

BREATHE EASY North Staffordshire Newsletter: February 2023

Summary of our Get-Together, 3rd February

Welcome

We had 13 attendees including our key support from MPFT (Kevin & Heidi).

Many thanks to Bried for the cake and Cyril (as usual!) for the biscuits! 😊

We unfortunately received apologies again from the Sims (Keith & Doris) but also from Glynis and Rose; we hope you all get better soon.

Questionnaire Summary

The majority of questionnaires are back and analysed (9 in total). **Key Points:**

- We are essentially a COPD group with some associated Asthma
- What we want from the group is friendship & understanding with help to improve our Lung Health, through professional information & support with Self-Management
- **Medicines** and **Exercise** rank highest as priorities; with managing **Breathlessness** and preventing **Infections** close behind.

Many thanks for your participation. This really helps confirm our priorities for 2023.

Outline Planning for 2023 (with lots still to organise!)

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	
April	Medicines	Clean Air Zones	
May	<i>Trentham visit</i>		<i>With BE Cheshire</i>
June	Breathlessness	-	
July	Understanding Condition	-	
August	<i>Day Trip</i>		<i>With BE Cheshire</i>
September	NuL 850 Years...		
October	Preparing for Winter	-	
November	<i>COPD Awareness</i>		<i>Including Supermarket Stall</i>
December	<i>Xmas Lunch</i>		

⇒ We are very happy to join up with Breathe Easy Cheshire for our social outings 😊

We also discussed including more **non-medical topics**. In summary:

- We must remain primarily a Lung Condition Support Group with the priorities and focus identified above (from the questionnaire). It's why we exist and have ALUK & NHS backing and support.
- The outline 2023 planning already has HALF of the meetings non-Medical (Jan, May, Aug, Sept, Nov, Dec). These are social and fun events!
- Nevertheless we could still include some relevant non-medical, and perhaps more light-hearted, subjects as secondary topics where there is time in the agenda to help balance the day. **Proposals for these should be sent to Victor & Hamish.**
- We can also publicise interesting upcoming local events in our meetings for people to note and attend if they wished. This could include presentations from other local groups.

Marketing

- Asthma + Lung, UK have our poster and flyer designs; we're awaiting delivery ☺
- We have agreement from some initial places to distribute these and are awaiting central support from the ICB and Pharmacy groups to distribute them wider across North Staffs.
- We agree to support the Longton PCN Asthma event– *Victor and Alan will attend.*

ALUK News

- None of us volunteered to enter the **London Marathon**! But we wish all the runners every success! ☺
- It was good to see the **NHS Long Term Plan** priority on Respiratory but much less good to hear that there will be up to 2 years' delay before we see a Community Diagnostic Centre in Staffordshire ☹
- Progressing with ALUK and Stoke Council on **Clean Air initiatives** – a future focus for us.

MAIN EVENT: Pulmonary Rehabilitation & Exercise, Kevin Greaves

Aerobic exercise is fundamental for developing the right type of muscle fibres that allow for efficient movement and oxygen use. These muscles are especially found in arms and legs.

Stretching is also important to ease up the joints and chest to help openness when feeling breathless.

Pulmonary Rehabilitation (PR) combines these aerobics, muscle building and stretching exercises.

It is considered one of the best treatments for managing COPD and other Lung Conditions.

MPFT run PR courses twice weekly over a six week period at locations around Staffordshire.

There are also alternative options such as courses run remotely via Microsoft Teams or new technology options such as a Virtual Reality PR course...with goggles!!

If you need a refresher PR course please contact your Practice Nurse or GP for re-referral.

→ *Maintenance is key.*

Ideally we should be doing one hour PR three times a week, with gentler exercise in between.

This would meet the government's recommendations for 150 min moderate intensity exercise per week.

The MPRT PR routine is available online for those who have attended PR group sessions or a BLF Exercise booklet is available (also online or printed.)

To keep motivated to maintain good habits, look to join local activities: sociable and healthy!

Kelly (from the MPFT team) is currently compiling a directory of such activities – we'll share it.

In fact, ANY exercise is good exercise – we should try to minimise the time spent sedentary.

Examples: Sit to Stand when getting up from a seat, walk up & down aisles at the supermarket, walk up & down stairs at home, etc...

→ *Let's get fit!*

Many thanks, Kevin

Next Get-Together: 3rd March at Tesco Community Room

Contact: Victor CHOLIJ Tel: 07789 713782 or Hamish Kirkpatrick Tel: 07962 400182

Email: breatheeasy.ns@gmail.com

NHS Exercise Guidelines

How much physical activity should you do?



Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as






- exercising with weights
- yoga
- or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

walking 	gardening 	hiking 	dancing 
cycling 	active recreation 	swimming 	

Adults aged 65 and over should:

- aim to be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.