



breatheeasy

North Staffordshire

NEWSLETTER November 2024

➤ Welcome

We had **30 attendees**, including two new members (welcome Susan and Lynn!), and six representatives from MPFT, including our guest speaker. A big crowd!

This is testament to how important we think the subject of nutrition is! 😊

We received a few apologies from people who were unwell or on holiday – we wish them all a speedy recovery or pleasant trips.

Many thanks to Bried for the great date cake this month – very nutritious as well as yummy!

❖ **Guest Speaker: Lucy Marquis, Transformation Clinical Lead, MPFT**

Lucy made an extremely interesting and participative presentation about nutrition for lung health. A lot of useful topics were covered giving us a wealth of information! So much so, that Lucy's presentation is attached in annexe and here are her additional notes (with useful links):

Eating well, for people living with lung conditions:

Breathe Easy North Staffs to stay well and healthy

Key Messages

❖ **When you have a lung condition, it's important to stay a healthy weight.**

Weight loss and being underweight are associated with more challenges with lung conditions: If you're **underweight**, your breathing muscles will be weaker, and your body will have less strength to complete daily activities and fight off infections.

[Worried About Weight Loss - Self-Screening for Malnutrition](#)

Too much extra weight, **obesity** is associated with reduced airflow. Having more fat on your neck, chest and across your tummy can make it difficult to breathe in deeply. It may also make everyday tasks like bending down to put your shoes on harder, making you more breathless than usual.

[Calculate your body mass index \(BMI\) - NHS - NHS](#)

[How to measure your waist | NHS](#)

[Why your waist size matters - BHF](#)

❖ **'Understanding your food story, what works for you and your life context is crucial'**

- Prioritise your protein and muscle building activity / build strength
- Eat fruit and veg to improve your fibre intake, vitamins and antioxidants
- Eat more fish – including a portion of oily fish each week
- Cut down on saturated fat and sugar
- Eat less salt – no more than 6g a day for adults
- Get active and be a healthy weight
- Don't get thirsty
- There is no '*one size fits all*' prescription approach
- If you are ill your needs might change and it is important to seek more support

❖ **Useful leaflets:**

- [Eating Well in Later Life cF.pdf](#)
- <https://www.malnutritionpathway.co.uk/leaflets-patients-and-carers#>

Includes

- Green Leaflet: EATING WELL FOR YOUR LUNGS: for those at low risk of malnutrition
- Yellow Leaflet: IMPROVING YOUR NUTRITION IN COPD: for those at medium risk of malnutrition
- Red Leaflet: NUTRITION SUPPORT IN COPD: for those at high risk of malnutrition
- High protein foods
- Managing Symptoms: A range of useful factsheets which contain advice on how to deal with common symptoms that may be interfering with your ability to eat and drink

❖ **Sustainable food choices**

[One Blue Dot - the BDA's Environmentally Sustainable Diet Project - British Dietetic Association \(BDA\)](#)

❖ **Vitamin and minerals**

Everyone should consider taking a daily supplement containing 10 micrograms of vitamin D during autumn and winter. People whose skin has little or no exposure to the sun, or who always cover their skin when outside, risk vitamin D deficiency and need to take a daily supplement containing 10 micrograms of vitamin D throughout the year. Ethnic minority groups with dark skin, from African, Afro-Caribbean and South Asian backgrounds, may not get enough vitamin D from sunlight in the summer and therefore should consider taking a supplement all year round.

- There is some evidence for beneficial effects on lung function decline for vitamin D supplementation.

- Vitamin B12 can help maintain energy levels and health. Regularly have foods fortified with it, for example breakfast cereals or yeast extract, or have animal products including lean meat, fish, poultry, eggs, milk and milk-based foods

NOTE: If you have sarcoidosis you should not take vitamin D unless your levels are low. This is because there is a risk of hypercalcemia, which is too much calcium in the blood.

❖ Heart Health

[Healthy eating toolkit - keep your heart healthy - Heart Matters magazine - BHF](#)

[HEART UK's Ultimate Cholesterol Lowering Plan Recipes](#)

❖ Gut Health

Victor asked for information about the gut–lung axis.

GM = gut microbiota, the trillions of microbes living within us

SCFAS = short-chain fatty acids are produced by our GM when they ferment or ‘eat’ dietary fibre. They’re considered beneficial to our health for a number of reasons, including links to maintaining our gut lining, modulating our immune system and reducing inflammation.

Changes in a person's gut microbiome GM, through either diet, disease or medical interventions (such as antibiotics) is linked with affects to the immune system in the airways

Evidence suggests that SCFAs can be considered as a leading link in the metabolic and immune axis between the gut and lungs. SCFAs exhibit a variety of functions in immune defence.

You can help increase your GM by eating plant-based food groups: fruits, vegetables, wholegrains, legumes (beans and pulses), nuts and seeds. Tinned, fresh and frozen all count. Each different type feeds different gut bacteria and has different effects on their activity, and we want a diversely skilled team of microbes for better health. (Gut Health Doctor, 2024; Dang et al, 2019; Kotlyarov, 2022)

[7 science-backed habits for your microbes | The Gut Health Doctor](#)

❖ Eating, drinking and ageing well

[Eating, drinking and ageing well - British Dietetic Association \(BDA\)](#)

❖ Type 2 Diabetes and Weight Management Support

<https://riskscore.diabetes.org.uk/>

[Local Weight Management services - Staffordshire and Stoke-on-Trent, ICS](#)

www.healthyliving.nhs.uk

❖ Support if you are struggling to afford food

[Staffordshire Connects](#)

[Stoke Community Directory](#)

Many thanks Lucy for an excellent, informative discussion!

❖ BENS Christmas Lunch



12.30pm Thursday 5th December 2025

Brewer's Fayre, Hanley Etruria Rd, Hanley, ST1 5NH

(Free parking at the restaurant – please register your car Registration No. on the device at the entrance)

We've got 33 places booked for lunch – so it's going to be fun (and maybe a little noisy 😊!)

Good food, good company and even a Christmas Hamper to be raffled!
See you there!

❖ Targeted Lung Health Check

Our local NHS is running a campaign of Lung Health screening, primarily to capture any signs of lung cancer early. These screenings also allow for some other chest anomalies to be detected and so can be overall a very useful and positive action.

Information is in the annexe, with details on how you can get more details.
If eligible, you should be invited for a screening automatically.

❖ BENS X Weekly Lung Health Exercise Class - timing

The weekly class has a new start time of **2.15pm**.

This small 15-minute delay from the original start time is to allow the group who use the rooms before us (a dementia support group) to exit and for us to arrange the room for our exercises. This group has only just recently started, hence this change.

I hope that this doesn't inconvenience anyone – we'll just have to drink our tea afterwards a bit quicker to avoid the school traffic 😊

❖ Winter Market at Brampton Museum, in aid of A+LUK.

There will be a special Christmas Fayre at the Brampton Museum on **Saturday 30th November**, in memory of Heather Smith and in aid of Asthma & Lung UK.

Victor will attend to support the event and represent A+LUK. If any of you are in the area, please come along and support this event. Please see the poster in annexe.

❖ BENS Walks – pausing for Winter.

With the weather turning miserable we're going to pause the weekly Park Walks over Winter. The last programmed walk will be 3rd December (Victoria Park, Tunstall).
We'll resume in March 2025

❖ Calendar of BENS events this month:

Nov	
F 1	BENS at Tesco
S 2	
S 3	
M 4	BENS X: Dougie Mac 2.15pm
W 5	WALK: Tunstall Park 1.30pm
W 6	
Th 7	
F 8	
S 9	
S 10	
M 11	BENS X: Dougie Mac 2.15pm
W 12	WALK: Tunstall Park 1.30pm
W 13	
Th 14	
F 15	
S 16	World COPD Day, Affinity Centre
S 17	
M 18	BENS X: Dougie Mac 2.15pm
W 19	WALK: Tunstall Park 1.30pm
S 16	World COPD Day, Royal Stoke/Longton
Th 21	
F 22	
S 23	
S 24	
M 25	BENS X: Dougie Mac 2.15pm
W 26	WALK: Tunstall Park 1.30pm
W 27	
Th 28	
S 16	Health Awareness, Cheadle
S 30	Winter Fayre, Brampton Museum
S 1	
M 2	BENS X: Dougie Mac 2.15pm
W 3	WALK: Tunstall Park 1.30pm
W 4	
Dec Th 5	BENS Christmas Lunch
F 6	No BENS meeting
S 7	
S 8	

❖ BENS Programme 2024:

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	Wolsley 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	Dr N Dennis: Respiratory Service Review		Allotment Event
October	A+LUK: Ongoing Research projects		-
November	NHS MPFT: Nutrition		World COPD Day: Affinity, Royal Stoke, Longton + Blythe Bridge / Meir / Cheadle
December	Christmas Lunch		Hanley

Next Get-Together:

Thursday 5th December – 12.30pm, Brewer's Fayre

Contact: Victor CHOLIJ Tel: 07789 713782 or

Hamish Kirkpatrick Tel: 07962 400182

Email: BreatheEasy.NS@gmail.com

Have a Wonderful November!



supporting

breatheeasy
North Staffordshire





LUNG HEALTH EXERCISE CLASS

"BENS X"

EVERY MONDAY
2pm

Wellbeing Centre, Dougie Mac
Barlaston Road, Stoke-on-Trent, ST3 3NZ

- **Classes tailored for people with lung conditions**
- **Based on the Pulmonary Rehabilitation course**
- **Varied exercises with flexibility to match your level**
- **Social & fun with peers who share your condition!**

Regular exercise is good for your lungs

- **It increases the strength of the muscles around your lungs and the rest of your body.**
 - **As you build strength, your muscles will need less oxygen to work too, meaning you will breathe more efficiently while moving.**
- **If you have a lung condition, being active can help to improve your quality of life and help you manage your condition.**

If you wish to attend please contact:
Email: breatheeasy.ns@gmail.com

www.dougiemac.org.uk

SUPPORTED BY:



**The Community
Foundation**
for Staffordshire



The Daleian Singers Male Voice Choir

With special guest choirs from
Friarswood Primary Academy, Newcastle
&
Sutherland Primary Academy, Blurton

Presents

"Christmas Magic"

A feast of seasonal music!

Friday 13 December 2024 at 7pm
St Giles' Church,
Newcastle under Lyme

Tickets: £12 each (Children £6)

Contact Andy Maxfield
andymaxfield67@gmail.com

Or telephone
07411 775715

Book early to avoid disappointment



Targeted Lung Health Check campaign:



You are eligible for a free lung health check if you:



- are aged 55 – 74
- smoke or have ever smoked.






Lung health checks find lung cancer early, sometimes before you have symptoms.





What is a lung health check?

Lung health checks look at how well your lungs are working. They can help find lung cancer as early as possible.





Lung health check steps:

1. Fill out the appointment form
2. Attend a telephone consultation to assess your risk
3. You may be invited for your 1st scan.





If you've already had a scan, it's important you attend your follow up scan.

You can use the same online form to request an appointment.



How can I find out more?



To find out more about lung cancer, lung health checks and for advice on stopping smoking, visit www.uhnm.nhs.uk/our-services/lung-health-checks or call us on 01782 671554



Christmas MARKET

By SpeakFluent Spanish Tim In Aid Of
Asthma & Lung UK Registered Charity.

In Memory

Of

Heather Smith

🎄 Live Christmas Carol Choir 🎄 A Wide Variety Of Craft
Stalls 🎄 Christmas Gift Extravaganza 🎄 Christmas Bake-
off Competition 🎄 Extra Special Pet Gifts 🎄 Candles &
Wax Melts 🎄 AVON 🎄

**THE BRAMPTON MUSEUM & ART
GALLERY NEWCASTLE-UNDER-LYME**

30TH NOVEMBER | 12:00PM -2:30PM