

BREATHE EASY North Staffordshire Newsletter: January 2023

Summary of our Get-Together, 6th January

Welcome

We had 13 attendees including one new member (Welcome Steve!), two from UHMN (Kevin & Nicola) and two guests (Bried & Sinead) who had kindly brought some excellent home baked cakes & cookies for Ukrainian Christmas! Thanks ☺ .

We received apologies from the Sims (Keith & Doris); we hope you get better soon.



Regular meeting venue

We all liked the Tesco Community Room and agreed to keep it as our new regular monthly venue.

It was light and airy despite the fact that it had no windows. It has all the facilities we need, is free to use, is very convenient for parking (and shopping!) and is available each month.

Questionnaire

We picked up a few more questionnaires in the meeting, so **7 replies back so far.**

We really would like to have pretty much everyone's input to our planning and priorities so Hamish & Victor will chase up on the outstanding questionnaires during January.

This should mean that we can finish our 2023 planning at our February get-together.

Marketing

Our status is "Work in Progress" on this important topic.

- Asthma + Lung, UK have promised some **500 leaflets** for us, and some posters.
 - We have a **new email address** for our group: breatheeasy.ns@gmail.com . We can share this between a few of us so that it is always looked at, even when someone's on holiday.
 - We propose to use the central **ALUK Support telephone line: 0300 222 5800 (option 4).** They would then pass on the caller to one of us – again with a choice in case of absence.
 - Kevin proposes to include our details in their **handouts to Pulmonary Rehab patients.** This could be done for the next run of published handouts. Victor to confirm details/message.
 - Kevin also requests that **we speak at the "Wellness Day" of each of their courses.** This would be approximately every 6 weeks. As a group we like the idea and will find volunteers to present. Kevin will let us know the dates/times.
- These are perfect ways to ensure that those in need of our group support are informed!

Annual General Meeting (AGM)

We are required to formally hold an AGM each year.

Hamish was thanked again for his management of the group this last year.

Victor & Hamish were confirmed as Committee members for 2023. We are confident of having lots of help from the members during the year 😊

We also confirmed a **£10 per month donation to ALUK** starting from Jan 23 as a minimum donation.

The initial structure of our 2023 planning was agreed with AGM (Jan), garden visit (May), day trip (August) and Christmas meal (Dec). Kevin agreed to present a session on “Exercise” for us in February as we all recognise the fundamental importance of this.

We are also delighted to look forward to a visit from ALUK Support Central (Anna Clarke) in March. The group supported the idea of adopting the COPD awareness focus and using that for fund raising in November. Likewise, October was agreed as a good time to focus us all on preparing for winter. Detailed planning on these still to be done!

We will look to complete the planning in our February session, and identify volunteers to help organise them.

We discussed working with other local organisations (such as Age UK and U3A); we are open to it in particular for things such as regular walks.

We also liked the idea of doing something with the Brompton Museum for Newcastle’s 850th anniversary. This might be an event shared with the Crewe BreathEasy group? **Victor to explore.**

Any Other Business:

- **Monthly Summary in our meetings of ALUK activities.**

We were all impressed with the achievements highlighted (London Marathon on oxygen and climbing Mount Everest!) and interested in the current activities (Make it Count sponsored walk and the Clean Air campaign). In particular we agreed to look into how we might support the Clean Air campaign (at least join in the petition). **Action for Victor.**

Overall we thought that this was interesting and relevant to do each month.

Victor will explore how it could be more dynamic with online links, rather than just images.

- **Monthly Newsletter – summary of our meetings.**

We agreed to give it a try – in particular because it would allow all our members to be included even if they weren’t able to participate in person in any month.

This is the first attempt 😊 So all (constructive!) feedback welcome 😊

<u>Next Get-Together:</u>	3rd February at Tesco Community Room
----------------------------------	---------------------------------------------

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

Email: breatheeasy.ns@gmail.com