

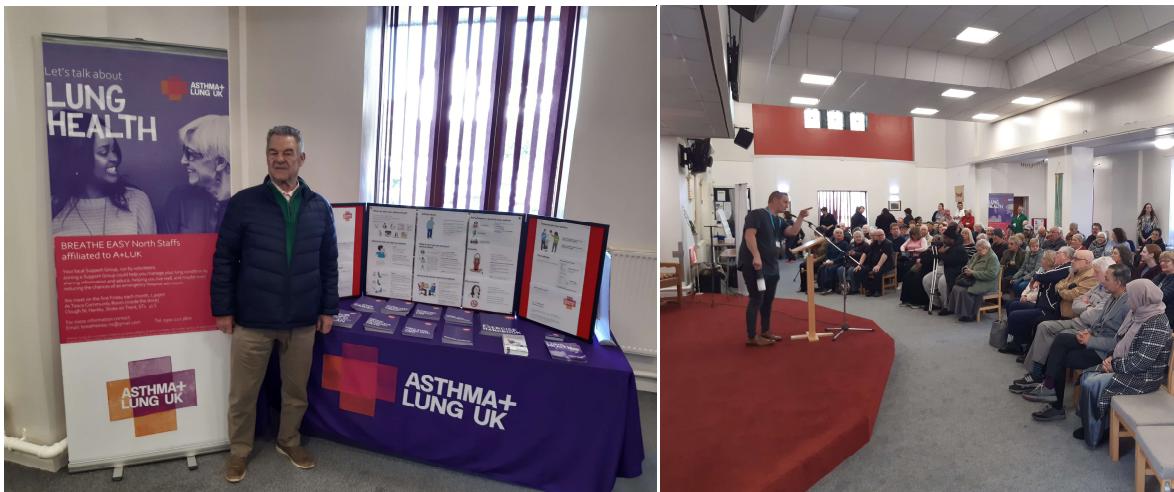
BREATHE EASY North Staffordshire Newsletter: May 2023

Trentham Garden visit – 5th May

We were half a dozen who enjoyed a very pleasant, relaxed lunch at the Rotisserie, Trentham Gardens. Half of us then braved the weather and made the walk around Trentham Lake - again good fun! We didn't see any of the new Beavers but we did see sign of them – gnawed bark on a large tree trunk!

A number of people couldn't make it as they were unfortunately under the weather or still recovering or otherwise tied up – we hope you all recuperate soon.

Longton Asthma Day – 18th April



Alan & Victor represented Breathe Easy at a very successful Open Day for Asthma, run by the **South Stoke Central PCN** in Longton. A large number of people (more than 100!) came to hear talks from a specialist nurse and also from our Kevin Greaves on Pulmonary Rehab. They could then spend time visiting stalls like ours, dealing with Wellbeing and Technology, amongst other things.

We were quite popular with some of each the booklets being taken but especially popular were the exercise plans and the leaflets on "Creating your Asthma Plan" (all 50 copies of these went!).

"Ask the Expert" Asthma Webinar – 17th May

I've forwarded to everyone (on email) the invitation to this webinar, run by the **National Institute for Health and Care Research**. It should be interesting – let's see!



Asthma & Lung, UK have sent out some guidance and reminders about how to prepare for the Hay Fever season. I've copied the information and attached it to this newsletter. It's good to be prepared!

Next Meetings Schedule

Updates for our forthcoming meetings:

June: **NHS Staffordshire and Stoke on Trent Wellbeing Service (IAPT)**
 – NHS experts who can offer advice on living well with a Long-Term Health condition.

July: **Nutricia** – Nutrition specialists and partner with Asthma & Lung, UK

Oct: **Tesco Pharmacy** – Wide range of services available from your local pharmacy

| 2023 | Main Event | Other Topic(s) | Notes |
|-----------|---------------------------|------------------------|------------------------------------|
| January | AGM | | <i>DONE</i> |
| February | PR / Exercise | | <i>DONE</i> |
| March | A+L,UK Support | COPD Predict | <i>DONE</i> |
| April | Updates | <i>Easter Eggs !</i> | <i>DONE</i> |
| May | <i>Trentham visit</i> | | <i>DONE</i> |
| June | NHS Wellbeing Services | <i>Prepare August!</i> | |
| July | Nutricia nutrition advice | | |
| August | <i>Day Trip</i> | | |
| September | Air Pollution | | |
| October | Pharmacy Services | - | |
| November | <i>COPD Awareness</i> | | <i>Including Supermarket Stall</i> |
| December | <i>Xmas Lunch</i> | | |

NOTE: Next meeting we need to confirm what we're doing for August!

It looks like [Llandudno](#) could be the choice again for this year but we have to confirm numbers...

Next Get-Together: Friday 2nd June at Tesco Community Room

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