



breatheeasy

North Staffordshire

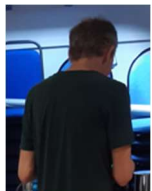
NEWSLETTER August 2024

➤ Welcome

We've had two great days out this summer! There were **21** of us at **Rudyard Lake** on the 2nd August, (including 5 guests and our Kevin from MPFT) and **10** of us for the **Beatrice Boat** trip (including 1 guest). Unfortunately there were 7 or 8 people who couldn't make either trip and had to cancel because of being unwell or having appointments on those days – we hope you have a speedy recovery.

The weather was great on both days and we had a relaxing, sociable time.

It's always a good day at **Rudyard's Lake** - great lunch, entertaining stories and boat rides. The host, Ray, and his son(?) Matt looked after us really well.



Modern "reality" photography including people's backs and sides! Oops... 😊

The crew of the **Beatrice** (Skipper Judith with Mark and Cyril) looked after us well too. They steered us gently (mostly – we had a couple of bumps! 😊) through the beautiful canal countryside and taught us to manage the locks and about some of the history of the canal.

We all agreed that this was something we'd very much like to do again – a great day!



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

The weekly park walks have been great fun – gentle, sociable and good for exploring new places! We've been between 7 and 11 people each week so far – strolling and chatting with a nice tea and biscuits at the end!

There are two more planned before our next meeting:

19 th August	Central Forest Park, Sneyd Green (?) – Car Park Tearoom – ST1 6BB
26 th August	Bank Holiday
2 nd September	Apedale Heritage Centre, Newcastle – Tearoom – ST5 7LB

Meet at **2pm**, choose a walk to suit each of our abilities and all return back for a cuppa at the tearoom/café at **3pm**.

See you there!

Next Get-Together: Friday 6th September – 1.30pm at Tesco

Contact: Victor CHOLIJ Tel: 07789 713782 or **Hamish Kirkpatrick** Tel: 07962 400182
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Have a Wonderful August!

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		-
September	Diet & Nutrition (<i>tbc</i>)		<i>Allotment Event</i>
October	A+LUK: Ongoing Research projects		-
November	<i>*tbc</i>		World COPD Day Blythe Bridge / Meir
December	Christmas Lunch		-



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