

**BREATHE EASY WESTMINSTER**  
**Asthma & Lung UK Support Group**

**NEWS FLASH**  
**January 2023**



<https://www.asthmaandlung.org.uk/>  
[helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

Helpline 0300 222 5800

Tess

[www.breatheasywestminster.com](http://www.breatheasywestminster.com)

[t.jelen@btinternet.com](mailto:t.jelen@btinternet.com)

020 7834 0894

Our F2F (face to face) **Westminster Breathe Easy monthly meetings** are again at Ada Court, and we look forward to catching up with old friends, hearing your news and what you wish from this Breathe Easy group. Ring 020 7834 0894 for more information.



**Or, if you don't know about us, why not sign up [HERE](#) to be a free member and get regular updates, invitations and information.**

Our Christmas event at Ada Court went well, food was enjoyed at we all look forward with hope in the New Year.

### **Past and Coming events and talks**

- Jan 6<sup>th</sup> Zoom talk on "All about oxygen" from AirLiquide (slides available on demand)
- Jan 16<sup>th</sup> Ada Court meeting – getting to know each other and about inhalers
- Jan 21<sup>st</sup>s online Severe Asthma patient conference from ELF
- Jan 25<sup>th</sup> Abbey Centre demonstration at Health Fair. 1.30
- Feb 3<sup>rd</sup> Zoom talk by Green Doctor, advice on keeping warm services and hints
- Feb 20<sup>th</sup> Ada Court meeting
- March 3<sup>rd</sup> Zoom talk by Jane, respiratory nurse, met at Parliament session on inhalers.

*See advice links*

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers>

[www.rightbreathe.com](http://www.rightbreathe.com) Lists all inhalers, information and videos

<https://vimeo.com/462186592/f7275a2613>



I spent 3 weeks in hospital recently, and sepsis and **pneumonia** diagnosis. I was surprised at the length of time to gain full recovery and this link from ALUK will tell you more about pneumonia.

<https://www.blf.org.uk/support-for-you/pneumonia>

Join the **International Breathe Easy group** every week through this [one-off registration](#) with A+LUK. Once you've registered, you will automatically receive back a **zoom link** which you can use each time you join the weekly Meeting. They are great fun with lots of handy hints on the respiratory pathway. Or catch up with one of the group, **Caroline Moore** from Canada on [CatchYourBreath60 - YouTube](#)



### Loosing our members:

Dadou Elvin and Joan Provost, both members for many years, have died recently. We will miss them. Joan's son has been supportive to her for many years and has advised us of her funeral date, 26<sup>th</sup> January 2023



**At the moment the nation seems to be suffering from increased ill health, for whatever reason it is good to work on** protecting your health and the NHS - 'Tis the season to practise good Hygiene. Read more about hygiene hints in the IFH newsletter [HERE](#).



Also there are further hints on keeping yourself safe from Covid [HERE](#)



Asthma and Lung UK Support Groups



### [Motivational Monday's](#)

Motivational Mondays are led by a BLF trained Singing for Lung Health



instructor and consist of relaxation, breathing exercises and singing. You'll need to register through the link below and you'll then be sent a Zoom link specific to you.

[HERE](#) is an excerpt from one of the above sessions which demonstrates the correct way of breathing. Ways of breathing is now cropping up in lots of health advice programs (see Guardian article [HERE](#)) as beneficial, even for those without a respiratory condition.

And all important for **deep breathing** is the quality of the air, so [View this email in your browser](#) about Asthma & Lung UK (ALUK) fighting for cleaner air and how to sign up to help them. Also You can find out more about using breathing techniques to clear your lungs from the [Association of Chartered Physiotherapists in Respiratory Care](#). They've produced an information leaflet about the Active cycle of breathing techniques that you can [download](#).

### [Mindfulness](#)

This six-week course is a taster in Mindfulness. It aims to give members the tools that will support them in leading more fulfilling lives. Helping to improve quality of life, reduce emotional distress and reduce fatigue.

### [Online support group](#)

On the first Wednesday of each month, we'll be running our own 4 weekly Zoom support group meetings. The sessions include talks from a respiratory nurse, respiratory physiotherapist and a body breathing practitioner as well as a general meet up/coffee morning.

### [Harmonica for lung health](#)

The six weekly sessions will take place from 10:30 to 11:30am every Thursday, and we ask that you attend all six sessions if possible, for these sessions you'll need a C major diatonic 10 hole harmonica.

### [Feel Good Friday](#)

Feel Good Fridays are led by a trained instructor who shows how to do gentle chair-based Zumba. Click on the link below to register and receive your own Zoom link.

## **Volunteer Led Support Groups**

Our recent survey for our members lung conditions has led to Asthma and Lung UK (ALUK) starting up groups dedicated to diagnosis, so national groups for *bronchiectasis*, *long covid*, *asthma* and international respiratory members are now brilliantly supported by ALUK and becoming increasingly active.

### [Bronchiectasis Group](#)

Volunteer Patricia has founded the online bronchiectasis group with our support. The group will run online every 3rd Thursday of the month.

### [Severe Asthma Support Group](#)

Olivia has set up a virtual severe asthma peer support group. Meetings are very informal with conversation topics dictated by group members. Guest speakers will also come every so often too.

Also for **Parents and Carers**, Are you having sleepless nights due to your child's coughing? Worried the cough will never stop and what damage it is doing? Medications not working and not sure where to turn next? Then please join us on **Tuesday 21<sup>st</sup> February at 7pm on Zoom for a webinar on 'Coughing and asthma in children' with Professor Ian Sinha from Alder Hey Hospital.** register [HERE](#) to receive your joining  
Also on March 21<sup>st</sup> @7pm Ian Sinha will be talking at Housing and Asthma and in June we will be taking about Asthma and school with Debby Waddell. We will be sending out **registration** emails for these events nearer the date.

### [Long Covid Support Group](#)

Working with Covid Aid ALUK are running a Long Covid support group. Sessions will be held on the 1<sup>st</sup> Tuesday of the month. You'll learn how to manage and reduce your breathlessness, alongside clinical help. ALUK also has a free web community that can be accessed 24 hours a day, this is a great way to chat to people in similar situations. **Web Community** <https://www.blf.org.uk/support-for-you/web-community>

Their helpline is staffed by experienced health advisers and respiratory nurses, they are open Monday - Friday 9am - 5pm and can be contacted on 0300 222 5800 (option 1)  
Email [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

If your query is about asthma, you can also contact the Helpline on WhatsApp on 07378 606 728. **Helpline** <https://www.asthmaandlung.org.uk/get-support/>



Dr Andrew Whittamore of Asthma and Lung UK and Felicity Payne join us to talk about Chronic Obstructive Pulmonary Disease, COPD, which is the name for a group of lung conditions that cause breathing difficulties. Felicity has emphysema

which comes under the umbrella of COPD, and explains how she has grown used to the condition, after initially finding herself feeling isolated with many unanswered questions.

[Listen to this podcast](#)

## Involvement opportunities in research

### Do you have COPD and use home oxygen therapy?

Would you like to improve your experience of physical activity, daily step count and blood vessel function? Imperial are looking for participants to take part in their NIHR funded trial **ON-PACE, for those in Greater London**

**What's involved?** Daily consumption of 70mls concentrated organic beetroot juice (dietary nitrate) for 12 weeks and 3 appointments at the Royal Brompton Hospital, London. **Interested?** Please complete this quick survey and we will get back to you: <https://www.surveymonkey.co.uk/r/ONPACE>



**Or for further information** please contact: [onpace@imperial.ac.uk](mailto:onpace@imperial.ac.uk) TEL: 02073514058  
*Transport to appointments provided and time reimbursed.*



An exploration into the inequalities in the provision of NHS Pulmonary Rehabilitation within England for the management of Chronic Obstructive Pulmonary: A survey. (cave1\_20@uni.worc.ac.uk)

<https://ucw.onlinesurveys.ac.uk/exploring-provision-of-pulmonary-rehabilitation-across-eng>



### Air Quality Monitor for Lung Health

Sora is a project to develop a new air-monitoring device, they are looking for people with respiratory concerns to spare 5mins to fill out this [survey](#), also for people concerned with air pollution to have a 15-minute interview about managing pollution exposure. If you are interested please contact: Yuki Machida, Email: [yuki@sora-air.co.uk](mailto:yuki@sora-air.co.uk), Tel (0)7907528503.

Sora aims to reduce health risks by using smart air quality monitors, reduce the risks of hospitalisation caused by pollution exposure by measuring particulate matter (PM2.5), NOx and Ozone. The founders are graduates of Imperial College London and the Royal College of Art. They have previously worked for MIT designing low-cost air quality monitors, IoT education start-ups and Microsoft Research developing new products.

**Currently looking for people to interview and fill out [THIS](#) survey to get a better understanding of how to better design for meaningful impact.**

## The National Grid's One Stop shop

Global energy markets mean the UK and Europe face a challenging winter. The energy industry is prepared and has well-established procedures in place if there is a national energy shortage. One part of these procedures is planned emergency power cuts, called 'rota disconnections'. These are very rare but vitally important for those relying on home oxygen. Within the information below [HERE](#) you can find out more on how to prepare for a power cut and also more information on what rota load disconnections are and how they may impact you.



**NIHR** | National Institute for Health and Care Research

Always has information about new research in the pipeline and their December update [HERE](#) has information on home-monitoring technology to help improve life for people living with respiratory conditions about how NIHR has awarded £1.5 million in funding for research that could help transform the lives of people with the lung conditions **cystic fibrosis (CF) and bronchiectasis (NCFB)**. The research will investigate how machine-learning technology could help monitor these conditions using measurements taken in people's own homes. See article [HERE](#).

### Chronic Cough [Information on chronic cough for patients](#)

A virtual patient conference about chronic cough took place in May 2022.

You can watch recordings of the conference [here](#).

The patient group help NEuroCOUGH research project understand and take account of the patients' views and perspectives. The group also find it helpful to share their experiences with the other members. If you wish to join, email Clare: [clare.williams@europeanlung.org](mailto:clare.williams@europeanlung.org)



The 2023 **GOLD COPD guideline**<sup>1</sup> was published in November 2022 and includes a notable addition: Management of Mucus Hypersecretion. Mucus hypersecretion places a tremendous burden on the health of COPD patients. Mucus hypersecretion can have a significant negative impact on: Airflow and lung function, Respiratory infections, Quality of life, and Exacerbations and hospitalisations



[The LINK](#) highlights the **renewed focus on mucus in COPD management** and describes treatment goals for patients with chronic bronchitis, including:

1. Reducing the overproduction of mucus
2. Decreasing mucus hypersecretion by reducing inflammation
3. Facilitating elimination of mucus by increasing ciliary transport
4. Decreasing mucus viscosity
5. Facilitating cough mechanisms

The propellants in some inhalers are powerful greenhouse gases that contribute to climate change. **The NHS advises on taking your inhaler back to the pharmacy.** At one point Complete the Cycle” from GlaxoSmithKline (GSK) had a UK-wide recycling and recovery scheme for all respiratory inhalers but was suspended last year. So – **do not** put your used inhaler in the bin but take it back to your local pharmacy or at a collection at your local Breathe Easy meeting.



### New report on UK air pollution

England’s Chief Medical Officer, Sir Chris Whitty, has published a new report on air pollution. In the document Witty highlights the huge improvements made since the 1980s but emphasises that there is more to be done with indoor air pollution, in particular, needing to be resolved. Visit our Greener Respiratory Pathway for resources on improving air quality.

According to the US Environmental Protection Agency (EPA), levels of **indoor air**



**pollutants** are typically more than three times higher than outdoors. Sources of indoor pollution can be many: cooking, heating and scented cleaning products, as well as the products we use to deodorise our living or working spaces – candles, diffusers, room sprays, gels, beads and other products.

Air fresheners emit more than 100 different chemicals, including volatile organic compounds (VOCs). These are airborne chemicals that include wide classes of organic compounds. These VOCs will react with ozone and other indoor oxidants to generate a range of oxidation products, which are potentially toxic molecules. The level of exposure and concentration determines the potential toxicity.

**British Heart Foundation** gives you the following links for interest.

Personally, I like the useful resistance band exercises: -



1. [11 signs you might have heart disease](#)
2. [Breakfast cereals ranked best to worst](#)
3. [6 cost-effective ways to keep the heat in](#)
4. [7 cheese facts that will surprise you](#)
5. [Resistance band exercises](#)

**High street pharmacists treating more people. More than 100,000 patients were seen by their high street pharmacist in just one month according to new NHS figures.** Pharmacists are [helping people get the quick care they need as well as easing pressure on GP teams](#) facing record demand. NHS 111 online users can now be directly referred to a high street pharmacist for a same-day consultation, in a new pilot involving 70 GP practices. People can search the [NHS website](#) for their nearest GP and register online for pharmacy referrals. There are plans in place to increase the service in up to 600 practices..

## Save £40 on prescriptions

The latest research suggests that more than a million people overpay for their prescriptions, missing out on savings of up to £40. Here's how to save some cash. [How to save money on prescriptions](#)



Integrated care systems (ICSs) are the centrepiece of the biggest legislative overhaul of the NHS in a decade. From July 2022, England will be formally divided into 42 area-based ICSs, covering populations of around 500,000 to 3 million people. Read [HERE](#) about what they do and what they look like.

**TheKingsFund** Just when you thought things couldn't get any stranger, 2022 happened. So, here's Kings Fund annual look [HERE](#) at what the health policy year had in store.

It also goes without saying that this is an exceptionally difficult time for many that work in, or rely on, health and care services in England. Does 2023 hold out hope of something better? Read [HERE](#)

Everyone's voice matters – whether it's a thousand people or one individual.

At the very heart of **Listen to Act** is the belief that for community insights to transform into meaningful action, they need to be genuine, representative, and relevant to form a complete view of what's going on. [Visit our website](#)



**European Lung Foundation** gives comprehensive information on the move into digital patient support.



- [LINK](#) on how digital technology is changing healthcare?
- Data sharing in healthcare [LINK](#)

if you wish to see how your practice is performing, please follow this link and type in your GP practice name <https://www.gp-patient.co.uk/>



## Local community support



Our Breathe Easy Westminster group are members of CAS and we are invited for community -wellbeing walks at Kew Gardens. See details [HERE](#).

[Let me know](#) if interested and I will book. I suggest April for a group visit date.

## COMMUNITY ZOOMS FROM ROYAL COLLECTION TRUST



Community Zoom talks run as part of our Inclusion Programme, which aims to make the Official Residences of The King and Royal Collection as accessible as possible to visitors with disabilities, and those who wouldn't normally visit.

Our programme of Zoom talks is for people who cannot easily visit the Official Residences of The King. Talks take place on the first Wednesday of the month, from 2pm. Join us to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.

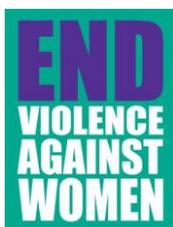
Wednesday 1 February	<b>Introducing the Royal Collection</b> A glimpse of collecting tastes of past royalty
Wednesday 1 March	<b>St James's Palace</b> The official seat of the British Monarchy.
Wednesday 5 April	<b>Tudor and Stuart Fashion</b> How to dress at the Royal Court.
Wednesday 3 May	<b>Style and Society: Dressing the Georgians</b> What can fashion tell us about life in the 18 <sup>th</sup> century?
Wednesday 7 June	<b>George IV at the Palace of Holyroodhouse</b> Discover the traditions, tartan and pageantry of George IV's visit to Scotland in 1822.
Wednesday 5 July	<b>Royal Residence: Clarence House</b> Home to Queen Elizabeth, the Queen Mother.

**Join Zoom Meeting – camera on or off:** <https://us02web.zoom.us/j/4407732986>  
Meeting ID: 440 773 2986

### Out and About Programme Events | [Eventbrite](#)

Westminster City Council's Out and About programme offers complimentary tickets to Westminster residents aged 65 or above, to attend cultural events such as concerts, exhibition, film and theatre shows. We have recently applied for rehearsal tickets for the opera Carmen at the ENO theatre

### Women's Rights Are Human Rights



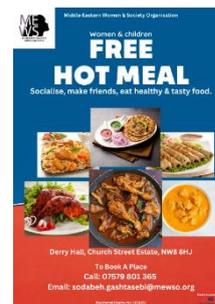
Last month, **MEWS** and over 60 other frontline support services, campaigners, researchers, lawyers, survivors and experts in violence against women and girls, called for urgent action to protect the **Human Rights Act**. The Act is essential for protecting women and girls but there are voices within Government threatening to abolish it.

The **EVAW coalition** said: "You cannot claim to prioritise tackling violence against women and girls while withdrawing critical legislation that protects us. We won't stand by while you attack our fundamental rights. The Rights Removal Bill endangers women and girls - we call on you to scrap the Bill and save our Human Rights Act."

## FREE Hot Meal for Women & Children

**MEWS**o is still providing a **FREE hot meal once a week** for women and children in the Church St area of Westminster.

The provision is to help families with their cost of living crisis and to give those who are isolated a chance to chat and socialise, learn how to eat healthily on a low budget and improve their mental and physical wellbeing. The project, sponsored by the City of Westminster, continues until March. Meals are served at **Derry Hall, on the Church Street Estate, NW8 8HJ**. To check which day and time the meal is served (it may vary), and to book yourself a place, call: **07579 801 365** or email: [\*\*Sodabeh.Gashtasebi@mewso.org\*\*](mailto:Sodabeh.Gashtasebi@mewso.org)



More information on Winter in the City venues and activities can be found at [www.westminster.gov.uk/winter-in-the-city](http://www.westminster.gov.uk/winter-in-the-city). Could have better coverage!



**Welcome to the new-look MyWestminster newsletter.** This is your weekly update from Westminster City Council on what's going on in your city. In this issue:

Unblocking the Dockless; More From Around the City; What's on in Westminster



### Westminster Councils Cost of living support hub

Seen how they can support you through the rising cost of living [HERE](#).

Read their strategy proposal on below link

<https://www.westminster.gov.uk/media/document/cost-of-living-strategy---2022>

Also, if you haven't seen it already, **here is the London Plus** [cost of living document](#), which contains a range of resources to help those in need.

### Cost of living support information

Please [\*\*click here to download a useful collection of resources\*\*](#), put together by local NHS partners, for individuals in Westminster affected by the cost of living crisis.

[\*\*Westend Community Trust\*\*](#) have joined for monthly Quiz sessions with Covent Garden Community Centre (CGCC) at 7 Dials Club, contact Viola if interested.

**2pm - 4pm, Monday 23rd January 2023. CCG, 7 Dials Club, 42 Earlham Street, London WC2H 9LA.** Groups will be made up of 4 - 6 people depending on numbers of attendees, so whether you are a newby or seasoned quizzer, it should be good fun. Refreshments will be available but you are welcome to bring some snacks. Please RSVP to attend, Viola Etienne, 07502 106 713 [www.westendcommunitytrust.org.uk](http://www.westendcommunitytrust.org.uk)



IT Help if you are having problems with your smartphone, tablet or PC and are a Westminster Resident, get in touch with Neil of the West End Community Trust for help - *no problem too small*. telephone 07768 907525 [neil@westendcommunitytrust.org.uk](mailto:neil@westendcommunitytrust.org.uk)

**EXCITING COURSES!** You can book by contacting us on **020 4516 9972** or [aclbookings@openage.org.uk](mailto:aclbookings@openage.org.uk)



Do you want to know how to set up the NHS app; order your prescriptions online or access internet services related to your health and wellbeing? Do you need to support someone with a health condition? Maybe you just want to be confident accessing health

services or information on health?

Healthy Digital Life, Second Half Centre, Friday 20th Jan from 1:30-3:30pm

9 week course - £3 per session



**Eating Healthily on a Budget**

This course will be looking at how to eat healthily on a budget. You will be introduced to healthy menus each week, to cook together as a group along with tips for eating healthily and cheaply, such as planning your recipes, being seasonal, planning ahead, keeping to a shopping list, etc.

Where? Second Half Centre

When? Wednesday 25th Jan from 12:15-2:15pm (Fortnightly)

5 week course - £3 per session

Find out more about what **Age UK Westminster** are doing by subscribing to our mailing list. All the news will come straight to your inbox! If you would like to receive the Age UK Westminster free newsletter contact 020 3004 5610: or just [Sign up now](#)

**The Seasonal Health Intervention Network (SHINE)** is a fuel poverty referral network and free energy advice service for Londoners. SHINE London offers a dedicated helpline and affordable warmth interventions to ensure households get the help they need to reduce utility bills, tackle energy debt and ultimately stay well and warm. **SHINE** advice line for self-referrals, call 0300 555 0195 to speak to an advisor, 9am and 5pm, Mon-Fri. <https://shine-london.org.uk/>



**Groundwork** delivers a Warm Homes Advice Service for Westminster residents, delivered by a team of **Green Doctors**. This service is available to anyone over the age of 65, who has a long-term health condition or disability or is on a household income of £21,500 or less.



Visit the **ABBEY CENTRE ACTIVITIES** to learn about how to join or the [Abbey Centre website](#) to learn more about your local meeting place, see their latest news [HERE](#). Or just visit their lovely tea room.



**Westminster Library** has a new customer service phone line. Who are there to help with book recommendations, queries about library resources and even basic tech support. Just call 020 7361 3993. Or read their [newsletter HERE](#) with details of music recitals, children's events, books, podcasts And even



**Plant swap day**, at 21 Jan, In-person. 11:00 - 15:00, [Paddington Library](#). Do you love gardening? Make use January's perfect season to start planning your summer garden with us, where you'll get to share others seeds, cuttings, divisions and full-size plants. [Register now on Eventbrite](#)



## New Winter Programme January - March 2023

Our new programme , click [HERE](#) to have a look at what is on offer. If you would like to receive their newsletter directly, just click [HERE](#) to register.



## Random other stuff

**TheKingsFund** Listen to their Podcasts on tackling climate change without widening health inequalities and about elective waiting lists [HERE](#)

Experts believe that **seaweed** could be a key crop in the "[protein shift](#)" away from meat. Some of last spring's harvest here hit about 30% protein, close to the level that would make it compete against the world's other big protein sources like meat and soya.

Seaweed farming in Sweden, Steinhagen also believes passionately that this plant – [long eaten as "green laver" on the coasts of Britain](#) – can be a more sustainable alternative to soya. Sea lettuce doesn't draw on scarce resources of land and fresh water.





**'Embarrassing but welcome'** Green lawyers triumph as UK admits its net zero strategy is unlawful. Read about it [HERE](#). "This decision is a breakthrough moment in the fight against climate delay and inaction", ClientEarth lawyer Sam Hunter-Jones said of the ruling.

[Tim Spector of Zoe](#), is still producing amazing information about diet, foods and stomach microbiomes. Like "[Can fermented foods support mental health?](#)".



Welcome to the Positive News community [HERE](#) – you're joining thousands of others who see and share the good in the world. [Six lifestyle changes that could help avert the climate crisis](#) What can I do about climate change? [Cool climate solutions \(mailchi.mp\)](#). Many of us are asking ourselves the same question. These steps are a good place to start. <https://www.positive.news/magazine/#shop>  
<https://mailchi.mp/ce3c9f7bc322/our-most-popular-stories-of-2290082?e=d82d9c599e>

In these harder times, why not check if you are entitled to any benefits through this excellent calculator [HERE](#) ?



### GOOD FOOD FOR GOOD CAUSES



Right now, millions of people in the UK regularly experience hunger. Yet tonnes of surplus fresh food is thrown away every day. [Inspired by Felix](#), we set out to change this. No one should have to miss a meal.

[The Felix Project](#) collects fresh, nutritious food that cannot be sold. We deliver this surplus food to charities and schools so they can provide healthy meals and help the most vulnerable in our society.



Another must read is about Imperial's research creating **microbes that eat plastics** with advantageous side effects. See [MIPLACE](#) report and watch [THIS](#) video which explains how.

### Could the food crisis spur an alternative protein shake-up?

High crop prices could hurt plant-based products, presenting an opportunity for alternatives such as cell-based and fungal options. But they too face supply chain issues and sceptical diners – and none are silver bullets for food security. See this and more in the [ECO business link](#)





3D Murals, see more [HERE](#).  
Painted By Sergio Odeith

*Thanks for reading this.  
Remember that free membership can be registered online at  
<https://www.breatheasywestminster.com>*

*Please share  
Warm greetings and best wishes  
[Tessa Jelen](#) January 2023*

