

SEVENTH
EDITION
MAY 2011

BREATHE EASY NORTH WILTSHIRE

OFFER THEIR BEST WISHES AND
CONGRATULATIONS TO

PRINCE WILLIAM AND CATHERINE MIDDLETON
NOW THE DUKE AND DUCHESS OF CAMBRIDGE



INSPIRATIONAL



WHAT A GREAT START TO 2011

“We started our year with a visit from Dame Helena Shovelton. With her usual informative, yet humorous way, she brought us up to date with the progress of BLF Research, nurses, advertising and what would be available at the BLF Conference in Taunton in March. Helena is tirelessly promoting BLF to people in all walks of life and the stories she told made us have a good laugh and exercise those lungs! All in all, it was a great pleasure in having Helena come along to the Group and we were very grateful to her for fitting us into her always hectic and busy schedule.” by **Marion Burfield.**

I was very impressed with Helena’s talk and her enthusiasm for her job.” by **Jenny Pawlak.**

Super, Reg and I thought Helena was so relaxed, it felt like it was a conversation between us. Loads of information, so enthusiastic about her work and we really enjoyed the anecdotes. We were both very impressed by the amount Helena does for BLF” by **Marion King.**

The talk by Dame Helena Shovelton at our Breathe Easy meeting in February was inspirational. She acknowledges the difficulties with lung diseases and faces them head on. She never gives in or gives up. Helena uses all resources available to make people aware of BLF and that all lung diseases have the highest profile possible. This is helped by her amazing knowledge and wonderful sense of humour.” by **Janet Murzyn.**

Our Chairperson, Valerie Scrusse, happily put together the above comments from a few members of our BE Group and said that she wholeheartedly agreed with everyone and would like to give a huge thank you to Dame Helena Shovelton, Chief Executive, BLF.

MESSAGE FROM CHRISTINE REID, BLF, BRISTOL:

British Lung Foundation HELPLINE - 80458 50 50 20. (Mon-Fri. - 10.00 am- 6.00 p.m. Local rate)

February, 2011- The Helpline had 387 new enquiries, whereas in January there were 369.

This compares with in January, 2010 there were 390 new enquiries and 210 in February, 2010.

The staff are now looking into the impact on advice given about their services- eg. Pulmonary Rehabilitation, Welfare Benefits and how many people did stop smoking after their chat.

Examples of callers:

A woman who has a partner who gets Pneumonia every year and the caller has a heart condition and was worried that she could catch Pneumonia.

A mum worried that the asbestos, outside the window could have caused her baby’s cough.

The Helpline Service offers Free, confidential and impartial advice, information and support on a number of subjects including Travel and Transport, Oxygen, Equipment, Welfare Benefits as well as many issues relating to over 40 lung conditions.

The team is made up of:

Respiratory Nurses who provide help and information on a whole range of adult and children’s lung conditions.

Welfare Benefits Advisers who can help with money matters.

Counsellors, providing emotional and practical support to parents whose children are affected by lung

BLF 25TH BIRTHDAY CAKE AND CONFERENCE

Taunton, March, 2011



Valerie, John and Janet with
Dame Helena Shovelton



Oops a daisy Janet,
must be too much cake!

Valerie, John and Janet went down to Taunton on March 3rd to help celebrate the 25 years of BLF. The Cricket Club donated the cake and 115 people attended the conference at the Somerset Cricket Club.

Chief Executive, Dame Helena treated the audience to her usual lively talk, giving an update on the BLF's development since it started 25 years ago.

There was a presentation of the achievements of BLF-funded research and current research by Professor Ann Millar.

After lunch, delegates went to two workshops of their choosing. There was a Presentation by Dr. James Calvert on the future of respiratory care in the region.

Dame Helena closed the conference with moving presentation about the BLF and how we can all work together to make a difference to the lives of people affected by a lung condition. The cake was cut and I presume eaten! As usual, everyone appreciated the Conference and everything it had to offer.

BEWARE OF CROSSING THE SCOTTISH BORDER IF LABOUR WINS NEXT MONTH'S SCOTTISH PARLIAMENT ELECTION



Recent research by the Chartered Institute of Environmental Health suggests that children in cars are exposed to harmful levels of pollution from smoke for more than an hour after a cigarette has been put out, even if the windows are open.

Dame Judi Dench, Vice President of BLF, is one of several celebrities backing the ban. BLF believe that children travelling in a car can face as much exposure from one cigarette as they would experience from an evening in a smoky room.

Labour would like to propose fines of up to £200.00 for anyone smoking in a car with children.

(Edited by Elaine from the article in the Sunday Times 17.4.11)

It is interesting to note that my father used to smoke a pipe in the car when my brother and I were with him and I can remember my parents discussing this very matter! Is it why I now have bronchiectasis? It could also have been because I was born with atelectasis (who knows?)

JANET DENNING'S SILVER SURFERS!

As we "Silver Surfers" know, sometimes we have trouble
with our computers.

I had a problem yesterday, so I called Eric, the 11-year
next door, whose bedroom looks like Mission Control
and asked him to come over.

Eric clicked a couple of buttons and solved the problem.
As he was walking away, I called after him,
"So, what was wrong?"

He replied, "It was an I D ten T error."

I didn't want to appear stupid, but nonetheless inquired,
"An ID ten T error? What's that? In case I need to fix it again."

Eric grinned "Haven't you ever heard of an
ID ten T error before?"
"No," I replied.

"Write it down," he said, "and I think you'll figure it out."

So I wrote down: ID 10 T

I used to like Eric, the little bastard!

A BIT OF FUN FROM VALERIE

1. My wife asked 'What are you doing today?' I replied 'Nothing'. She said 'You did that yesterday'. My reply - 'I know, but I didn't get finished!'
2. An elderly lady came in to the doctors bent double and walking with a stick. I said 'Please go ahead of me'. A few minutes later she came out standing absolutely straight. I was very impressed and asked what the doctor had done to help her so quickly. She said 'He gave me a longer walking stick!'

COMMITTEE MEMBERS

Valerie Scrusse, Chairperson
 Richard Campbell, Treasurer
 Janet Murzyn, Carer Adviser
 Jenny Pawlak, Public Relations
 Pamela Parry-Jones, Support
 Elaine Campbell, Secretary
 Janet Denning, Membership

MEDICAL RESEARCH TEAM

Dr. Chris Dyer, Consultant Physician, Bath
 Kevin Gruffydd-Jones, GP, Box Surgery

CHIPPENHAM COMMUNITY HOSPITAL

Regitse Lewis, COPD Matron
 Carol Langley-Johnson, Sen. Physiotherapist
 Elaine Jenkin, Sen. Physiotherapist
 Lisa Fincher, Pulmonary Rehab. Asst.
 Stuart Jones, Health Psychologist
 Allison Bucknell, Extend Exercise Instructor

What a great team they are and we thank them
 for all the help they have given us.

BRITISH LUNG FOUNDATION

Charity No. 326730

SOUTH WEST AREA

Bristol Tel: 0117 300 4080

HELPLINE: 08458 50 50 20

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 Accessible level paths, restaurant, cafe
 and shops.
FREE PARKING.

Breathe Easy North Wiltshire

Is one of more than 200 groups in the UK who are
 support groups for the British Lung Foundation.
 They provide support and information for people
 living with a lung condition and for those who look
 after them.

Our group hold meetings at
 Pewsham Community Centre
 on the First Tuesday of every month.
 For more information please contact:

Valerie Scrusse on 01380 721139

or

Elaine Campbell on 01225 743276

You also might like to visit our website:
www.BreatheeasyNorthWiltshire.org.uk

DATES FOR YOUR DIARY

MAY, 3rd	Robert Rowe—Civil Funeral Celebrant. (Part 1.)
JUNE, 7th	Regitse Lewis—Showing us some Exercises to benefit us all.
JULY, 5th	A.G.M. Social interaction!
AUGUST, 2nd	Robert Rowe—Civil Funeral Celebrant. (Part 2.)
SEPTEMBER	TBA
OCTOBER	TBA
NOVEMBER	TBA

EXERCISE CLASSES

Allison Bucknell holds these classes every First and Third
 Tuesday in the month. They are enjoyed by all who attend
 them.

Please ring Valerie Scrusse for any information.
 01380 721139.

WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR GENEROUS SUPPORT:

F.J. Scrusse & Sons, Mr. I Lambourne, Mike Wood Tyres Ltd., United Site Services Ltd., Grist Group, T.H. White,
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