



# breath**easy**

## North Staffordshire



## NEWSLETTER February & March 2025

### ➤ Welcome

There were 19 of us in February and 30 in March for our monthly meetings; both times these included 3 people from the respiratory team and 2 guest speakers (OK 3 guests in March, if we include Peggy the Guide Dog! 😊). We wish a speedy recovery to those of you who weren't well enough to attend.

Thanks as usual to Bried and to Kerri for cakes and biscuits (and to anyone else who brought something in January) – it's always nice to have something to go with a cup of tea!

### KEY SPEAKERS:

#### ➤ February: MPFT Research Group, Cheadle *Jane Grindey*

Jane is a Research Nurse working within the MPFT Research team at Cheadle Hospital.

Jane talked about the different research projects that the team have been involved with. Whilst there is currently no study specifically on respiratory topics, they are very involved in a study that might still be of interest to some of us – the ACCLAIM Cardiovascular study.

The study was explained and we were invited to give our individual details to see whether we might be eligible to participate in, and therefore help with, the study.

Thanks to all of you who completed the enquiry form.

Hopefully we will see the results of this cardiac study when completed.

We will also keep our eyes open for any future Respiratory study which we might be able to help with!

*Thanks Jane!*

#### ➤ March: Going for Gold – despite your disabilities! *Janice Burton MBE*

Janice was joined by Ann Moorhouse and Peggy (her guide dog 😊).

Janice gave a very inspiring talk about how, despite her going blind from a rare genetic condition in her youth, she challenged herself to become competent at horse riding, swimming, skiing, water skiing and abseiling! Janice wasn't just competent; she achieved 26 Olympic medals (swimming)!

Having a disability does not stop you from achieving great things!

The role of guide dogs was important for Janice – “like having eyes at the end of your hand”. Peggy is her 7<sup>th</sup> dog. Ann talked about raising money for Guide Dogs and the difficulties of raising new dogs over the Covid pandemic. Ann herself has achieved a lot – raising over £105K from organised events over the years.

We were all impressed in the group, having lots of questions. We’ve donated £50 from BENS to the Guide Dog charity as a thank you to Janice and Ann



Ann, Janice and Peggy

With one of the Gold Olympic medals together with the MBE!

*Thanks Janice & Ann!*

## ➤ No Smoking Day – 12<sup>th</sup> March

# No Smoking Day: 12<sup>th</sup> March

## Local Staffordshire Campaign with Everyone Health

FREE stop smoking service for people **aged 18+** who live in Staffordshire includes:

- **One-on-one support:** Weekly phone or face-to-face sessions with a stop-smoking practitioner.
- **Group support:** Weekly face-to-face sessions with friendly group support, led by a stop-smoking practitioner.

They also offer a range of free stop smoking treatments:

- **Free nicotine replacement therapy (NRT):** Helps with cravings and withdrawal e.g. patches, gum, inhalator
- **Vapes and e-liquids:** UK-regulated devices to make quitting easier.
- **Cytisine:** A safe and effective stop-smoking medication in tablet form, taken for 25 days.
- **Varenicline:** A safe and effective stop-smoking medication in tablet form, taken for 12 weeks.

💰 Did you know that quitting smoking could save you **around £2,500 a year**? Imagine the possibilities with that extra cash!

This #NoSmokingDay, 12 March, take back your life and your cash. Use the @EHStaffordshire calculator to see how much you could save  
➡ <https://bit.ly/2K6KTW4>

Plus, get FREE tips and stop smoking aids (patches, gum, inhalators, and now vapes) from @EHStaffordshire.

Text **QUIT** to 60777 or call 0333 005 0095 and start your smokefree journey today!



💰 This #NoSmokingDay, 12 March, take your life and get your mojo back!

Last year, @EHStaffordshire helped nearly 1,000 Staffordshire residents to quit.

Even if you've tried before, try again with Everyone Health. Their free 12-week course is designed to help you quit for good. You'll get free advice without judgement and free medication, all funded by Staffordshire County Council.

Text **QUIT** to 60777 or visit ➡  
<https://bit.ly/2K6KTW4>



☀️ Did you know that quitting smoking can **boost your mental health**?

The University of Oxford found that, saying goodbye to cigarettes can significantly improve anxiety and depression scores. This is true for everyone, whether you struggle with your mental health or not!

🧑 Watch Faye's story to see how quitting transformed her mental and physical well-being. She received support from @EHStaffordshire, along with free patches and vapes to help her succeed.

👉 Ready to take back your life? Text **QUIT** to 60777 or visit ➡  
<https://bit.ly/2K6KTW4>

*Please pass on to anyone who might benefit.*

Calendar of BENS events this month:

**BENS X** every Monday at the Dougie Mac Wellbeing Centre



## LUNG HEALTH EXERCISE CLASS

"BENS X"

**2pm every Monday (except Bank Holidays)**

*Barlaston Road, ST3 3NZ*



### Next Get-Together:

*Pulmonary Rehabilitation & Exercise*

**Friday 4<sup>th</sup> April – 1.30pm, Tesco**

**Contact: Victor CHOLIJ Tel: 07789 713782 or**

**Hamish Kirkpatrick Tel: 07962 400182**

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[Have a Great March!](#)



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