

British Lung Foundation newsletter for the Breathe Easy network

April 2011

North
edition

Nurse programme welcomes new recruits

The BLF Nurse programme is going from strength to strength.

Ten more nurses have been badged in the North East of England, and our first Honorary Nurse Advisor and new BLF Nurse Business Development Manager have both been successfully appointed.

The programme was established in 2006 and the badged BLF nurses play a key role improving the quality of care for patients.

Our newest recruits are a team of nine nurses in County Durham and Darlington, and one in Newcastle, bringing our total to 63 nurses across 19 locations in the UK.

We also have four BLF nurses on our helpline, who provide specialist advice to health professionals and people affected by lung disease.

We are also thrilled to announce that the BLF has appointed a voluntary Honorary Nurse Advisor.

Chris Fehrenbach, a community matron in Portsmouth, has been involved with the BLF for many years, previously as a trustee and now supporting the Breathe Easy group in Portsmouth.

Chris will provide clinical support to the BLF nurses and advise on the development of their education and training programme.

The BLF has also appointed Leana Wallace to the post of BLF Nurse Business Development Manager.

Leana joins from the Stroke Association, where she was Deputy Head of Operations for London.

She brings a wealth of experience in contract negotiations with the health service and evaluation



New face:
Honorary Nurse
Advisor Chris
Fehrenbach

techniques to take the programme forward.

We are entering a very exciting time for the BLF Nurse programme, and we look forward to updating you further very soon.

■ **For more information about the programme, please contact Kath Leach on 020 7688 5593 or email katherine.leach@blf-uk.org**



It's time again for the Breath of Fresh Air Award – or BOFAA – nominations. The

BOFAAs are given annually in recognition of outstanding achievements in Breathe Easy.

A nomination pack will be included in the March mail out to BE groups. Nominations are sought for groups or individuals in any award category, for achievements between July 2010 and June 2011.

The deadline for nominations to your local regional/national office is Thursday 30 June 2011. For further details please contact your Development Officer.

Help us learn about obstructive sleep apnoea

This year during Breathe Easy Week the BLF needs your help!

The theme for the week, which runs from 13 to 19 June, is obstructive sleep apnoea, and we are currently developing our campaigning plans. To do this, we need to learn more about the problems faced by people with this condition. We would be very grateful if you could help us carry out a survey of the public, asking whether they have heard of obstructive sleep apnoea and whether they are snorers.

Obstructive sleep apnoea affects adults and children and is caused by many different factors, such as

obesity, enlarged tonsils, posture and lifestyle. It is predicted that 80,000 people in the UK have the condition, but only one in four of those people have been diagnosed. Common symptoms include snoring, waking up during the night due to breathlessness, and tiredness.

We will provide more information next month to explain how you can get involved, so watch this space!



Liam is children's lung champ as kids descend on No.10

Five children from Branksome Science College in Darlington were invited to represent the North region at the BLF Children's Charter event on 2 March in London.

At the event 16,000 petition signatures were presented to No. 10 Downing Street, calling for a ban on smoking in cars when children are present.

Liam Pape, 12, presented the petition with four other BLF Children's Champions and Dame Helena Shovelton, BLF Chief Executive.

The event was featured on BBC Newsround and the school took part in many media interviews throughout the day.

Liam was joined by Elizabeth Davey, James Allison, Katie Appleyard and Rebecca Parkinson and teachers Mrs Hickerson and Mr Tearney.

After presenting the petition Kevin Barron, MP for Rother Valley, hosted a reception tea at the House of Commons and the children met MPs from the region and listened to Anne Milton, Minister for Public Health, give a speech supporting the BLF's campaign. Everyone had a truly memorable day.

The school also presented Bev Wears, BLF Support and Development Manager, with £50 raised from the sale of BLF wristbands.

■ For more information on the event, see page 4



London calling: clockwise from top are Liam, second from right, with fellow teachers and pupils from Branksome Science College outside No.10; Kevin Barron MP at the parliamentary reception; all the BLF Children's Champions; Public Health Minister Anne Milton giving her speech; and Branksome pupils presenting a cheque for £50 to Bev Wears on the train home

Call for patient involvement volunteers

Do you have COPD, or do you care for someone with the condition? Can you help?

Bev Wears, BLF Support and Development Manager, is looking for volunteers with COPD to join one of two focus groups that will act as patient and carer reference groups for the two Strategic Health Authority Respiratory Steering Groups at NHS North East and NHS Yorkshire and The Humber.

You will be a member of a Breathe Easy group or a BLF Member and be willing to share your experiences of your local respiratory service and feed back information to your Breathe Easy group and/or local patient forum.

This is an opportunity for your issues to be heard.

Access to email would be advantageous.

If you are interested in getting involved, please contact Bev by email at bev.wears@blf-uk.org or on 0191 2630276.

Two new groups go live

Two new BLF Breathe Easy groups have been launched in the North region over the last few months and we would like to welcome BE Stockton (covering the North Tees area) and BE Durham Dales.

This brings the total number of BE groups offering support and information to people with lung disease in the region to 31.

Margaret Tait, BLF Development Officer, said: 'These two new groups will provide a much needed service to local people living with lung disease and their carers.'

'We are grateful for the support we have had from local health professionals and from Durham Dales Practice Based Commissioning group in providing financial support to BE Durham Dales.'

Linked to BE Durham Dales is a BLF Active exercise class run by Barbara Dent.

Patients in the Bishop Auckland area who are interested in attending the class should ask their GP or practice nurse to refer them, or contact Sue Jennings on 01388 660995.

Nurses learn to spot early signs

For health professionals, learning is a continuous process and our BLF nurses attend study days organised by the charity.

In March, 23 nurses attended a study day in York on depression in long term conditions.

Depression is a common problem in people with lung disease and spotting the signs early and offering support and treatment is very important.

The nurses found the course extremely useful and took away lots of information to put into practise.

The BLF has two useful booklets on dealing with depression and anxiety, which can be requested through the BLF Helpline 08458 50 50 20 or ordered from the BLF website at www.lunguk.org



Christmas Lunch is late but full of laughs

Forty-one people, including some friends from Teesside, attended a late but full Breathe Easy Darlington Christmas lunch (pictured).

Following a toast to two recently passed members the group's Chair, Gaynor, put the event on a more light-hearted footing by reading a chronicle of letters written by the

receiver of the gifts in 'Twelve Days of Christmas' to the suitor sending them.

As she received various and numerous birds, all of which took much looking after, the hilarity continued.

A great deal of 'banter' carried on throughout the meal and everyone enjoyed the day.



Petition champions take Westminster by storm



Famous address: Dame Helena and five campaign champions knock at No.10

On Wednesday 2 March, 25 campaign champions from schools across the UK travelled to London to help the BLF hand in our Children's Charter petition – calling on smoking in cars when children are passengers to stop – to No.10 Downing Street.

BLF research launched on the day revealed that more than half of children across the UK have been exposed to cigarette smoke when confined in the car. This research helped us secure more than 60 interviews with BLF Chief Executive Dame Helena Shovelton and Director of Communications Miranda Watson across regional and national radio. Media volunteer Sharon Gould, an ex-smoker whose habit contributed to her son Ben's asthma, also bravely participated in the radio interviews.

In the afternoon, BLF staff and the campaign champions arrived at Downing Street, where five students, along with Dame Helena and Kevin Barron MP, delivered 16,000 signatures, all in support of the ban. The event was filmed by BBC's Newsround and ITV Central.

From Downing Street, we travelled to the Houses of Parliament for a reception attended by more than 30 MPs and Peers. The Minister for Public Health, Anne Milton, welcomed the Children's Charter and encouraged children to continue campaigning and writing to their MPs. Sharon also shared her personal experiences as a former smoker and mother of a child with asthma and argued that children often don't have the chance to speak for themselves. She called on MPs and politicians to protect children from the effects of passive smoke.

To date, the BLF has received more than 15 pieces of print and online coverage, including in the *Evening Standard* and on BBC Online. We were also featured on Daybreak and the BLF's Katherine Huntly, along with the campaign champions, was interviewed on Newsround. In total, the campaign received more than 150 pieces of radio coverage, reaching a potential audience of nearly 32 million.

We would like to say a big thank you to Breathe Easy members for all their support and hard work in collecting petition signatures. We will keep you posted on the next steps for the campaign.

Election agendas

Elections will take place on 5 May 2011 in Scotland, Wales and Northern Ireland. The BLF is preparing to release manifestos to highlight what the charity believes should be prioritised by the Scottish Parliament and the Welsh Assembly.

The Welsh manifesto will:

1. Call for lung disease to be a national priority in Wales.
2. Put the Children's Charter at its heart, following on from comments in the Assembly's consultation on tobacco control regarding smoking in cars carrying children.
3. Call for pulmonary rehabilitation to be rolled out across the country.

The Scottish manifesto will:

1. Ensure that the COPD standards are fully implemented. Two key areas are ensuring that pulmonary rehabilitation is available to all those who need it and that people are able to access oxygen provision.
2. Call on all political parties to address the threat posed by passive smoke to children and young people, both at home and in cars.
3. Work to ensure that, in relation to sleep services, all people have access to diagnosis and treatment in a timely fashion.

The Northern Ireland manifesto will share points 2 and 3 with the Scottish version, and:

1. Pledge that the BLF will work with trusts across NI to ensure that services are delivered to fully meet patient needs and that respiratory services are not squeezed out in the face of budget cuts.

British Lung Foundation, North Office
Sir G B Hunter Memorial Hospital, The Green, Wallsend, North Tyneside NE28 7PB
t: 0191 263 0276 **e:** north@blf-uk.org
w: www.lunguk.org **helpline:** 08458 50 50 20