, you did. The Royal Navy is under represented in the area of visual impairment and limb deficiency."

Nelson: "what ever next? Give me full sail. The salt spray beckons."

Hardy: "A couple of problems there too, Sir. Health and safety won't let the crew up the rigging without hard hats. And they don't want anyone breathing in too much salt! Haven't you seen the adverts?"

Nelson: "I've never heard such infamy. Break out the cannon and tell the men to engage the enemy."

Hardy: "The men are a bit worried about shooting at anyone Admiral."

Nelson: "What! This is mutiny."

Hardy: "It's not that Sir. It's just that they're afraid of being charged with murder if they kill anyone."

Nelson: "There's a couple of legal aid lawyers on board, watching everyone like hawks."

Hardy: "Then how are we to sink the Frenchies and the Spanish?"

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Hardy: "Actually Sir we're not."

Nelson: "We're not?"

Hardy: "No Sir. The Frenchies and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation."

Nelson: "But you must hate the Frenchman as you hate the devil."

Hardy: "I wouldn't let the ships diversity co-ordinator hear you say that Sir. You'll be on a Disciplinary."

Nelson: "You must consider every man an enemy who speaks ill of the King."

Hardy: "Not any more, Sir. We must be inclusive in this multicultural age. Now put on your Kelvar vest - it's in the rules."

Nelson: "Don't tell me, Health and safety. What ever happened to rum, sodomy, and the lash?"

Hardy: "As I explained, Sir, rum is off the menu! And there's a ban on corporal punishment."

Nelson: "What about sodomy?"

Hardy: "I believe it's to be encouraged, Sir."

Nelson: "

In that caseKiss me Hardy."



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Change of starting time for speakers

At a recent meeting members may remember that David Wardle said, he felt that there was not enough time allotted to allow people to chat to one another and get their point of view on medical treatments and experiences.

This point was brought up at a recent committee meeting and it has been decided that the speaker for the evening will now start at 8pm, so giving time for chatting to other members. Thank you David for a valid point, we think it is vital there is a free exchange of ideas and experiences in a support group such as ours. Ed.

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Quiz Time Time for Answers!

The Quick Quiz

Answers for last months Quiz

- 2 L D B ?.....2 Little Dickey Birds
- 180 M S with T D?...180 Maximum Score with 3 Darts
- 76 T in a B P ?....76 Trombones in the Big Parade
- 12 D of C ?.....12 Days of Christmas

This Month's Questions

- 39 S ?.....
- 52 C in a P ?..... Easy this month!
- 24 H in a D?.....
- 57 H V?

BLF welcomes victory on air travel discrimination

Passengers who need supplementary oxygen on flights will not face extra charges on Thomson Airways, they have announced. The move has been welcomed by the BLF as a major step forward in our 'Oxygen on Planes' campaign, which calls for all airlines to end the additional charges and restrictions that are placed on people travelling with oxygen. People with respiratory diseases such as COPD, cystic fibrosis and pulmonary hypertension can require supplementary oxygen for at least 15 hours a day due to the low levels in their blood. This applies to 90,000 people in the UK. For those affected portable oxygen creates the same degree of freedom and independence that a wheelchair gives to people with other disabilities; The vast majority of airline companies do not allow people to bring their own portable oxygen concentrator, or cylinder, onto their planes while simultaneously charging hundreds - and sometimes thousands - of pounds extra to use the supplementary oxygen that the airline provide. The BLF believe that this is a clear case of discrimination, so we're writing to all major airlines that fly from the UK to ask them to drop these additional charges. BLF spokesperson David Buckle said: "We are absolutely delighted that Thomson have changed their policy and are now urging all other airlines to do the same. We also want current EU regulations to be implemented more effectively, so this is treated as a disability issue."



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.