

## NEWSLETTER April 2025

### ➤ Welcome

There were 26 of us this month, including 4 from the respiratory team, with two new members:

**Welcome Susan and Derek!**

We wish a speedy recovery to those of you who weren't well enough to attend.

Thanks to all the cake bringers (Bried, Kerri, Helen, Dave...) – we're really being spoilt (but keep it up 😊 )

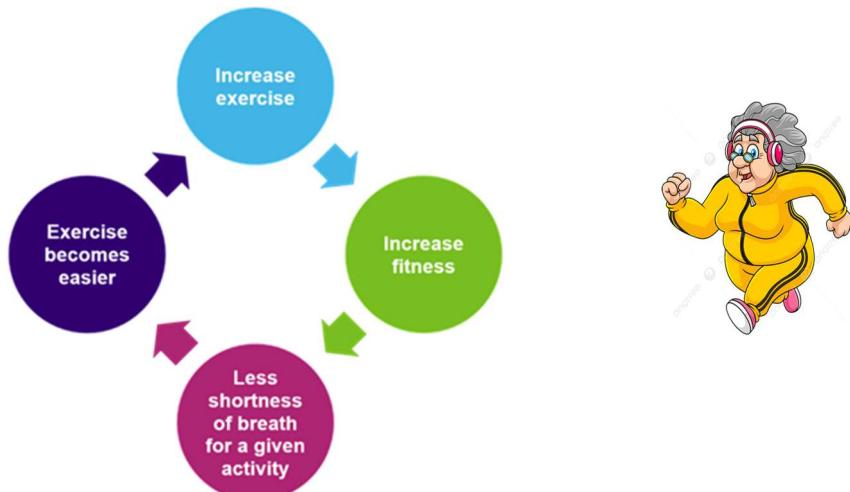
### ➤ Key Speaker: Pulmonary Rehabilitation Kevin Greaves

Kevin gave a clear explanation of what Pulmonary Rehabilitation (PR) is and why it is so beneficial to us all. In particular, Kevin emphasised the risks of Sarcopenia (muscle wastage) and the development of frailty, which could be much reduced by physical exercise.

The PR course is provided by the NHS and lasts for 6 to 8 weeks. After the course, we all need to do the best we can to build in exercise to our regular routines. BENS X and walking are two options that can really help with this.

For more information (or a referral), talk to your GP or directly with any of the health care professionals at our meetings.

*Thanks Kevin!*



➤ **BENS Exercise activities:**

○ **BENS X**

The classes continue on Mondays, 2.15pm at the Dougie Mac Wellness Centre.

The classes are free and are aimed at people who have already completed the PR course.

Note however, ***there won't be classes on 14th or 21st April*** because of Easter.



We are happy to confirm that we have two new students from Keele who will be taking on the running of the classes for the next year. They will join George and Scott from 28th April onwards, during a handover period.

○ **BENS "Wheezy Walkers"**



We are restarting our weekly Park Walks, every Tuesday, now that the weather has improved!

During April, we'll walk at **Westport Lake**, Tunstall, ST6 4RZ. Again, it's a free activity 😊.

Please meet in front of the Café at **1.30pm** for a walk (whatever length and speed that you like!) or at 2.30 pm in the café if you just fancy joining us for tea and cakes!

See you on 8<sup>th</sup>!

○ **Potters 'Arf 28th September**

This Stoke-on-Trent half marathon event is planned for Sunday 28<sup>th</sup> September. It has different categories for participants so that more people can join in. Most useful to us are the "Walking" categories including "Walking Relay". This means that we could create teams of up to four people to walk just over 3 miles each (equivalent to twice around Trentham Lake).

We're planning to have a team of runners and walkers for this event. The aim is to raise awareness of Asthma + Lung UK, as well as ourselves, and to hopefully raise some money for Research too! A+LUK have already promised we'd all get t-shirts so we'll definitely look the part!

We will need support to help man a stand and to give lifts to walkers, especially at the relay changeover places. So please see if you could help on the day, even if you don't walk in the event itself.

**Please contact me if you'd like to join in, either as runner, walker, relay walker or helper**  
I will be in contact with those of you who have already expressed an interest – to officially register your places.

More details to follow.



➤ **Activities in May:**

➤ **2<sup>nd</sup> May Meeting – Spring Outing for Kingfisher Spotting (hopefully!)**



**The Wolseley Centre Nature Reserve** is a *Staffordshire Wildlife Trust* site alongside the river Trent and with large ponds and great facilities (including café). The site is very well laid out with flat accessible walkways for enjoyable short walks. There is a car park at the Centre (*free but donations are requested!*) At this time of year many different birds are nesting but the main attractions are the Kingfishers!

The Wolseley Centre postcode is **ST17 0WT** – it's on the A51 after the Wolseley Bridge, 11 miles (16 minutes) from the turn off onto the A51 from the A34 at Aston/Stone.

Next door is the Wolseley Bridge Garden Centre – which people might also want to visit whilst there.

*Note: For the Nature Centre car park, turn right when you leave the roundabout and follow the path. This is different from the Garden Centre car park which is on the left/straight ahead off the roundabout.*

**We'll meet at the café at the Wolseley Centre for lunch at 12:30 pm**

We will aim to complete lunch and start to **explore the reserve from around 1:45 pm.**

(So you can of course just join us at 1.45 if you prefer to bring your own sandwiches.)

**If you've got binoculars, please don't forget to bring them!!**

*(And because it's England, please also bring a raincoat just in case! ☺)*

➤ **3<sup>rd</sup> May – World Asthma Day stand at Trentham Gardens Retail village**

To mark World Asthma Day (actually 6<sup>th</sup> April) we have hired the large wooden gazebo just in front of the entrance to Trentham Gardens. We can set up our banners and notice boards to raise awareness about Asthma and about the support available from Asthma + Lung UK and ourselves.

We're not allowed to do a cake sale but we can still collect funds and pass out leaflets.

We hope to be offering face painting for the kids (and why not adults?!?) as well as the smiley stickers that go down so well!

**We need volunteers!** The 3<sup>rd</sup> May is during the Bank Holiday weekend, so Trentham will be packed!

Ideally, we should be at least 4 or 5 people at any time on the stand, to be sure we have a good presence and visibility for the crowd. Volunteers can come just for a couple of hours to help at different times.

***Please let me know if you can help and at what times.***

Also, let me know if you already have a t-shirt or would need one (and your size S/M/L/XL).



➤ **Wednesday 21<sup>st</sup> May – BENS Buffet!**

**Please block the date!!**

**Eating Well for Lung Health: in practice!**

Three course meal (lunch) hosted at the Stoke College, Hanley.

Prepared and served by the catering students of the college, under guidelines validated by the MPFT Dietitians.

You will choose from a wide menu in advance – all good & all delicious!

Cost: £15 per person (*includes water and tea*). *to be confirmed*

Yes, you can bring guests – the food will be good for anybody!

We will be sending out more details nearer the time.



➤ **Promotional Car Sticker**

*The winning slogan:*



➤ **Calendar of BENS events this month (and next):**

	Apr	May	
14	T 1	Th 1	
	W 2	F 2 <b>BENS at WOLSELEY CENTRE</b>	
	Th 3	Sa 3 <b>ASTHMA Day: TRENTHAM</b>	
	F 4 <b>BENS at Tesco</b>	S 4	
	S 5	Bank Holiday	
	S 6	T 12 <b>WALK: 1.30pm</b>	
15	M 7 <b>BENS X: Dougie Mac 2.15pm</b>	W 7	
	T 8 <b>WALK: Westport Lake 1.30pm</b>	Th 8	
	W 9	F 9 <b>Health Awareness, Meir</b>	
	Th 10	S 10	
	F 11	S 11	
	S 12	M 12 <b>BENS X: Dougie Mac 2.15pm</b>	
16	S 13	T 13 <b>WALK: 1.30pm</b>	
	M 14 No BENS X	W 14	
	T 15 <b>WALK: Westport Lake 1.30pm</b>	Th 15	
	W 16	F 16	
	Th 17	S 17	
	Bank Holiday		
17	S 19	S 18	
	<b>EASTER</b>		
	Bank Holiday		
	T 22 No WALK	W 21 <b>BENS BUFFET!</b>	
	W 23	Th 22	
	Th 24	F 23	
18	F 25	S 24	
	S 26	S 25	
	S 27	Bank Holiday	
	M 28 <b>BENS X: Dougie Mac 2.15pm</b>	M 27 <b>WALK: 1.30pm</b>	
	T 29 <b>WALK: Westport Lake 1.30pm</b>	S 28 <b>Health Awareness, Cheadle</b>	
	W 30	Th 29	
22		F 30	
		S 31	



## LUNG HEALTH EXERCISE CLASS

"BENS X"

2pm every Monday (except Bank Holidays)

Barlaston Road, ST3 3NZ



**breatheeasy**  
North Staffordshire

Next Monthly Get-Together:

*Spring Kingfisher Spotting!*

Friday 2<sup>nd</sup> May – 12.30pm, Wolseley Centre

Contact: Victor CHOLIJ Tel: 07789 713782 or

Hamish Kirkpatrick Tel: 07962 400182

Email: [BreatheEasy.NS@gmail.com](mailto:BreatheEasy.NS@gmail.com)

Have a Great APRIL  
HAPPY EASTER!



supporting

**breatheeasy**  
North Staffordshire

