



# **Breathe Easy** **Westminster**

**Support group for residents, families and carers of  
those with respiratory conditions**

For this free Westminster support group email  
[breatheeasywesminster1@gmail.com](mailto:breatheeasywesminster1@gmail.com), or call 07548641438  
To become a member: [www.breatheasywestminster.com](http://www.breatheasywestminster.com).



## **GROUP MEETINGS:**

Our face-to-face meetings continue on the **3rd Monday of each month from 11am** at the top roof garden floor, Ada Court. Cristy makes sandwiches on demand on the day (£2 each, many thanks to Nanette for covering) and beverages and biscuits are complementary. Please do bring gifts for the raffle!

For those with internet access, we also have a zoom meeting on the **1st Friday of each month at 12:30pm**. We use the same zoom link for every single meeting - I send these round via email each month.

## **VOLUNTEER TEAM**

As a reminder of roles and responsibilities, the lead volunteers for the group include:

**Jane Lowe** - ADA Court Meeting Facilitator

**Steve Spain** - Age UK Support & Zoom Meeting Facilitator,

**Meg Greenhalgh** - Admin and Publicity; newsletters, all emails

**Jon Spain** - Finance & accounts

Many thanks to **Tessa Jelen** who remains active in organising talks for the group.

**Would anyone in the group be interested in being trained to help with outreach publicity for the group, so we can encourage new members to join?** This would involve representing the group at health fairs and community events to help spread the word. Please do get in touch if this would be of interest.

## Recent Meetings - Recap:

### **JULY ZOOM MEETING:**

Xaverine Valentine from Central London Community Healthcare NHS Trust Post Covid MDT Service gave a talk on what the local long covid support service offers, as well as tips on managing respiratory conditions more widely. Catch up using the below link of the recorded meeting:

[https://zoom.us/rec/share/XjjHuK8XVM3W6XW1GD\\_tRuS23ss8uyuFbGrQid7Kr9gSJp5fXP2HlsgEgKxXc\\_Y.dtY\\_ZXvl5QHBTv6m](https://zoom.us/rec/share/XjjHuK8XVM3W6XW1GD_tRuS23ss8uyuFbGrQid7Kr9gSJp5fXP2HlsgEgKxXc_Y.dtY_ZXvl5QHBTv6m) Passcode: @yAa20ta

### **JULY ADA COURT MEETING:**

Yuki Machida from Ambient Works delivered a session on the causes of indoor air pollution and how to monitor it.

### **AUGUST ZOOM MEETING:**

Fred from [Home Instead](#) delivered a brilliant talk on dementia. Please find a recording of the meeting below, for those who missed it:

<https://zoom.us/rec/share/2aoX8z1S8M8vRp4PkRjG45F3LVeLkHtYhpVe52LgpYjhdJVCjzZUvIK3yZQpY0Ay.6C75Vlac3SYpeDgE>

Passcode: RW%1.RVj



### **AUGUST ADA COURT MEETING:**

Gina Casserly from Westminster Talking Therapies discussed the free, confidential cognitive behavioural therapy (CBT) for mental health difficulties. This can involve telephone conversations, face to face 1 to 1 meetings or group sessions following an initial assessment. Spaces are available for these services, so if you think you could benefit please get in touch on [westminster.iapt@nhs.net](mailto:westminster.iapt@nhs.net) or 030 3333 0000. Also: [talkingtherapies.cnwl.nhs.uk/westminster](https://talkingtherapies.cnwl.nhs.uk/westminster).



## SEPTEMBER ZOOM MEETING

Vijay from Imperial College London gave a talk on the long covid trial being worked on. Zoom recording below:

<https://zoom.us/rec/share/I209FcxRAoTLApz1gC0RKGFec7WdbuTnmU-Bb1W2Lb7YKYZ1aFAqux2HtdvyoJbm.KwEju2DsswvEVlo1>

Passcode: vX.M2fh4



## SEPTEMBER ADA COURT MEETING:

Many thanks to Tessa Jelen who return to the helm to deliver a talk on the groups structure, fundraising and need for help.

## Breathe Easy Visit Buckingham Palace!

Many thanks to Claire for organising a brilliant trip to Buckingham Palace on Wednesday 17th September. Great turnout and a lovely day was had by all.



## Breathe Easy Stall at London Zoo



Friday 5th September, London Zoo event was highly successful informing the visiting families of the new Asthma & Lung UK national support for parents of children with asthma, with thanks to Tessa Jelen for organising.!



## Coming Up...

Our face-to-face meetings continue on the **3rd Monday of every month from 11am** at the top roof garden floor, Ada Court. For those with internet access, we also have a zoom meeting on the **1st Friday of each month at 12:30pm**.

Friday 3 October, 12.30pm	<b>Zoom</b>	Cassie Lee, NHS physio and respiratory expert from Imperial College Healthcare NHS Trust, who actually was behind the group starting initially.
Monday 20th Oct 11am	<b>Ada Court</b>	To be confirmed (potential ICL researcher)
Friday 7 Nov, 12.30pm	<b>Zoom</b>	Chloe Owen from Asthma and Lung UK will provide a talk on air pollution and health, including an overview of what the clean air team at the charity does and their campaigns.
Monday 17 Nov, 11am	<b>Ada Court</b>	Sherene Headley from Healthier Homes will be delivering a talk on the healthier homes programme and links between housing and health.
Friday 5 Dec, 12.30pm	<b>Zoom</b>	Natalie Davis from Westminster Council's waste and environment team will be delivering a talk on recycling.
Monday 15 Dec, 11am	<b>Ada Court</b>	Please join us for the 2025 Christmas Party

## Asthma and Lung UK, Key Info & Updates

### **KEY CONTACTS:**

Get in touch with their 24 hours a day helpline on 0300 222 5800, email them on [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk) or text them via Whatsapp on 07999 377 775.



**To sign up to Asthma and Lung's Online Support Groups, find out more via their website here:**

<https://www.asthmaandlung.org.uk/groups-support>



## Take Part in the [HERON Survey](#)

The HERON (health technology for chronic respiratory disease) project wants to understand the biggest needs faced by people living with, at risk of, or suspect they might be developing, a lung condition. This 15 minute or so survey will guide how future health technology is developed.

## USEFUL CONTACTS

- [Westminster Contact Centre](#) may be able to help 020 7641 1444.
- [Benefits](#) 0800 072 0042 .
- [Age UK Westminster](#) 020 3004 5610 (10.00 – 14.00) offers advice and assistance.
- [Abbey Community Centre](#) 020 7222 0303 has lots of local support and fun.
- [Open Age](#) for venues, activities and advice 020 4516 9978.
- [Penfold Hub](#) guide to support pathways 020 3815 0033.
- [Westminster Citizens Advice Bureau](#) 0808 278 7834.
- [Westminster Libraries at Home Service](#) 020 7641 5405.
- [Nickie Aiken MP](#) City of London and Westminster 020 139 5125.
- [POhWER's Independent Health Complaints Advocates](#) making an NHS complaint 0300 456 2370
- [Carers Network](#) 020 8960 3033 (see [HERE](#) for their amazing full contact help list).
- [Independent Age](#) 0800 319 6789.
- [The Patient Association](#) 0800 345 7115

## Local News/ What's Happening in Westminster...

### Westminster Council launches Clean Air Routes London to reduce public exposure to air pollution

[Clean Air Routes London](#) is a new interactive map that helps you find routes with the best available air quality. The website uses forecasted air quality data, including data from our own sensor network, to guide residents, workers and visitors on cleaner, healthier journeys, helping to minimise their exposure to harmful air pollution.

Visit [cleanairroutes.org](https://cleanairroutes.org) to check out the website and plan your next journey.



## Take Part in Age UK Silver Sunday event at the Beethoven Centre

Age UK's Silver Sunday is a national day where communities come together by hosting fun and free activities for older people. In 2024 there were more than 1,300 Silver Sunday events across the UK, organised by wonderful local groups, businesses and volunteers. This year, Silver Sunday takes place on Sunday 5 October 2025.



**On 2nd October at 2:30pm**, come along to Age UK Westminster's Beethoven Centre Third Avenue, London W10 4JL to celebrate, where there will be music, dancing and afternoon tea.

**Free Support to Stop Smoking:** One You Westminster offers free, friendly support to help Westminster residents stop smoking and improve their overall health. Whether you want to quit smoking, get fitter, eat better, or boost your wellbeing, expert coaches are here to guide you with personalised advice, one step at a time. Call 0808 175 6385 to get started today.



## Online Events of Note

### NHS App Webinar

If you'd like to find out more about how to use the NHS app please join the below webinar from NHS England on Tuesday 14th October at 11.30. [NHS App National Webinar - October 2025 | NHS England Events](#)



## UK Health News

### **SERVICE LAUNCHED TO SUPPORT THOSE WITH CHRONIC CONDITIONS**

Hundreds of thousands of people diagnosed with long-term health conditions will receive extra support from expert charities, under a new service, announced by the [government](#). Diagnosis Connect will ensure patients are referred to trusted charities/support orgs - providing advice, info and guidance to help them manage their condition. This support is designed to complement, not replace, usual NHS care. Due to launch next year, this will support a quarter of a million people in its first 2 years and focus on areas like diabetes, mental health and lung conditions.

### **NEW THREE STRIKE RULE FOR GPs**

The Government has introduced a new life-saving patient safety initiative called Jess's Rule, meaning patients with a potentially deadly illness will be diagnosed sooner. Jess's Rule is named in memory of Jessica Brady, who died of cancer in December 2020 at the age of 27, and will help avoid tragic, preventable deaths as GPs are supported to catch potentially deadly illnesses sooner. In the 5 months leading up to her death, Jessica had more than 20 appointments with her GP practice but eventually had to seek private healthcare. She was later diagnosed with stage 4 adenocarcinoma. With such an advanced disease there was no available treatment. She was admitted into hospital where she died 3 weeks later. The new initiative will ask GPs to think again if, after 3 appointments, they have been unable to offer a substantiated diagnosis, or the patient's symptoms have escalated.

### **COMBATING HEALTH MISINFORMATION**

The Health and Social Care Secretary Wes Streeting has joined medical experts from across the world to urge pregnant women not to listen to US President Donald Trump's claims that paracetamol use in pregnancy can be linked to autism. [Streeting said](#) there is no evidence of the link, and advised people to listen to scientists and doctors on this issue. The [UK's Medicine and Health Regulatory Agency](#) has also confirmed that taking paracetamol during pregnancy remains safe and there is no evidence it causes autism in children.

## **New Research & Reports**

This September, the latest respiratory research was presented at European Respiratory Society Congress, including:



### **LINK BETWEEN GROWING UP IN A HOME WITH A DOG AND REDUCED ASTHMA RISK**

A study by a team from The Hospital for Sick Children in Canada has found that small children exposed to dog allergens in their home had a lower risk of developing asthma by the age of five, but exposure to cat allergens did not have the same protective impact, as reported in [Independent](#).



## **EATING FRUIT MAY PROTECT AGAINST THE IMPACT OF AIR POLLUTION ON THE LUNGS**

As reported by [ERS](#), the researcher said: our study confirmed that a healthy diet is linked to better lung function in both men and women regardless of air pollution exposure. And that women who consumed four portions of fruit per day or more appeared to have smaller reductions in lung function associated with air pollution, compared to those who consumed less fruit. This may be partly explained by the antioxidant and anti-inflammation compounds naturally present in fruit. These compounds could help mitigate oxidative stress and inflammation caused by fine particles, potentially offsetting some of the harmful effects of air pollution on lung function.”

In her on-going role as a Patient Representative, Tess was invited to Primary Care Respiratory Service (PCRS) conference in Telford, 17-19 October where she gave a talk on the importance of medics being able to see the patient “as a whole”, rather than just their condition.

And then to Amsterdam for the ERS 2025 Congress on 26-30 Oct, where she is part of ELF’s COPD Patient Advisory Group joining a discussion with the World Health Organisation (WHO) and was also privileged to join a COS\_COPD Task Force ‘kick off’ meeting, where she met again, Sachin Ananth, who is giving a BE Zoom talk to us in January (not to be missed!)

## **THANK YOU**

**If you have any questions or want to find out more about anything included in this newsletter, please contact [breatheeasywesminster1@gmail.com](mailto:breatheeasywesminster1@gmail.com) or call 07548641438.**