



breath**easy**

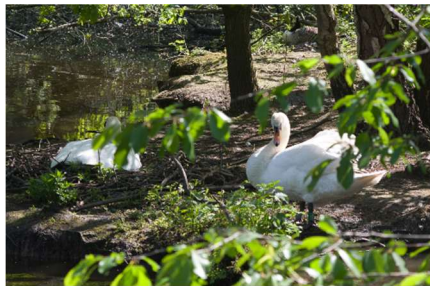
North Staffordshire



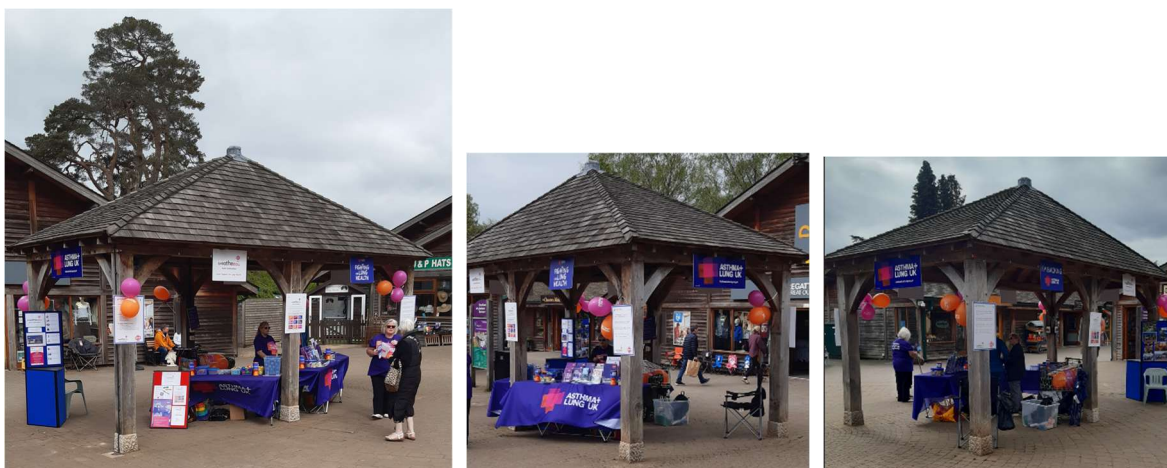
NEWSLETTER May 2025

➤ Spring Outing to Wolseley Nature Centre

A dozen of us met together for an extremely pleasant and relaxing day at the Wolseley Nature Centre. It was a glorious spring day! A lovely light lunch before a stroll around the beautiful grounds with some bird watching. Admittedly it was more Canada Goose than Kingfisher, but all still great to see (and hear!) We concluded the day with ice cream – as you should! 😊 Great photos, Hamish!



➤ **World Asthma Day at Trentham Gardens**



To raise awareness for World Asthma Day (6th May) we took over the wooden gazebo in the middle of the Trentham Retail Park. We co-branded the structure with Breathe Easy and Asthma + Lung UK logos and information boards, all the way around (as you can see from the photos)!

There were eight of us volunteering to man the stand and speak to passers-by – thanks to Joyce, Helen, Sue and John, Mary, Dave and Victor & Bried. We must have spoken to more than a hundred people, many with Asthma or other lung conditions, and shared information especially about the services available to them.

As well as leaflets/booklets, we had Asthma or COPD bracelets, biro's and Stress Balls for people and we ran a quiz on Asthma for the children (aided by their parents!). The prizes were sweets, liberally given out, donated to us from the supermarkets (Tesco, Morrisons and Co-Op).

As usual the most fun was handing out the free smiley stickers and the more special dinosaur stickers (good choice, Dave!)

This wasn't a fund-raising event as such (we weren't allowed to sell cakes or similar) but we still collected. Thanks, in particular, to a handful of generous donations, we raised £170.

What a difference a day makes for the weather! Saturday was surprisingly windy and "fresh" compared to just the day before. We didn't need the dozen bottles of cold water that we'd brought for the day!

➤ **Wednesday 21st May – BENS Banquet!**

You're Invited!!

See the attached Invitation & Menu and get in contact with Victor CHOLIJ asap!

Calendar of BENS
events this month:

No BENS X 5th



No BENS X 26th

May	
18	Th 1
	F 2 BENS at WOLSELEY CENTRE
	Sa 3 ASTHMA Day: TRENTHAM
	S 4
19	Bank Holiday
	T 6 WALK: Brampton Park 1.30pm
	W 7
	Th 8
	F 9 Health Awareness, Meir
	S 10
20	S 11
	M 12 BENS X: Dougie Mac 2.15pm
	T 13 WALK: Brampton Park 1.30pm
	W 14
	Th 15
	F 16
	S 17
	S 18
21	M 19 BENS X: Dougie Mac 2.15pm
	T 20 WALK: Brampton Park 1.30pm
	W 21 BENS BANQUET!
	Th 22
	F 23
	S 24
	S 25
	Bank Holiday
22	M 27 WALK: Brampton Park 1.30pm
	S 28 Health Awareness, Cheadle
	Th 29
	F 30
	S 31
Jun	
23	S 1
	M 2 BENS X: Dougie Mac 2.15pm
	T 3 WALK: Brampton Park 1.30pm
	W 4
	Th 5
	F 6 BENS at Tesco
	S 7
	S 8

This month we're walking
at **Brampton Park**:
Brampton Rd,
Newcastle-under-Lyme,
ST5 0QP

Meet in front of the
Cheeky Monkey Café



LUNG HEALTH EXERCISE CLASS

"BENS X"

2.15 pm | every Monday (except Bank Holidays)

Barlaston Road, ST3 3NZ



Next Monthly Get-Together:

Stoke 100 QUIZ !

Friday 6th June – 12.30pm, Tesco

Contact: Victor CHOLIJ Tel: 07789 713782 or

Hamish Kirkpatrick Tel: 07962 400182

Email: BreatheEasy.NS@gmail.com

Have a Wonderful MAY!



supporting

