



NEWSLETTER July 2024

➤ Welcome

We had **20 attendees**, including two new members (welcome Malc & Josie!), Vicky from MPFT and our two guest speakers. It was another good crowd! We received a half dozen or so apologies from people who were unwell or on holidays – we wish them a speedy recovery and/or lots of sunshine! Many thanks to Bried this month for the lovely cakes!

❖ MAIN EVENT: Mental Wellbeing



We know that good mental health and wellbeing is important for everyone and can especially be a challenge for people with Long Term Conditions like COPD.

The joint presentation today, from Brittany (Talking Therapies) and Hannah (Changes), gave an overview of the areas to look out for {stress, anxiety, low mood} as well as coping mechanisms (both helpful and unhelpful!). This was all extremely interesting, very clearly presented and we were really engaged as a group. It felt like a good therapy session for us all!

A copy of their presentation is attached.

Talking Therapies from the NHS 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

More information and details about meetings are in the pamphlets attached to the newsletter.

Many thanks, Brittany & Hannah!

❖ **BENS X goes Walking! - Everyone is welcome to join in!**

The free weekly exercise class will have another session on **15th July** at Dougie Mac, Barlaston before the Trainers break for their university holidays.

➤ Classes will then resume there on **Monday 9th September, 2pm**.

Meanwhile, during this 7 week break, we will still meet as usual each Monday (except the Bank Holiday) to keep up the routine of a bit of extra exercise. We don't want to lose the benefits of all the hard work done so far!

We propose to do a walk at a different park in Stoke on Trent each week. *Let's all explore Stoke!*

The idea would be to meet at **2pm**, choose a walk to suit each of our abilities (for instance a short and flat route for some people and a longer, perhaps slightly hilly route for others) and all return back for a cuppa at the tearoom/café at **3pm**.

Planning:

22 nd July	Victoria Park , Tunstall – Floral Hall Café - ST6 6EE
29 th July	Westport Lake , Middleport – Visitor Centre – ST6 4RZ
5 th August	Longton Park , Longton – Aynsley Tearoom – ST3 4AZ
12 th August	Brampton Park , Newcastle – Cheeky Monkey Café – ST4 0QP
19 th August	Central Forest Park , Sneyd Green (?) – Car Park Tearoom – ST1 6BB
28 th August	<i>Bank Holiday</i>
2 nd September	Apedale Heritage Centre , Newcastle – Tearoom – ST5 7LB

Everyone from Breathe Easy is welcome. You can bring family, friends and even well-behaved pets!

And if you're not up to walking that week – still feel free to come at 3pm for some tea and cake!

❖ August's Summer Boat trips!

The summer outing is a great opportunity to have a relaxing day out in the countryside and socialise to better get to know each other. We can never predict the weather so an activity is a good choice too.

- *There are a few members who I haven't heard from yet – please would they contact me if they'd like to join in with the Rudyard Lake visit (so I know how many in total are coming); there are no places left for the Beatrice Boat.*

➤ Friday 2nd August – Rudyard Lake

People signed up for this are:

Rudyard Lake		02/08/2024
		# Guests
BOULTON	David	1
CHOLIJ	Victor	1
	Bried	1
COHEN	Mark	4
DEAKIN	Glynis	1
DOCHERTY	David	2
FLOYD	Joyce	1
FOX	Malc	1
	Josie	1
HOLLINSHEAD	Melissa	1
	Anthony	1
MCCUE	Shaun	1
	Helen	1
PERRY	John	1
PODMORE	Malcolm	2
STEYLAERTS	Patrick	1
SMITH	Rose	1
WOOD	Mary	4
BRERETON	Kelly	1
GREAVES	Kevin	1
		28

Meet at the lake house around 12.30 pm

The postcode is **ST13 8XB**. Parking is free and by the lake.

We will start with the buffet lunch. There will then be boat trips around the lake, the first starting around 2pm (it takes about 45-minutes).

Teas/coffees will be available all afternoon.

Lunch is £10 per person and the Boat Trip another £10 per person (so £20 in total).

Please bring cash, if possible, to make it easier for us to then pay Ray our host also in cash.

➤ Friday 9th August - Beatrice Canal Boat

People signed up for this:

Beatrice Boat		09/08/2024
		# Guests
BATE	Linda	1
COHEN	Mark	2
HIGHLAND	Helen	1
HUMPHREYS	Cyril	1
IRONS	John	2
KIRKPATRICK	Hamish	1
SIMS	Doris	1
	Keith	1
UNWIN	Steve	1
	Pauline	1
		12
		Maximum

Meet at the Cheddleton Flint Mill for 10.45 am.

Beatrice is moored on the Caldon Canal adjacent to the A520 in Cheddleton, near Leek. The postcode is **ST13 7HN**.

Because they share a small car park with the Flint Mill, we need to arrive in as few cars as possible.

We will arrange car pooling nearer the time.

The boat will make a round trip journey for 3 to 3 ½ hours.

We will bring our own lunches – there is a galley with microwave and 'fridge on board. The boat also has an accessible toilet.

Cost is £10 per person. Please bring cash if possible.

Next Get-Togethers: **Friday 2nd August – 12.30pm at Rudyard Lake**
or Friday 9th August – 10.45am at Beatrice Boat

Contact: Victor CHOLIJ **Tel:** 07789 713782 or Hamish Kirkpatrick **Tel:** 07962 400182
Email: breatheeasy.ns@gmail.com

Have a Wonderful July!

2024	Main Event	Other Topics	Awareness Events
January	AGM		-
February	MPFT: PR & Exercise		-
March	20th Anniversary Lunch		Blythe Bridge
April	Stoke Central MPs: Lung Health - Future Govt Policy?		Longton
May	Wolseley Centre Nature Reserve		Trentham Gardens
June	Keele Univ: Patients as Educators		Asthma Event: Cannock
July	NHS & Changes: Mental Wellbeing		Meir
August	Rudyard Lake & Beatrice Boat		Hanley Fun Day
September	Diet & Nutrition (tbc)	First Aid (tbc)	-
October	A+LUK: Ongoing Research projects		-
November	*tbc		World COPD Day Blythe Bridge / Meir
December	Christmas Lunch		-



supporting


breatheeasy
North Staffordshire



LUNG HEALTH EXERCISE CLASS

"BENS X"

2pm every Monday (except Bank Holidays)

Barlaston Road, ST3 3NZ


breatheeasy
North Staffordshire