



# breath<sup>easy</sup>

## North Staffordshire

### NEWSLETTER October 2024

#### ➤ Welcome

We had **18 attendees**, including one new member (welcome Don!), Vicky and Kelly from MPFT and our guest speaker; a good crowd as usual! We received a number of apologies from people who were unwell or otherwise tied up – we wish them all a speedy recovery or success in their activity. Many thanks to Bried & Kerry this month for the lovely cakes!

#### ❖ **Guest Speaker: Ian Jarrold**, Deputy Head of Research + Innovation, A+LUK

Ian presented how Asthma + Lung UK supported Research in the UK, through gathering insights from patients, influencing decision makers in government & funding organisations and through direct funding of people and projects. The funding provided by A+LUK is vigorously controlled to ensure the maximum benefit to us through partnerships, joint funding with other organisations, seed funding (to prove concepts ahead of major projects) and sponsorship of specialists in lung health.

We also saw many examples of how this research has helped in the past (eg biologics for asthma, discharge packs after hospital visits, pneumonia treatments for children, etc) and of current research projects (eg women & asthma, how our conditions vary during the course of a typical day, new and personalised treatments for Mesothelioma & Bronchiectasis).

There's not enough being spent on Research in this country – nor abroad. A+LUK is calling on the government and other organisations for the amount to be spent to rise from 2% to 6% of the total spend on Research. This would make us more fairly represented compared with heart and cancer research.

We discussed the difficulty of raising funds given the low levels of awareness about both lung conditions and Asthma & Lung UK. We're inundated with adverts/appeals from heart and cancer charities but hear nothing about lungs! It's a challenge though as clearly BHF and Cancer UK have substantially more funds to spend than A+LUK.

We can help directly with research ourselves. Sharing our experiences gives valuable insight for researchers and makes us good reviewers of proposed projects and studies.

Asthma +Lung UK have two programmes that we could join:

### **LEAP -Lived Experience Advisory Panel**

A panel which informs the future of lung research and innovation

More info: <https://www.asthmaandlung.org.uk/respiratory-insights/LEAP>

### **RVN - Respiratory Voices Network.**

A monthly email newsletter of research project-based opportunities to get involved with.

More info: <https://www.asthmaandlung.org.uk/respiratory-insights/respiratory-voices-network>

There is also an NHS run project called “**Our Future Health**”:

“Every adult living in the UK is eligible to join Our Future Health, including people with pre-existing health conditions. By taking part in Our Future Health, you’ll support new discoveries that will help everyone live longer and healthier lives. You’ll also have the chance to find out more about your own health and future risk of disease.”

More info: <https://ourfuturehealth.org.uk/get-involved/taking-part>

A copy of Ian’s presentation is attached.

***Many thanks Ian for a very informative discussion!***

## **❖ NHS Survey on Respiratory Strategy**

As a follow up to the discussion last month with Dr Nicola Dennis, about the quality of services that we received, there is a survey that we can all complete to give more feedback to the NHS.

This survey is being run on behalf of the Staffordshire and Stoke-on-Trent Integrated Care Board (ICB) who is currently developing its All-Age Respiratory Strategy.

It’s a short survey for people with lung conditions (or their carers/family).

**Please have a look and help our local NHS prioritise the right actions for us:**

<https://nhs.welcomesyourfeedback.net/s/zcsibd>

## **❖ “A-Maize-Ing Grow” Garden for Lung Health**



We had a successful event at the Garden in Clayton, with 10 interested visitors (and 5 others expressing their interest but who couldn’t make it on the day).

**So we’ve decided to go ahead with the project 😊**

**More news in the Spring...**

## ❖ MPFT Awards – WE WON! 😊



The award celebrates how well we work together with the Community Respiratory Team – at our monthly meetings, at awareness events and with the BENS X programme!

***Well done to everyone for making it all such a success!***

Clearly we're doing something right as far as the NHS (MPFT Trust) management are concerned!

⇒ We even got a second award...!



I'm really pleased that we could get the **Breathe Easy** name so visible with these awards! (and **A+LUK** of course, with the pictures! 😊)

Hopefully this will help us with future plans and to get our voices heard!

❖ Calendar of BENS events this month:

October	T 1	WALK: Brampton Park 1.30pm
	W 2	
	Th 3	
	F 4	BENS at Tesco
	S 5	
	S 6	
	M 7	BENS X: Dougie Mac 2pm
	T 8	WALK: Brampton Park 1.30pm
	W 9	
	Th 10	
	F 11	
	S 12	
	S 13	
	M 14	BENS X: Dougie Mac 2pm
	T 15	WALK: Brampton Park 1.30pm
	W 16	
	Th 17	
	F 18	
★	S 19	DALEIANS CONCERT, Kidsgrove
	S 20	
	M 21	BENS X: Dougie Mac 2pm
	T 22	WALK: Brampton Park 1.30pm
	W 23	
	Th 24	
	F 25	
	S 26	
	S 27	
	M 28	BENS X: Dougie Mac 2pm
	T 29	WALK: Brampton Park 1.30pm
	W 30	
	Th 31	
Nov	F 1	BENS at Tesco
	S 2	
	S 3	

❖ 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 & UHNM/Longton Blythe Bridge / Meir
December	Christmas Lunch		-

**Next Get-Together: Friday 1<sup>st</sup> November – 1.30pm at Tesco**

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

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**Have a Wonderful October!**



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](mailto:breatheeasy.ns@gmail.com)**

**[www.dougiemac.org.uk](http://www.dougiemac.org.uk)**

**SUPPORTED BY:**



**The Community Foundation**  
for Staffordshire

See more of us at



The Daleian Singers – Male Voice Choir



@DaleianSingers

Refreshments  
and  
A great raffle!

*The*  
*Daleian*  
*Singers*  
**AUTUMN**  
**GOLD**

19<sup>th</sup> October 2024

at

The Town Hall, Kidsgrove, 7.30pm  
*Evocative and poignant songs for the Season*

Tickets are £12.00 each  
With more information and bookings  
available from Mr. Andy Maxfield at  
[andymaxfield67@gmail.com](mailto:andymaxfield67@gmail.com)



The Daleian Singers' prize winning  
performance at the Cornwall  
International Festival of Male Voices



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Join us at Kidsgrove Town Hall, ST74EL for a superb night of music and entertainment