



NEWSLETTER July 2025

➤ Welcome

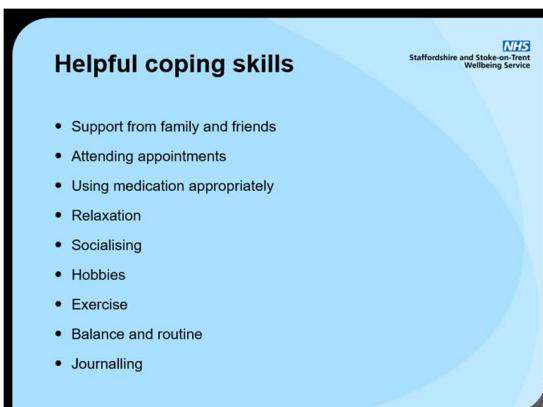
We had **25 attendees** this month, including Nicola from MPFT and our two guest speakers. It was a good crowd for this rather warm day! We received a few apologies from people who were unwell or on holidays – we wish them a speedy recovery and/or lots of sunshine! Many thanks to Bried & Kerry for the lovely cakes (especially those American “cookies”!).

➤ MAIN EVENT: Mental Wellbeing



A very interesting joint presentation today, from Brittany (Wellbeing Service) and Mimi (Changes), giving an overview of the mental wellbeing triggers to look out for {stress, anxiety, low mood} as well as coping mechanisms (both helpful and unhelpful!).

There was a lot of discussion and sharing from the group, demonstrating what an important topic this is for all of us today. Two key slides:



Helpful coping skills

NHS
Staffordshire and Stoke-on-Trent
Wellbeing Service

- Support from family and friends
- Attending appointments
- Using medication appropriately
- Relaxation
- Socialising
- Hobbies
- Exercise
- Balance and routine
- Journaling



There are things YOU can do to help yourself

- Actively engage in your care
- Self monitor - check in with yourself
- Challenge your thoughts - ask yourself “are they helpful to me in this moment?”
- Behaviourally - ask yourself “what CAN I do?”
- Pace yourself - limit boom and bust behaviours
- Set reasonable achievable goals - prioritising one thing at a time
- Give yourself the advice you would give a friend in your situation - don’t be so hard on yourself
- Lapses are normal! - catch yourself and practice what works

Talking Therapies from the NHS Wellbeing Services gives one-to-one treatment and counselling. If you would like to come talk to them, here are the details:

- How to refer – Online at staffsandstoketalkingtherapies.nhs.uk
- Call – 0300 303 0923 (option 1)
- Via your GP's

They offer Video call appointments, telephone and face to face.

Changes is more geared to peer support through group sessions and activities.

If you would like to come talk to them, here are the details:

- How to refer – Online at <https://www.changes.org.uk/>
- Call – 01782 411433
- Just turn up for social activities and peer support groups at Booth Street (see attachments)

They offer face to face and online group sessions

Many thanks, Brittany & Mimi!

➤ Summer Outing – We're going to Llandudno!

Date: **Friday 1st August**

The coach is booked 😊 !

34-seater coach (with toilet – but we'll do a comfort stop anyway)

Free Parking at the coach depot and at Tesco (don't forget to register!)



9:15 Leave Coach Depot (Copelands, 1005 Uttoxeter Rd, Meir, Stoke-on-Trent ST3 6HE)

9:30 Pick-up at Tesco Car Park (Bus stop opposite Petrol Garage, Clough St ST1 4LS)

11:30 Arrive Llandudno

We're all free to spend the day however we like – there's lots to see!

➤ Some of us will lunch at the **Imperial Hotel** (close to where we arrive & on the Promenade)
Please let Victor know (by 12th July) if you want to eat here at this restaurant. (*Menu attached*)

17:00 Leave Llandudno from the coach drop-off point

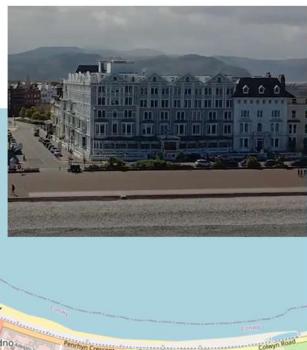
19:00 Arrive Tesco. **19:15** Arrive Copeland's Depot

Please don't be late!

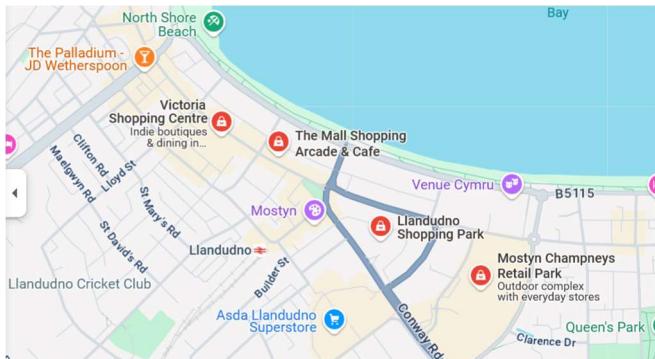
Some local attractions:

Lunch Option:

Imperial Hotel



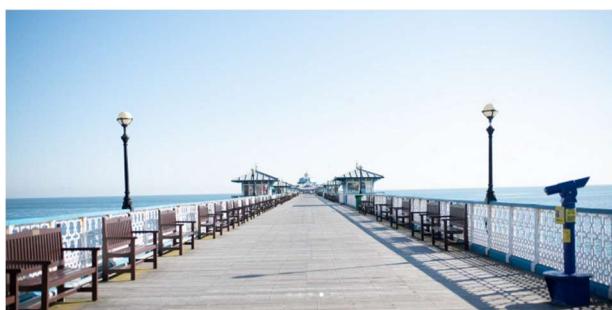
Shopping Districts:



Great Orme Tram:



Llandudno Pier & Boat Trips:



Calendar of BENS events this month:

July	
27	T 1 WALK: Victoria Park 1.30pm
	W 2
	Th 3
	F 4 BENS at Tesco
	S 5
	S 6
28	M 7 BENS X: Dougie Mac 2.15pm
	T 8 WALK: Central Forest 1.30pm
	W 9
	Th 10
	F 11
	S 12
29	S 13
	M 14 BENS X: Dougie Mac 2.15pm
	T 15 WALK: Central Forest 1.30pm
	W 16
	Th 17
	F 18
30	S 19
	S 20
	M 21 BENS X: Dougie Mac 2.15pm
	T 22 WALK: Central Forest 1.30pm
	W 23
	Th 24
31	F 25
	F 26 Health Awareness, Deaflinks
	S 27
	M 28 BENS X: Dougie Mac 2.15pm
	T 29 WALK: Central Forest 1.30pm
W 30	
Th 31	
Aug	
31	F 1 BENS at LLANDUDNO !!
	S 2
	S 3

This month we're walking
at
Central Forest Park:
Sneyd Green,
ST1 6BB

Meet in front of the
Café by the parking



LUNG HEALTH EXERCISE CLASS "BENS X"

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



Next Monthly Get-Together:

Llandudno!!

Friday 1st August – All day!

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

Have a Wonderful JULY!



supporting



Sample lunch menu: Imperial Hotel

SALADS

Caesar Salad, Baby Gem Lettuce, Bacon, Parmesan, Croutons, Dressing £10

Spinach, Green Beans, Olive, Cherry Tomatoes, Basil Pesto £10

Add Chicken, Smoked Salmon, Goats Cheese or Feta to your salad for £3.95

SANDWICHES

On Farmhouse Harvester or White Harvester Bread served with Crisps, Coleslaw and Dressed Salad £9

Cheddar Cheese and Red Onion Marmalade

Roast Beef, Horseradish Mayonnaise and Watercress

Roast Chicken, Rocket and Black Pepper Mayonnaise

Egg Mayonnaise & Watercress

Ham, Tomato and Welsh Mustard

Tuna Mayonnaise and Spring Onion

HOT SANDWICHES

All Served with Sourdough Bun, Chips, Salad and Coleslaw £14

Minute Steak, Red Onion Marmalade, Watercress, Dijon Mayonnaise

Chargrilled Chicken, Black Pepper Mayonnaise, Rocket

Beer Battered Fish Goujons, Tartar Sauce, Baby Gem Lettuce

Welsh Rarebit on Toasted Sourdough

MAINS

Wild Mushroom, Leek & Pea Risotto £15

Spinach and Ricotta Tortellini, Garlic White Wine Cream Sauce £14

Add Chicken to any of the above £3.95

Beer Battered Haddock, Chips, Mushy Peas, Fresh Lemon and Tartar Sauce £16

SIDE ORDERS £4.50

Chunky Chips, Skin on Fries, Seasonal Vegetables, Roasted New Potatoes, Spiced Wedges, Mixed Salad

CHARGRILL

Chargrilled Welsh Steaks Served with Roast Cherry Vine Tomato, Flat Cap Mushroom,

Fat Cut Chips Rocket, House Butter

8oz Rib Eye £28

10oz Sirloin £34

Add Peppercorn Sauce £2.95

Welsh Beef Burger, Streaky Bacon, Smoked Welsh Cheddar, Baby Gem Lettuce, Tomato, Pickle, Brioche, Fries, Coleslaw, Salad £17.00

DESSERT

Sticky Toffee Pudding, Toffee Sauce Vanilla Ice Cream, Brandy Snap £9

Dark Chocolate Brownie, Chocolate Sauce, Chocolate Ice Cream £9

Eton Mess, Chantilly Cream, Rosewater Meringue, Fresh Berries, Raspberry Coulis £9

Ice Cream & Sorbet (by the scoop) £3.50

Vanilla, Strawberry, Chocolate, Mint Choc Chip, Macchiato, Lemon Sorbet, Raspberry Sorbet, Orange Sorbet

WELSH CHEESE

Selection of Welsh Cheeses Biscuits, Grapes, Celery & Fruit Chutney £12