

# British Lung Foundation newsletter for the **Breathe Easy** network

October 2010

North  
edition

## Children's Charter – 8,000 signatures and counting...

Thank you for all your hard work and support collecting signatures for the Children's Charter petition and sending them in.

We currently have almost 8,000 signatures and hope to get many more in the coming months. Please keep collecting as many names as you can to help us reach our target of 50,000. The deadline for sending them in is Christmas this year.

We are currently approaching celebrity ambassadors to support the petition. Celebrities who have already signed up include Dame Judi Dench, *Big Brother's* Craig Phillips, pop singer Lemar and the businessman Duncan Bannatyne from *Dragons' Den*.

The British Lung Foundation also had a letter published in *The*



**On the dotted line:** Dame Judi signs up

*Guardian* last month to publicise the campaign. You can read it here: [www.guardian.co.uk/lifeandstyle/2010/aug/20/protect-children-passive-smoking-cars](http://www.guardian.co.uk/lifeandstyle/2010/aug/20/protect-children-passive-smoking-cars)

If you need any more petition postcards or sheets you can contact your local office, or call the campaigns team on 020 7688 5555.

## Stay in touch with e-newsletters

If you want to find out more about the BLF's health updates and the latest news and events information, then our website should be your first port of call.

But the best way to make sure you don't miss any useful items is to sign up to our e-newsletters, which will only be sent when issues arise that might interest you, or that

require some form of specific action. For example, they may include news on BLF appeals and political activities, as well as lung

health and air quality information.

Every email you receive will include the option to unsubscribe – so if you decide it's not for you, you can remove yourself from the list.

For examples of previous e-newsletters and to sign up for future editions, visit [www.lunguk.org/newsletter](http://www.lunguk.org/newsletter)

PS. We will shortly be launching the new BLF 'e-shop', where you can buy this year's Christmas cards, renew your membership or order a free publication. Keep an eye on the homepage of our website for details – [www.lunguk.org](http://www.lunguk.org)

## Global focus on COPD

World COPD Day will take place on Wednesday 17 November this year.

The BLF's campaign will aim to encourage those at risk of COPD (chronic obstructive pulmonary disease) to ask their GP for a lung function test. Those people could be smokers or ex-smokers, or people with symptoms of the disease, such as a persistent cough with phlegm or breathlessness.

Campaign materials will be available to download from the BLF website from mid September at [www.lunguk.org/worldcopdday](http://www.lunguk.org/worldcopdday) and every Breathe Easy group contact will be sent a campaign guide in the next monthly mailing. Campaign materials will follow in October.

## Fundraising fruition

This year has been the best ever for the BLF in terms of raising money. This is mostly due to two abnormal events.

The first is that we have secured £1 million a year for three years from four insurance companies to do research and awareness raising in the field of mesothelioma.

The second is that we received a very generous legacy in spring this year. The trustees are now considering how this should be spent over the next few years.



## Triathlete raises cash for Darlington

**M**ichelle McTaggart completed the 'Cleveland Steelman' middle distance triathlon on Saturday 3 July in aid of her local Breathe Easy group in Darlington.

Michelle said: "The fact that I was being sponsored helped me through the race."

Michelle joined the Darlington Triathlon Club shortly after it was formed two years ago, and has taken part in a number of sprint and Olympic distance triathlons.

This triathlon comprised of a 2,000m swim in a lake, a 58 mile bike ride and a 12 mile run.

The conditions were challenging because of high winds during the biking and the 25°C temperature, which made the run tough.

Michelle was very pleased to finish in 5hrs 48 mins, an impressive time which bagged her the prize for third place female veteran. She also raised more than £200.

For more information on Darlington Triathlon Club visit its website: [www.darlingtontri.com](http://www.darlingtontri.com)



**Impressive effort:** Michelle McTaggart

## Anniversary celebrated

BE Scunthorpe members held a BLF 25th anniversary event at the Redbourne Workingmen's Club on 9 July. The group raised more than £300 with the help of its supporters and it would like to thank the club members for their help in putting on a very pleasant and successful evening. The BLF's 25th anniversary year runs until June 2011.

## Fantastic forum work

Anne Rickell from BE Scunthorpe sits on the local COPD Forum, which is planning to hold pulmonary rehabilitation sessions at the old Brumby Hospital. The sessions will happen twice a week for 10 weeks and it is hoped they will be running by January. Anne is also involved in lobbying for more help for patients, such as an increase in respiratory nurses so people can be looked after at home. Well done Anne!

## BE Harrogate members step up to the challenge in aid of their group



**Group effort:** left to right – nurse Terry Robinson; BE Harrogate chair Ken Haw; group member and transplant patient Maggie Cowman; and MP Andrew Jones

BE Harrogate and its dedicated respiratory nurse, Terry Robinson, organised a Sponsored Step on 10 September on the town's famous Stray. The group invited local MP Andrew Jones to come along and meet the members as they stepped out with pedometers and raised cash for BE Harrogate.

Group member Maggie Cowman took part just weeks after her double lung transplant at Newcastle's Freeman Hospital.

Mr Jones said: "The patients were a real inspiration, raising much needed cash for the BLF and showing that their illness wasn't going to stop them doing their bit."

"Lung disease can be a killer – COPD alone takes more than 30,000 lives each year. The BLF is the only charity solely dedicated to beating lung disease and I was happy to start the sponsored step."

## Dates set for autumn network days

Dates have been agreed for the autumn network days – please note them in your diary. More details will be sent to Breathe Easy groups soon but in the meantime, please ask members to keep one of the dates free to come along. The programme will include some interesting guest speakers and plenty of ideas for promoting Breathe Easy groups and attracting new members. The dates are:

- Thursday 4 November 2010 – Darlington
- Tuesday 9 November 2010 – Leeds

## Three new BLF nurses for North Yorkshire

We are delighted to announce that three more respiratory specialists will become BLF Nurses in North Yorkshire. Joy and Judth join Caroline, who has been a BLF nurse for two years. The post in Scarborough is currently being advertised. The North region now has nine BLF nurses in total working in their communities to provide expert respiratory care to patients.

## Child's play in Sheffield

Members of BE Sheffield met children from their local Sure Start nursery to launch the BLF's Children's Charter campaign in Sheffield. The children and BE members are pictured promoting the message that 'Lungs are for life'.



## Regional committee Chairman's corner

**By Dr David Fishwick  
BLF North Regional Chair**

"I am pleased to announce that regional committee member Terry Robinson has agreed to be Deputy Chair and help me support the BLF in the region.

"The BLF North regional committee is currently following up on the survey of regional hospitals in 2008, which identified that 59 per cent of acute trusts had no paediatric respiratory nurses working in their Children's Departments.

Dr John Furness is undertaking another review of staffing and we have sent each Chief Executive a copy of the BLF's Children's Charter.

We have lots of Children's Charter petition postcards (pictured) and will be sending some more

supplies to Breathe Easy groups. We would be extremely grateful if you could get these signed and returned before Christmas, to help towards our target of 50,000 signatures on the petition.

"Thank you and best wishes."



## Donations honour the memory of BE Northallerton member

BE Northallerton has received two generous donations in memory of the late Mr Alf Armstrong, who died earlier this year.

The donations were given by the family and friends of Mr Armstrong and the members of the RAOB Club in Northallerton.

Pictured at a presentation lunch in August are Mr Armstrong's family along with officers of



the RAOB Club, BE Northallerton group members and BLF North Development Officer Margaret Tait.

# New heights for fundraising



**Inspiring:** Machu Picchu, in Peru

The BLF is organising its first bespoke overseas challenge – Trek Peru. This fantastic challenge, which will take place from 15-24 October 2011, involves trekking to Machu Picchu, spending a day exploring Cusco, once the capital of the Inca Empire, and visiting a local medical centre.

Machu Picchu is one of the world's most fascinating and important archaeological finds and the Inca Trail is rated as one of the

greatest treks on earth.

The trip is designed to be challenging and incorporates at least four days of trekking on uneven terrain at high altitude – the highest point being 4,200m above sea level. A good level of fitness is required, but training support is provided and acclimatisation is built in to the itinerary.

The trek is made all the more demanding by the fundraising involved. All the money raised (apart from the tour costs) will directly fund the BLF's vital work.

If you know anyone who is looking to take on the challenge of a lifetime and support the BLF as we celebrate our 25<sup>th</sup> anniversary, then visit [www.lunguk.org/trekperu](http://www.lunguk.org/trekperu), call 020 7078 7912 or email [events@blf-uk.org](mailto:events@blf-uk.org) to find out more.

## And the BOFAAs winners are...



The Breath of Fresh Air Awards (BOFAAs) are the annual prizes given in recognition

of outstanding achievements in Breathe Easy groups. The regional winners of the five categories for 2008/09 were entered into the UK-wide competition and the UK winner from each category will receive a special 'Gold' award. This year the standard was exceptionally high, but after a difficult decision the judges are pleased to announce the following UK winners:

- Outstanding contribution to awareness raising and campaigning – **BE Perthshire (Scotland)**
- Outstanding health care in the community – **Paula Browne and Sandra Olive, respiratory nurse specialists for BE Norwich (London & South)**
- Outstanding group newsletter – **BE Ashford & Tenterden (L&S)**
- Outstanding new group – **BE Fenland (L&S)**
- Outstanding group achievement in influencing – **BE Causeway (NI)**

In addition to these awards, the winner of the 'Outstanding contribution to lung disease' shield is **BE Norwich (L&S)**. And a special award was given to **Lynda Mitchell (BE Withywood, South West)** for her 'Outstanding contribution to campaigning and media work'.

The BLF would like to congratulate all the winners and thank those who sent in nominations.

## Spotlight on: Crossroads Care

Crossroads Care is Britain's leading provider of support for carers and the people they care for. It works with more than 35,000 individuals and their families, helping carers make a life of their own outside caring.

There are 6 million people in Britain who care for others. Many of these people reach a turning point at which they need help. This could range from simply needing a break to requiring more regular support.

Crossroads Care is a national network of local charities employing more than 5,000 trained professionals. The network provides flexible services to people of all ages and with a range of disabilities and health concerns, including lung conditions.

Sheila Logan, Deputy CEO of Crossroads Care Cheshire West and Wirral, says the first step in accessing support is to get in touch with your local Crossroads Care scheme. "The first contact usually comes via the telephone, which gives us the chance to discuss the carer's needs," she says. "This will be followed up by an assessment visit, where we talk over the specific support we can offer in more detail."

To find out more about the support that Crossroads Care can offer, visit [www.crossroads.org.uk](http://www.crossroads.org.uk) or call 0845 450 0350.

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