



NEWSLETTER June 2025

➤ Welcome

We've had two main events since the last newsletter; there were 20 of us for the "BENS Banquet" lung health meal (21st May) and then 15 of us for the monthly June meeting (6th June) – 29 different people in total! Welcome to Judy, who joined us for the first time on Friday.

However, all the respiratory team were unfortunately off sick with Covid so were unable to be with us, as well as some others of our group – we wish you all the best and hope you get well soon!

Thanks to Bried, Dave & Kerri for the great cakes (as usual!) at the monthly meeting 😊

➤ BENS Banquet – Eating for Lung Health (21st May)



Twenty of us enjoyed an extremely delicious, and healthy, three course lunch at the Hammersley Restaurant, Stoke College. This was “eating well in practice” 😊.

The menu was designed to be supportive of good lung health. The food was wonderfully prepared, and served, by the catering students of Stoke College, under their expert tutor Steve. Kaye and Catherine, the NHS Dietitians who helped us prepare for this event, produced great notes explaining the benefits of each dish, as well as more general guidelines for good eating. These notes are attached.

We sat at three tables between us, with the dietitians answering questions during the meal. We could have all of the four starter choices (buffet style), choose one main course and then have both desert options! It was a great success with everyone enjoying the experience (which was also amazing value - gourmet eating at only £12!).

Most people liked most things, and everyone had something new they'd not tried before. We also got the recipes for each dish so people can make them at home (also attached).

The fact that, quite simply, "everything on the plate was good for you" made it a super easy learning experience!

Thanks, in particular, to Steve at Stoke College for making this event a reality and great success!

➤ Stoke 100 QUIZ (6th June)

In celebration of Stoke-on-Trent’s 100th Anniversary as a city, we had a Quiz about all things Stoke-on-Trent. This was expertly prepared by John – a quiz master with talent!

There was a really interesting mixture of photos to recognise, historical facts and cryptic clues to unravel. It was all great fun with lots to learn, especially for those of us from “out of town”! There wasn’t much cheating, either 😊 !



Well done to John Irons & Bried (1st prize) and Alan & Malcolm (2nd place) who all got vouchers.

Many thanks John!

➤ Summer Outing – We’re going to Llandudno!

A large majority at the June meeting voted for us to take a Coach trip and Llandudno was the destination of choice.

It essentially gave more opportunity for some fun, with better options in case the weather wasn’t so good.

The travel cost will be between £25 and £30, depending upon how many people come on the trip. Ideally, we want to fill the coach (34 passengers) so please invite friends and family too! We’d hire the coach from **Copelands Coach Hire**.



Initial Outline for the day (still to be planned in detail!):

Date: **Friday 1st August**

Meet (and park) around 9 or 9.30 am at the Copeland premises (in Meir, 15 min from Hanley)

Arrive 11 – 11.30 am at Llandudno.

We could take a small detour on the way (eg Conwy castle) – to be confirmed.

We will try and book somewhere nice for lunch (each pay for your own lunch). Any good suggestions?

Then the afternoon will be free for exploring: the beach, pier, Great Orme (tram/cable car), shops...

Leave for the return 4.30 or 5pm (arrive Mier 6.30 – 7 pm)

- **IMPORTANT:** If you haven't already, please let me know if you want to join the trip, and for how many of you. This will allow us to confirm the coach booking and work out the final cost per person.

Once confirmed, I will send out more details of the trip and organise deposits. These will be for the coach, and we'll want this for our July meeting (4th July).

➤ **Potters 'Arf – 28th September**



We're formally launching our preparations for the Potters 'Arf marathon, 28th September 2025!

We want to raise awareness about Asthma + Lung UK, Breathe Easy and about lung conditions in general and the Potters 'Arf is a great opportunity to do this. There will be newspaper and radio coverage as well as thousands of people at the event – so we want to be there and be visible!

It's also a great way to raise some funds for A+LUK – so we want to all get sponsored!

We can participate as a runner/walker or as a supporter – we want as many as possible of you there!

- The full course (13.1 miles) can be run or walked. So far, we have 5 people signed up to do each 😊.
- There is also a Relay Walk for teams up to 4 people (so 3.3 miles each – equivalent to twice round Trentham Lake). So far, we have 7 people... 😊

Please think about whether you, and any of your friends or family, could join in too.

We've created a "Team Breathe Easy" page on the "JustGiving" website to accept donations/sponsorship. This pays any money given directly to A+LUK. You can access it here:

<https://www.justgiving.com/team/breatheeasy>

You can have your own page here too – let us know if you'd like help (we can do it for you). You can see pages for Victor and Bried and the McCue family already set up.

We've also created a paper sponsorship form (attached). This allows you to collect cash or cheques and it also includes a QR code that allows anyone to pay by credit/debit card.

❖ **If you are participating, please let me know so that we can organise the following:**

- Officially register with the organisers (site: <https://in.njuko.com/potters-arf-marathon-2025>)
- Set up an individual fund raiser in JustGiving (optional – see above)
- Choose a t-shirt from A+LUK (it's free!)
Options: "Tech t-shirt", Vest, Normal t-shirt



- Start Training !

We will organise some training sessions to go alongside the Tuesday Walking group.

❖ **For everyone:**

Let's tell everyone we know about the event and get lots of sponsorship for the team!

Calendar of BENS events this month:

Jun	
S 1	
M 2	
T 3	WALK: Brampton Park 1.30pm
W 4	
Th 5	
F 6	BENS at Tesco
S 7	
S 8	
M 9	BENS X: Dougie Mac 2.15pm
T 10	WALK: Victoria Park 1.30pm
W 11	
Th 12	
F 13	
S 14	
Father's Day	
M 16	BENS X: Dougie Mac 2.15pm
T 17	WALK: Victoria Park 1.30pm
W 18	
Th 19	
F 20	
S 21	
S 22	
M 23	BENS X: Dougie Mac 2.15pm
T 24	WALK: Victoria Park 1.30pm
W 25	
Th 26	
F 27	
S 28	
S 29	
M 30	BENS X: Dougie Mac 2.15pm

July	
T 1	WALK: Victoria Park 1.30pm
W 2	
Th 3	
F 4	BENS at Tesco
S 5	
S 6	

This month we're walking at **Victoria Park**:
Victoria Park Rd,
Tunstall, ST6 6EE

Meet in front of the
Floral Hall Café



LUNG HEALTH EXERCISE CLASS

"BENS X"

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



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North Staffordshire

Next Monthly Get-Together:

Mental Wellbeing

Friday 4th July – 1.30pm, Tesco

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

Have a Wonderful JUNE!



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