



NEWSLETTER Sept 2025

➤ Welcome

We had 31 attendees, including five new members (welcome Brian, Linda, Pauline, Hilary & Rob!) and Vicky, Kelly and Amanda from MPFT. A great crowd! We also 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 Helen, Joyce and Kerry this month for the lovely cakes!

We tried a new sitting arrangement this month; around three large tables instead of in a semi-circle. It worked well, as being more social, so we'll keep the format for the future. 😊

➤ Regular Activities

- **Another Class at BENS X!**

We're pleased to announce that there will now be a second exercise class, running after the first, at the Dougie Mac Wellbeing Centre in Barlaston. This starts 15th September.

We'd reached the limit for class size so now have to expand (Health & Safety rules!).

The original class at 2:15pm is currently FULL.

The new class is at 3:30pm and is open for new members. 😊 Don't be shy – you know it's good for you!



- **Tuesday Walking & Social** group is meeting at **Westport Lake**, Burslem ST6 4RZ this month.

Meet 1:30pm every Monday for a walk at your own pace followed at 2:30pm by tea/coffee in the cafe.



- **Potto Lotto** is working well – Thanks!

There are 22 of us currently playing (14 in the syndicate, the rest directly) and since April '24 the players have won "3 extra tickets" 40 times and £25 actual cash (!! 6 times. So far nothing bigger than that, but the potential is always there! 😊

If you haven't joined yet but would like to, here's the link below - you know it's for a great cause! (We get half the proceeds from the lottery and this is a great source of income to run the group.)



https://www.pottolotto.co.uk/referral/2109819765/99690727?utm_source=manual

➤ **Trentham Community Day – Saturday 27th September**

“Featuring a mix of activities, hands-on demonstrations, live music and energetic dance performances, the event is a celebration of our local community’s talent, creativity and spirit.”

We will be there with a stall & gazebo selling home-made cakes!

This was a great event last year raising lots of awareness and funds for the group.

We might even have a fun mascot this year to attract lots more attention!

Trentham

We'll need lots of home-made cakes to sell and lots of volunteers to help on the day!

- **Volunteers** get free entrance & we've got 10 so far. There's room for a couple more!
Let me know if can spare time in the afternoon.
- If you can donate **cakes** for us to sell – please bring any bought ones (with good sell-by dates) to BENS X or Walking on the Mon 22nd, Tue 23rd and any fresh ones on the day (27th)

➤ **Potters 'Arf – Sunday 28th September**

We've got **27 people listed to participate including 8 from the Community Respiratory Team** 😊
We've got snazzy Asthma + Lung UK “tech” T-Shirts for everyone – so we're going to look amazing!!

We've also got some volunteers to help the relay participants to/from their changeover places and to man the Breathe Easy gazebo at the start.

Come along and support us on the day!! And take lots of photos!!

Start is at the Stanley Mathews Statue, Hanley - 8:30am for Walkers, 10:00am for Runners
Expected finish times from 12:30 onwards...

The route map is in annexe.



Before then, the main thing is to collect sponsorship/donations.

If you can, please take a sponsorship form and try and collect for the team from your friends and family. You can sponsor the team yourselves too, either online, at our meetings or with any of the participants directly 😊.

There's also the team page on JustGiving:

<https://www.justgiving.com/page/breatheeasy-northstiffs-5>

Please bring any money, and all the sponsorship forms, to our October meeting (or BENS X)

Let's try and raise a good amount for Asthma + Lung UK!!

We've had some publicity on BlueSky radio.

You can hear the interview on this link:

<https://blueskyradio.co.uk/breathe-easy-north-staffs/>

➤ **Macmillan Coffee – Tuesday 30th September,**

Kerry, with Malcom and family, are hosting a Macmillan coffee and cake morning in memory of Marge Podmore, who sadly passed away last year.

Kerry's cakes are famously delicious so this really is a treat, as well as good fun and a great cause! Details are attached. The address is: 16 Bannock Street, Weston Coyney, S-on-T, ST3 6SL

If you can't make it, you can still donate using the QR code attached (annexe) or in person at our meetings.



Calendar of BENS events this month:

Sept	
M 1	BENS X: Dougie Mac 2.15pm
T 2	WALK: Westport Lake 1.30pm
W 3	
36	Th 4
F 5	BENS at Tesco
S 6	
S 7	
M 8	BFNS X: Dougie Mac 2.15pm
	Winter Ready, Bentilee
	WALK: Westport Lake 1.30pm
	Winter Ready, Meir
37	Th 11
F 12	
S 13	
S 14	
M 15	BENS X: Dougie Mac 2.15 / 3.30
T 16	WALK: Westport Lake 1.30pm
W 17	
38	Th 18 Winter Ready, MAC
F 19	
S 20	
S 21	
M 22	BENS X: Dougie Mac 2.15 / 3.30
T 23	WALK: Westport Lake 1.30pm
W 24	
39	Th 25
F 26	
S 27	TRENTHAM COMMUNITY DAY
	Potters 'Arf
M 29	BENS X: Dougie Mac 2.15 / 3.30
T 30	Macmillan Coffee
	WALK: Westport Lake
40	W 1
	Th 2
	F 3 BENS at Tesco
	S 4

September we're walking
at
Westport Lake:
Tunstall,
ST6 4RZ

Meet in front of the
Café

Busy Weekend!!



LUNG HEALTH EXERCISE CLASS

"BENS X"

2.15 every Monday (except Bank Holidays)
& 3.30 Barlaston Road, ST3 3NZ



Next Monthly Get-Together:

Ask the Experts: Winter Readiness

Friday 3rd Oct – 1.30pm, Tesco

Contact: Victor CHOLIJ Tel: 07789 713782 or

Hamish Kirkpatrick Tel: 07962 400182

Email: BreatheEasy.NS@gmail.com

Have a Wonderful SEPTEMBER!



supporting



Coffee Morning Date

30 September 2025

My Story

Hi

I'm doing Macmillan coffee morning again in memory of our much loved and missed mum. I shall be doing this at our home on Tuesday 30th September 2025 11-2. Donation boxes will be in the kitchen for any cakes you might like and i shall also be doing a raffle. If you can make it brilliant or if you would like to donate that's great and below is the link to the JustGiving page Macmillan av set up for me. This means a great deal to me and my family so any donations would be greatly appreciated thank you. X 🎉🍰🧁🍪☕️

I'm hosting a Coffee Morning in aid of Macmillan Cancer Support. Macmillan is 98% funded by voluntary donations and with your help Macmillan can deliver the vital support people living with cancer need. Macmillan will do whatever it takes for the 3.5 million people living with cancer in the UK right now. The number of people being diagnosed with cancer is rising and more people are surviving cancer than ever before, so we need to act now to prevent a crisis in cancer care. Macmillan works with partners to provide services for people living with cancer at every stage of their cancer experience including the Macmillan Support Line, money advisers, award-winning cancer booklets, the online community and Macmillan nurses, GPs and support workers. Thank you for your kind donation. It really will make a difference! Donating through JustGiving is simple, fast and secure. Once you donate, they'll send your money directly to Macmillan Cancer Support.



**Macmillan Coffee
Morning 2025**

Donate

Potters 'Arf Route 2025



Relay Changeovers:

- Malvern Tyres, Anchor Road
c. 09:30 am
- Hanley Town FC, Abbey Lane
c. 10:30 am
- Berwick Inn,
Berwick Rd/Milton Lane
c. 11:30 am
- Hanley, Market Square
BENS Gazebo
All morning