

## BREATHE EASY North Staffordshire Newsletter: October 2023

### Summary of our Get-Together, 6<sup>th</sup> October

#### Welcome

**We had 24 attendees**, including four new members (welcome John, Joyce, Mark and Steven!), our Kelly with Terri & Emma from MPFT, Louise from Stoke SW PCN and Kate and Gregg guest speakers.

*We had apologies from Shaun, the Sims and the Podmores.*

Many thanks to Steve, Bried & Lynn for the lovely cakes – always much appreciated!

#### **Singing for Lung Health**

*Kate and Gregg*



Kate & Gregg presented their “singing for lung health” group, **Village Voices**.

Meeting weekly, the group offers some initial breathing exercises followed by a programme of songs. No experience necessary!

The group occasionally sing in public, so you can have fun, improve your lungs and also be locally famous!

They are supported by A+LUK and their details are in the flyer (in annexe).

You could speak with Alan as well; he participates in Kate’s group. Alan also sings with the City of Stoke Male Voice Choir who held an excellent Autumn Gala concert in Longton on Saturday (7<sup>th</sup>).

*Can you spot him in the Bass section?*



*Many Thanks Kate & Gregg!*

#### **MAIN EVENT: Living Well with a Lung Condition**

*Kelly*

Victor introduced the topic with a recall that to live our best with our lung condition we needed to really master the self-management of those things in our control. Our Breathe Easy group would help by providing competent speakers on the various aspects of self-management as well as by creating an understanding and supportive environment for us to share experiences, empathise and feel empowered.

Kelly then presented an overview, with brief discussion, of the 10 topics that cover Self-Management:

*1 Understand Your Condition*

*2 Manage the Environment*

*3 Take your Medicines*

*4 Focus on Anti-Infection*

*5 Manage Breathlessness*



6 Exercise

7 Optimise your Diet

8 Have a Positive Mindset/Relaxation

9 Make Regular Medical Reviews

10 Manage other conditions



**Many Thanks Kelly!**

### Updates:



**Asthma Day, 5<sup>th</sup> September**  
Bentilee Neighbourhood Centre

Victor, Cyril & Linda presented Breathe Easy NS to an unfortunately quite small gathering...



**A+LUK Downing Street Petition, 13th September**  
for a "Cleaner Travel Access Fund"

Victor represented Breathe Easy NS and joined with Jo Gideon MP (Stoke Central) to lobby other MPs to also sign up to the petition.

### Block the Dates:

**Wed 15<sup>th</sup> November – World COPD Day.**

All day event, details to be finalised.

**Fri 1<sup>st</sup> December – Breathe Easy NS Christmas Meal.**

12h30 Brewers Fayre,  
Etruria Rd, Hanley ST1 5NH

**Next Get-Together: Friday 3<sup>rd</sup> November at Tesco Community Room**

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