



breath^{easy}

North Staffordshire



NEWSLETTER August 2025

➤ Summer Trip to Llandudno

We were a full coach going to Llandudno this summer and all 31 of us had a great day out!

The journeys went smoothly there and back and the weather was really good for us 😊.

Some of us were discovering Llandudno and were impressed! For most, it was a comfortable day back at a favourite location to enjoy the beach, promenade, pier and shops. (*Good photos, Hamish!*)



➤ **Awareness and Advice Events**

We've been busy these last couple of months, attending events with our stall of information. We want people to know about the support available to them through us and Asthma + Lung UK.

➤ **Supporting the MPFT Community Respiratory Specialists at patient advice events:**

At these events, patients with lung conditions are specifically invited to hear advice from the Respiratory nurses so our support information is relevant to all the attendees.

Meir PCN (at Meir, May), **Moorlands PCN** (at Blythe Bridge, May), **South Stoke Central PCN** (at Longton, June & July)



➤ **Raising awareness and networking at events open to a wider audience:**

Newcastle VSCE forum (at Wolstanton, June), **Stoke 100 & Ageing Well Partnership** launch (at Kings Hall, July), **Deaflinks** (at Birches Head, July), **Quit Smoking event** (at Meir, Aug), **North Staffs Pensioners Convention** (Mitchell Theatre, Aug)



Key Events for your Diary!

➤ **Trentham Community Day – Saturday 27th September**

Trentham

“Featuring a mix of activities, hands-on demonstrations, live music and energetic dance performances, the event is a celebration of our local community’s talent, creativity and spirit.”

We will be there with a stall & gazebo selling home-made cakes!

This was a great event last year raising lots of awareness and funds for the group.

We might even have a fun mascot this year to attract lots more attention!

We’ll need lots of home-made cakes to sell and lots of volunteers to help on the day!

Volunteers get free entrance and we’ll want at least a dozen to cover the whole day.

We have to register the volunteers, so we’ll start a list at the next meeting 😊

➤ **Potters ‘Arf – Sunday 28th September**

Things are getting organised for this event – we’ve got some great new Asthma and Lung running shirts for the participants and sponsorship money is starting to come in (more than just from the McCue boys, who are doing brilliantly!).



We’ve got **18 people listed to participate plus a team from the Community Respiratory Team 😊**

We’ll need to fix the relay teams to register them, so I’ll create a list with placings very soon.

We’ll also need lots of people to help on the day, so we’ll start a list for this too, next meeting.

The main thing now is to start collecting sponsorship/donations. If you can, please take a sponsorship form and try and collect for the team from your friends and family.

You can sponsor the team yourselves too, either online, at our meetings or with any of the participants directly 😊.

Let’s try and raise a good amount for Asthma + Lung UK!!

➤ **Macmillan Coffee – Tuesday 30th September,**



Kerry, with Malcom and family, are hosting a Macmillan coffee and cake morning in memory of Marge Podmore, who sadly passed away last year.

Kerry’s cakes are famously delicious so this really is a treat, as well as good fun and a great cause!

Details are attached. The address is: 16 Bannock Street, Weston Coyney, S-on-T, ST3 6SL

If you can’t make it, you can still donate using the QR code attached or in person at our meetings.

Calendar of BENS events this month:

Aug	
31	T 1 BENS in LLANDUDNO !!
	S 2
	S 3
32	M 4 BENS X: Dougie Mac 2.15pm
	T 5 WALK: Apedale 1.30pm
	W 6
	Th 7
	F 8
	S 9
	S 10
33	M 11 BENS X: Dougie Mac 2.15pm
	T 12 WALK: Apedale 1.30pm
	W 13
	Th 14
	F 15
	S 16
	S 17
34	M 18 BENS X: Dougie Mac 2.15pm
	T 19 WALK: Apedale 1.30pm
	W 20
	Th 21
	F 22
	S 23
	S 24
35	No BENS X
	B/H
	T 26 WALK: Apedale 1.30pm
	W 27
	Th 28
	F 29
	S 30
	S 31

Sept	
36	M 1 BENS X: Dougie Mac 2.15pm
	T 2 WALK: Westport Lake 1.30pm
	W 3
	Th 4
	F 5 BENS at Tesco
	S 6
	S 7
37	M 8 Winter Ready, Bentilee BENS X: DM 2:15pm
	T 9 WALK: Westport Lake 1.30pm
	W 10
	Th 11
	F 12
	S 13
	S 14
38	M 15 BENS X: Dougie Mac 2.15pm
	T 16 WALK: Westport Lake 1.30pm
	W 17
	Th 18 Winter Ready, MAC
	F 19
	S 20
	S 21
39	M 22 BENS X: Dougie Mac 2.15pm
	T 23 WALK: Westport Lake 1.30pm
	W 24
	Th 25
	F 26
	S 27 TRENTHAM COMMUNITY DAY
	Potters 'Arf
40	M 29 BENS X: Dougie Mac 2.15pm
	T 30 Macmillan Coffee WALK: Westport Lake


This month we're walking
at
Apedale:
Loomer Rd,
Newcastle u Lyme,
ST5 7LB

Meet in front of the
Café

September we're walking
at
Westport Lake:
Tunstall,
ST6 4RZ

Meet in front of the
Café






LUNG HEALTH EXERCISE CLASS

"BENS X"

2.15 pm | every Monday (except Bank Holidays)
Barlaston Road, ST3 3NZ



Next Monthly Get-Together:
Tesco Community Room
Friday 5th Sept – 1.30pm

Contact: Victor CHOLIJ Tel: 07789 713782 or
Hamish Kirkpatrick Tel: 07962 400182
Email: BreatheEasy.NS@gmail.com

Have a Wonderful AUGUST!




supporting




Coffee Morning Date

30 September 2025

My Story

Hi

I'm doing Macmillan coffee morning again in memory of our much loved and missed mum. I shall be doing this at our home on Tuesday 30th September 2025 11-2. Donation boxes will be in the kitchen for any cakes you might like and i shall also be doing a raffle. If you can make it brilliant or if you would like to donate that's great and below is the link to the JustGiving page Macmillan av set up for me. This means a great deal to me and my family so any donations would be greatly appreciated thank you. X 🍰 🥧 🍩 🍪 🍫 🍬 🍭

I'm hosting a Coffee Morning in aid of Macmillan Cancer Support. Macmillan is 98% funded by voluntary donations and with your help Macmillan can deliver the vital support people living with cancer need. Macmillan will do whatever it takes for the 3.5 million people living with cancer in the UK right now. The number of people being diagnosed with cancer is rising and more people are surviving cancer than ever before, so we need to act now to prevent a crisis in cancer care. Macmillan works with partners to provide services for people living with cancer at every stage of their cancer experience including the Macmillan Support Line, money advisers, award-winning cancer booklets, the online community and Macmillan nurses, GPs and support workers. Thank you for your kind donation. It really will make a difference! Donating through JustGiving is simple, fast and secure. Once you donate, they'll send your money directly to Macmillan Cancer Support.



**Macmillan Coffee
Morning 2025**

[Donate](#)