



Asthma + Lung UK's

Westminster

Support Group for respiratory conditions

<https://www.asthmaandlung.org.uk/>

helpline@asthmaandlung.org.uk

Helpline 0300 222 5800

0737 8606728 for questions on asthma

Post covid support: 0300 222 5942

For this local support group contact t.jelen@btinternet.com, call Tess on 020 7834 0894 or go to www.breatheasywestminster.com to register as a free member.



What has happened:

After working together for over two years, Asthma UK and the British Lung Foundation have now rebranded to become Asthma + Lung UK.

Their CEO Sarah Woolnough tells you more about [the new strategy](#) and how they're continuing to fight for your right to breathe and support those with lung conditions.

Visit their new [website](#) and check out their new strategy at a glance

They have unveiled their new name, **Asthma + Lung UK**.



They believe that every breath matters – and that the right to breathe freely applies to everybody, regardless of income, age, ethnicity, gender, or background. For too long, the nation's lung health has been side-lined, under-treated and under-resourced. This is inexcusable when lung conditions are the third leading cause of death in the UK and millions are affected by breathlessness, which can be terrifying and limit people's ability to get on with their daily lives.

If you would like or to find out if there is a support group meeting near you, or you would like some advice or support on digital technology or to enrol on our online sessions, e-mail supportgroups@asthmaandlung.org.uk or call the Volunteer Support & Development Officers on 0300 3030 253.

This newsletter is produced by one of their national support groups in London, which is patient led and patient funded.

**Issue 46
March
2022**

**Charity
number
326730**

We make beautiful real pressed flower cards,



Our price: 9 cards for £10.00 including postage.



We also are asking you to bring your used ink cartridges to our meetings, so we can recycle them



Members, do you really need this hard copy posted to you?



If you are digitally connected, why not receive our multi-page newsletter and monthly newsflashes as an email attachment? The bumper quarterly issue has up to 30 pages with loads of blue link doorways to more information.

OR maybe you need help to get online (to receive newsflashes and zoom invites). We can try our best to help you with this. If any other queries, text Tess on 0794 6514380

To become a free member, go to www.breatheasywestminster.com.

Membership entitles you to join monthly meetings, talks, events, zooms and outings and receive monthly news.

And a reminder.

Our group is one of many nationally and our support focus is mainly in Westminster, though members in other areas can join us for zoom sessions and news. As we are patient led and patient funded, as such we welcome our members to become actively involved. Bridge with other members, network and help organise an outing. There are lots of things you can do. We encourage members news and ideas; you can involve friend and family or anyone interested in respiratory conditions and related topics like air quality and pollution. We can take your questions further, investigate with our links to research and clinicians and listen to and share your concerns.



We need all the help we can get!

We have managed to maintain contact with most members during lockdown, realising that most of you have compromised immune systems and are looking forward to starting up our live meetings again.



Sadly we have recently lost Stephen Manifold who bravely fought on against multiple conditions. Stephen contributed much to our committee and we send our fond regards to his wife, Barbara, who wishes to remain with us.



Much more information is covered in pages 5 onwards in this newsletter. All the more reason for you to receive this digitally, instead of just the posted first 4 pages.

Lastly, we are have the "Make Your Move" DVD, kindly donated by Sandra, our Tai Chi tutor. If interested I have a few left over. Just send me a stamped, self-addressed envelope to 4 Sussex Street, SW1V4RS

Live meetings start up

There will be a catch up period when we start up our live meetings again, to meet you all and discuss ideas for outings, talks, and raffles. This means that our Zoom sessions will be limited to only the 1st Friday of each month. Hopefully a return to live meetings on



the third Monday of each month, will be starting probably on 16th May. (Top floor meeting room*, Ada Court, 10-16 Maida Vale, W9 1TD at 11.00 to 2.00) We are starting April negotiations with the Ada Court managers and will update you on results.



* *Come summer, there is access to their roof garden during our meeting time.*

Remember members that we are all volunteers and are patient led and patient funded. It is YOUR group.

Hopefully this year we will have a visit to the fabulous Isabella's plantation, Kew Gardens and perhaps a lunch. Although we will try for funding, a contribution towards transport costs may be needed. We also go to Kew Gardens

Sadly, it looks like Pret a Manger will not be donating free lunches anymore, so we must look to you all for alternative healthy snack ideas.

"No Internet, Only Phone?"

Below some useful local support numbers:-

[Westminster Contact Centre](#) may be able to help on 020 7641 1444.

[Benefits](#) 0800 072 0042

[Age UK Westminster](#) 020 3004 5610, offers advice and assistance.

[Abbey Community Centre](#) 020 7222 0303, has lots of local support and fun.

[Open Age](#) (South Westminster) activities and advice 020 4516 9969

[Open Age](#) (North, St Charles) activities and advice 0204 516 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



Did you know you can join a Zoom meeting **just by phone?**



Hard times. Remember cold bedrooms and hot water bottles! Our parents managed before central heating, cooked with local produce and were maybe healthier (room for debate here?)

Meanwhile there are some ideas [HERE](#) from a company called "Look After My Bills"

Current changes in cost of living will make things hard for many. Don't get into debt, do look for from local organisations, befriending, support, exercise, legal matters, housing and research. There are organisations out there for advice. Do talk to someone.



Request to our members:

- Please register your respiratory condition in a forthcoming on-line survey which we will email you soon. This will be confidential but allow us to send you information on relevant research opportunities.
- Ensure you update us with any changes to your contact data
- Bring used ink cartridges to meetings.
- Don't put used inhalers in the bin, but return them to the pharmacy, and
- Check your stored medications are in date



Most of our members are of an older generation and our new member, Manjushri is considering ways in which we can encourage a younger membership. Jon has offered to help members that are digitally excluded. We will support any ideas or suggestions on this.



We congratulated our membership secretary, Samuel, for remembering your birthdays and keeping your data secure and Cathy for her encouragement and for phoning members. As Zoom knows no geographic barriers, joining with international zoom and other national support groups has been encouraging and the sharing of data appreciated.

Vaccinations Did you know that 106,000 eligible people in Westminster still have not come forward for their first dose, according to figures from the Government's UK Health Security Agency. Read their report [HERE](#). Did you realise that even if Omicron is quoted to be mild, it is still dangerous for unvaccinated elderly with compromised immune systems?

We have applied for a grant and hope to engage in discussions on the different thoughts on this, so watch out for our next survey which may include vaccination take up. Could it be that those with second homes out of London contribute to this figure? or maybe people are just scared or ill-informed. We hope to take these questions further.



This following digital part of the newsletter is full, with a multitude of links to open up to further information. (*cntrl + click when hovering over a blue highlit field*). There should be something to suit everyone.

Some of it is easy and some clinical. Be selective, choose to explore what appeals, search by the magnifying glass or save looking into some links for another day.

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OUR BREATHE EASY GROUP

Time has passed and online zoom sessions have become normal, along with talks by experts, booking medications, virtual consultation, but we have missed our live meetings. Our Breathe Easy Westminster meetings hope to start again at Ada Court at 10-15 Maida Vale, W9 1TD, on the 3rd Monday of May, and held on the top floor roof garden meeting room, from 11.00 to 14.00.

If you are not a member, do register for free on www.breatheasywestminster.com or [email me](#) for further information

We hope to be able to start outings again in the summer. Kew Gardens is always a favourite. And members have an invitation of a visit to Buckingham Palace in the summer from Amy of the Royal Collection Trust. [I need your names to book this!](#)



You will have noted the changes from British Lung Foundation to Asthma and Lung UK, so we will slowly be updating all our publicity. But there is still lots going on, like the fight for Clean Air. See [HERE](#), along with their report [HERE](#).

Opportunities abound from “Asthma and Lung UK” online

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 [HERE](#) and you’ll then be sent a Zoom link specific to you.

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 [HERE](#) to register and receive your own Zoom link.

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. Click [HERE](#) to register

Harmonica for lung health

We’re currently running a 6 week pilot programme called Harmonica for lung health ran by a qualified lung health practitioner, for these sessions you’ll need a C major diatonic 10 hole harmonica. Register [HERE](#)

Web Community

We also have a free web community that can be accessed 24 hours a day, this is a great way to chat to people in similar situations. [HERE](#) is the link.



I was looking to have an article here about how to register with Amazon Smile, to allocate a % of your spending to BLF, but the % is SO small. So, [a rethink](#).



Our group has been substantially supported by the BLF team and without them we would not even have our zoom meetings. So please do continue to help them to help us by a small donation [HERE](#)



The Taskforce for Lung Health is **a unique collaboration between experts in lung health**, including patients, health care

professionals and academics. This is our call for action to decision makers to take steps now, without delay, to improve lung health in England by implementing the Taskforce's recommendations. Sign up for BLF Task Force for Lung Health [HERE](#)

Please do save your printer ink cartridges and bring them along to our live meetings. We will have a box to save them in which will give us a small donation



Just a reminder, please do not throw your puffer in the bin. Imagine putting your bin contents in a hole in your garden (if you are lucky to have one!) Return your inhaler to pharmacy. It is hoped that they will then lobby for proper recycling to start up again!



Flying becomes a bit tricky when you have a lung condition and high altitude will lower your blood oxygen levels. Both [BLF](#) and [European Lung Foundation](#) (ELF) have advice.



The best time of the year for Isabella's plantation visit in Richmond is end of April or early May. We are looking to organise this, so watch out for the email invite to book a place. Felix has offered to be our driver and guide. We than go for a cream tea at [Pembroke Lodge](#)

BREATHING SUPPORT & CLINICAL

Waiting patiently for surgery and wondered if you were still in the queue?

Well a clever new platform started up at the end of February, called "[My Planned Care](#)", which enables you to see where you are on the list. It's really useful, perhaps your condition has changed, and you no longer need it, or need to follow up with your GP if you cannot see it logged.



[Here is a video](#) about the difficulty of treatment for long-term conditions during the Covid-19 pandemic.

My Planned Care platform should be going live on 20th December. It aims is to:

- inform patients where they are on the waiting list for elective surgery
- how long they are likely to need to wait
- offer support on how to 'wait well' for their condition.

Want to be part of the UK's largest ever health research programme? **UK Future Health**, in partnership with the NHS, is collecting information from volunteers to transform the prevention and treatment of health conditions, including lung condition. Find out more [HERE](#)

Interstitial lung disease (ILD) is an umbrella term used for a large group of diseases that cause scarring (fibrosis) of the lungs.

The scarring causes stiffness in the lungs which makes it difficult to breathe and get oxygen to the bloodstream. Lung damage from ILDs is often irreversible and gets worse over time. [HERE](#) is information from ELF and [HERE](#) is a support group you can join at St Georges University hospital.

Idiopathic Pulmonary Fibrosis (IPF), Rheumatoid Arthritis - ILD (RA-ILD), Hypersensitivity Pneumonitis (HP); Non-Specific Interstitial Pneumonia (NSIP) LUPUS; Sarcoidosis, Connective Tissue Disease (CTD) ... there are many more, but these are the most common.

How do you feel about a tobacco company producing inhalers for respiratory medication?

Organisations in the ELF Patient Organisation Network have been working to provide advice to people who use inhalers produced by Vectura, which has been bought by Phillip Morris International. A survey is available to gather patients' thoughts [HERE](#)





Indoor environment can impact child health

In the EU, 26 million children under age 15 are exposed to household damp, noise, darkness and cold, which is associated with poorer health outcomes. Eliminating children's exposure to household damp and mould could save \$62 billion over the next 40 years.

The Marmot Review on **Health and Housing** [HERE](#) reports how housing standards affect the health of the nation and points out things like how overcrowding increased covid-19 transmission in certain sectors



Green Inhaler For many people with lung disease, inhalers are a lifeline; allowing you to take control of breathing problems and open up your airways. So, it can come as a shock to learn that some inhalers come with a large carbon footprint. Your inhaler can have a big impact on your carbon footprint. The most used inhaler in the UK, Ventolin Evohaler™ has a carbon footprint of 28kg per inhaler, equivalent to a family of 4 travelling 175 miles by car. Salbutamol is a much better alternative. Dry powder inhalers on the other hand typically have a carbon footprint of less than 1kg.

For some patients, switching inhalers could save as much greenhouse gas as becoming vegetarian.

Before making any changes to your treatment you should consult a healthcare professional. Stopping your inhaler because of its carbon footprint is not recommended, not least because if you have an exacerbation the extra treatment you need could greatly increase your carbon footprint! T

This site [HERE](#) will show you why some inhalers have such a large carbon footprint, and will outline some ways to reduce it.

Asthma

Some great advice about how to improve your inhaler technique from Asthma UK
How to use your inhaler Improve your inhaler technique in three minutes! Watch these short videos to learn how to use your inhaler properly and better manage your respiratory symptoms To view videos click on link below

[How to use your inhaler | Asthma UK](#)

In this PCRS (Primary Care Respiratory Service) [podcast](#) Steve Holmes and Jane Scullion share tips and advice on selecting inhaler techniques for people with respiratory conditions taking into account important factors to be considered such as environmental impact, patient ability to use devices and the role of spacers

See a BBC Health news link [HERE](#) explaining why switching asthma inhaler could be better for you and the planet -

The European Respiratory (ERS) Journal looked at the environmental impact of asthma inhalers. Although health should be the top priority, the findings may help people who want to choose an inhaler that has less of an impact on the environment. Click on link below for article The impact of inhalers on the environment: a new review [HERE](#). Also find out more about <https://www.ersnet.org/ers-respiratory-channel/> by joining for free.

You'd be surprised how many get this wrong and how important it is to use your meds properly

1. Link [for Accuhaler](#) (which I use) - a Dry Powder inhaler
2. Link for [Ventolin](#) aerosol (MDI)
3. Link for video [on using a spacer](#)

[How to use your inhaler | Asthma UK](#)

<https://www.blf.org.uk/technology-for-lung-health/how-to-use-inhalers-for-ipad>



ELF

Diagnosing adult asthma:

understanding the *professional* guideline [HERE](#)

Also available in French and German

Severe asthma has been neglected for too long and it's time it was made a priority.

Tell us your story of living with asthma so we can make the case for asthma to be taken more seriously, we will be collecting all your stories and using them to make sure politicians and policy makers are prioritising people with asthma and the care they receive. Register [HERE](#)





Vit D deficiency, thyroid, depression, urinary track infections, some medications/ interactions , can cause symptoms or increase dementia.

Delirium caused by infections needs immediate treatment but can be confused with dementia. julie@resonatearts.org in Westminster to know more and get support.

Dementia Awareness and Living with Dementia

The Health and Care Bill could lead to major changes in how health care in England is organised. But what is the Bill ultimately trying to achieve? Will it make a difference to the care we receive?



In this new podcast episode, Siva Anandaciva sits down with Richard Murray, Chief Executive of The King's Fund, and Dame Ruth Carnall, former Chief Executive of the NHS in London, to make sense of it all and discuss the challenges that lie ahead. [What is the Health and Care Bill and why does it matter?](#)



If you have sleep apnoea there is some startling news if you are using a Phillips machine at night, as some of their machines are subject to a recall. Read more about it [HERE](#). The USA seems more on the case than Europe, possibly because of their stronger legal framework.

How you can support the ZOE COVID Study

To help support them and the future of the ZOE COVID Study, you can;

- [Report daily](#) to help us track the spread of COVID and any new symptoms
- Share the app with your friends and family
- Get involved with our [Wider Health Studies](#) initiative to take the fight to other health conditions outside COVID

Subscribe to our [YouTube channel](#) for all the latest updates

Anyone with ISB should definitely [watch this video](#) on **how your gut shapes your health** and why not hear the **Zoe Podcast on** food intolerances and is dark choc good for weight loss [HERE](#)



Care Information Exchange Plan is the personal health record for patients and service users in North-West London through Imperial. The Care Information Exchange provides secure online access to medical records for you and the health and care professionals who are involved in your care. It is known nationally as **Patient Knows Best** (PKB) and becoming more widely used. Click the link to know more about the NHS carbon emissions and PKB's impact on helping reduce these



We already have [Co-ordinate my Care](#) (now to become Urgent Care Plan) or [Care Information Exchange](#) (PKB) and [Personal Budgets](#) .

Do explore if you don't know about them.

Kings Fund seminar. Re-imagining care pathways

Over the last twenty years the NHS has been focusing on how to create better care pathways that improve patient outcomes. Improving care pathways has a positive impact on many clinical outcomes, but Covid-19 has created a significant disconnect

This free online video of an event explores the decision points within pathways and considered how digital technology can transform how pathways operate, enabling clinicians to better understand where each patient is on the pathway, what they are waiting for and what needs to happen next.

<https://youtu.be/cNXkWVHtqOM>

MASKS

We realise that masks are currently not required by law in most situations, but we feel it is still important to protect yourself, particularly with a compromised immune system (booster vaccinations for you are coming in this Spring) in crowded, unventilated situations, so we are including some very good explanatory information on masks from the Guardian [HERE](#), and some [in-depth](#) from the CDC.



LOCAL INFORMATION

In-Deep Community Task Force is a registered charity that works mainly with elderly people in the South of Westminster and Lambeth, London - offering friendship by way of a range of activities and services to people living in the area, as many have no family, or family that live far away, and are on low incomes. See what they have to offer [HERE](#)

BELOW are links to the main local organisation support groups and some of their current offerings. Do join their mailing list to keep in their loop. They all have an amazing multitude of offers for Westminster residents.

- [Age UK](#)
- [Open Age](#)
- [Abbey Centre bulletin](#)
- [Westminster Libraries](#)
- [My Westminster Updates](#)
-

We had a talk on **Open Age Healthy Lungs** at our last zoom session.

To attend one of their classes you need to have joined Open Age.

Membership is free and all you have to do to join is complete a

membership form. You can return it to mail@openage.org.uk or to

our Head Office address and you will then receive information on

their sessions by email. For live meetings you need to live in the tri-

borough, but I have been told that those out of the area can attend their zoom

classes. [HERE](#) is their spring to summer program.



<https://www.westminster.gov.uk/leisure-libraries-and-community/libraries>

As always the libraries offer some really interesting opportunities



If you live in Westminster and are aged 50 plus or a carer, the [Penfold Community Hub](#) has a wide range of opportunities available to you. We offer stimulating and accessible activities, as well as advice and counselling services, to help you remain healthy, independent, and active in your local community. Their program is [HERE](#)

[HERE](#) is a Transport for London (TFL) map on where the toilets are on the underground. I do hope that it is accurate. Age UK are fighting for more geographic information on this generally. Feedback welcome!



Increase in inflation is said to cost an extra 20% on our lower paid sections of society, against a 1% relative increase for upper echelons. The brutal truth is that this division in society has always been there and has not gone away.

In the meantime we must do the best we can to support each other, learn to live frugally, discourage wastage and focus on buying healthy foods, against expensive food hypes with excessive sugar and salt. [HERE](#) is a humorous article explaining how we are wasting electricity, for example, it is saying that leaving equipment on standby is costing almost a quarter of the national electricity bill? Even just leaving your mobile charger plugged in costs.



The Council is also offering **advice links to help** with rising energy costs [HERE](#) which includes the great free support offered by [Green Doctors](#) (0300 365 3005)

SOME SPOTLIGHTS: COST-OF-LIVING SUPPORT

- Find Debt Free London's mobile advice centre bus tour and their free advice line, visit the Debt Free London [website](#) or call their 0800 808 5700.
- For general information about benefits, visit the [MoneyHelper website](#)
- Calculate what benefits you might be entitled to with [charity Turn 2 Us's website](#).
- Turn 2 Us also have a [search tool](#) which allows you to search for charities that offer non-repayable grants to help people on low incomes.
- For advice on welfare benefits, housing or immigration, contact [Citizens Advice](#).
- Low-income can access grants as part of the [London Warmer Homes programme](#).



[Westminster Citizens Advice Bureau](#) are an independent charity that provides free, confidential, and impartial information and advice to Westminster residents.

They also offer a drop-in video advice service. Sessions are available every **Tuesday, Wednesday, and Friday 10am to 11am**, and provide a confidential space to discuss your needs. [Find out more](#)

Their "[Cash First Referral leaflet](#)", is to be used by residents and colleagues as a resource across Westminster. The idea is that it's about income first, above emergency food aid, helping someone to maximise their income before the person ends up at a food bank – to keep food banks as a last resort. This cash first referral leaflet is [now available online](#) in English and Arabic..



And more information on recycling news [HERE](#). **City for All** is a vision for Westminster that will improve people's lives for the better and help businesses thrive. A refreshed programme was launched in March 2022, [see HERE](#)

Permanent Residential Food Waste Recycling Service

The Council is introducing a permanent residential food waste recycling service (for suitable properties) across the City of Westminster during 2022.



Their teams have been hard at work speaking to residents about the new service, and delivering kitchen bins, food waste liners and outdoor food waste recycling bins. First collections are in Abbey Road, Regent's Park. Queens Park, and Harrow Road wards. Then the expansion will continue in other wards after April. For further information about the new service, please visit their [webpage](#).

And even more help like [handy person” support](#). Westminster residents aged over 60, or in receipt of disability benefit, can request free help from a handyperson. The service covers minor works to a home. It does not cover gardening, plumbing or decorating. It is not an emergency service,. Handyperson Service. 020 7641 8959 or email: hia@westminster.gov.uk



Westminster Labour news [HERE](#) and the issues your local [Labour Councillors](#) are taking up on behalf of residents.

[Nickie Aitkin and team](#) are always available to support people living and working in the Two Cities who need help and support. The latest Government advice is available [here](#). Please do not hesitate to call **020 7139 5125** or [email her](#) if you think she can help.



OPPORTUNITIES & TRAINING

COMMUNITY ZOOMS FROM ROYAL COLLECTION TRUST



Zoom talks for people who cannot easily visit the Official Residences of The Queen continues every Wednesday afternoon from 2pm.

Wednesday 6 April – The Jacobites Ahead of the anniversary of the Battle of Culloden

Wednesday 13 April- Royal Photograph collection

Wednesday 20 April – Japan: Courts and Culture Rachel Peat, curator of the new Japan exhibition on display at The Queen’s Gallery in London,

Wednesday 27 April – Conserving Japanese Arms and Armour. Conservator Francesca Levy will discuss the work she undertook

Join all Zoom Meetings [HERE](#). Meeting ID: 904 476 9010 Passcode: 624813

Why not subscribe to their e-mail updates at www.rct.uk/keep-in-touch

Or contact Amy Stocker, 01753 493293 Mobile. 07860612393



BookBub

Did you know there was an app that regularly suggests your reading interest and you download books for as little as 99p to your Kindle. Investigate [HERE](#) if you like reading online

European Patient Ambassador Programme Is a free, online, self-learning programme that introduces patients and carers to some of the basic skills and knowledge needed to represent yourself and others successfully [HERE](#)



It is made up of eight different modules so you can choose those that interest you most and is available in English, Dutch, French, Italian, German and Spanish.

Following the re-launch of the European Patient Ambassador Programme ([EPAP](#)), three patients (including Tess!) share their experiences in a video. They talk about how EPAP empowered them to better represent themselves and others with their condition in research and healthcare. [Watch the video](#)

Personalised Care: Peer Leadership Foundation –

As the NHS moves towards a more personalised health and care system, it's important for people to have a clear idea of what this new, more targeted approach to health and care means for them. [Register HERE](#)



Pharmaceutical companies MUST fund medicine packet recycling programmes." Can you help by signing this petition? Our goal is to reach 150,000 signatures and we need more support. You can read more and sign the petition here: <https://chnq.it/pYcGwrw9pR>



Listening Books is a UK charity that provides an **audiobook lending service** for anyone who finds reading or holding books difficult, if you have an illness or health condition. You can listen to audiobooks in three easily accessible ways:

- Streamed online over WiFi on laptops, tablets, or smartphones.
- Downloaded through an app to listen to offline
- Sent directly through the post on MP3 CD (no postage costs or late fees)



Members also have free access to over 7,000 newspapers and magazines. No financial proof is needed for the free memberships. You can sign up to join for free here: www.listening-books.org.uk/what-we-do/free-memberships

I love their CD stories of my favourite authors read by brilliant voices, especially on long car journeys or in traffic jams!

Age UK gives some advice on keeping warm [HERE](#) and also you can read their report on digital exclusion [HERE](#)

Flourishing Lives is an organisation with current reports and support ideas for the population generally, with some innovative thinking.

TRAINING



Do you need help with your mobile phone, laptop or tablet?

Open Age are offering tech help. To find out more and register your interest in

advance to call them:-

Avenues Centre (North Westminster) 020 3713 8737

St Margaret's Centre (South Westminster) 020 4516 9969

Age UK, Westminster. Come and join us for a FREE IT session in a friendly social group with learning in mind. Bring along your own digital device (mobile phone, laptop, iPad/tablet) and receive one to one support from a committed volunteer. To register your attendance for any event, please contact 07969 302517 or email: stephen.spavin@ageukwestminster.org.uk

Check digital training in libraries, more to come they say!

Maida Vale, Monday, Wed 4-5,

Church St, Thurs 3-5,

St Johns Wood Fri 3-5

<https://www.westminster.gov.uk/leisure-libraries-and-community/libraries/learn>

020 7361 3993



Asthma and Lung UK are delighted with a partnership with **ClickSilver Connections.**

They are offering 4 support sessions to help you get connected to the digital world. This could be on any device, mobile phone, tablet or laptop.

Step 1 – Call 0300 222 5800 or email

supportgroups@asthmaandlung.org.uk

Step 2 - Complete a form with our support

Step 3 - We will pass your form to ClickSilver who will allocate a mentor and you will receive four telephone consultations to suit your needs

Step 4 – Digitally connected! It's as straightforward as that!

As ClickSilver is a partnership, be assured we will only share the details you have consented to on the referral form. This is a great service and is completely free!



Are you unconnected digitally? Our members without equipment or connectivity wishing to get online, do talk to us. "Vodafone Everyone Connected" have given us SIM cards for 20gb of data and unlimited UK calls and texts completely free to use every 30 days for 6 months. REALLY useful if you are a new user, but not sure if practicle to replicate an existing connection, as you may not be able take any current email address over. Contact t.jelen@btinternet if interested



Neil Drinkwater neil@westendcommunitytrust.org.uk has been an absolute diamond and has been very helpful, even visiting a member at home to resolve his IT conflict or helping advise on mobile phone set up. I hope he gets a grant for each client helped! Contact [Tess](#) for referral. His organisation has evening suppers and singing in Dean Street, West End.

Discovery Three. <https://www.three.co.uk/discovery>

believe that Discovery is for everyone, an opportunity to learn new skills in the digital world. They operate in Oxford Street venue and online too. If it's an online session you're after then you'll need a smartphone or tablet and ideally a second device connected to the Zoom app, so you can practice your Digital Skills and see one of our trainers at the same time. Get in touch as we have a whole range of sessions to suit. Call us on 0800 1300 333 or you can email us at discovery@three.co.uk .



Exercise

Taskforce want to see more people with lung disease take part in, and complete pulmonary rehabilitation (also known as PR) as it is one of the most effective ways of improving lives. Yet while the benefits of PR are widely recognised, many people with lung disease who could benefit from PR are not offered it. You will see later that there are exercise opportunities also available through support organisations like [Age UK](#), [Open Age](#) and others.



Taskforce video: stories from people with long-term lung conditions about pulmonary rehabilitation. <https://lnkd.in/dSgkt5AM>



Don't forget to check out the Age UK, Open Age, Abbey Community Centre and Penfold Hub. All these have exercise classes of some type or other

Dancing, yoga, tai chi, chair exercise, singing and lots more

Their links are in this newsletter



One You Westminster is a healthy lifestyle service offering free nutrition, physical activity, wellness and weight management services in the borough. They also provide a stop smoking service which offers 6 weeks of 1:1 behavioural support and 12 weeks of free Stop Smoking medication. [HERE](#) is their online referral form link or join by calling 02034342500 or hello@oneyoukensingtonandchelsea.org.uk

COVID & VACCINES.

Highest COVID cases ever recorded see video [HERE](#)

The latest [ZOE COVID Study data](#), suggest there are over 250,000 new daily symptomatic cases of COVID. This is an increase of 47% from last week and indicates a record high in the number of cases recorded in one day. Prevalence rates are also high with 1 in 16 people currently infected. Rates are the highest across Scotland, London and the South East. Concerningly, there is an increase among those aged 55 and over, who are more susceptible to serious illness.

Government Waste Water Analysis

People who have had COVID-19 shed the virus during daily activities such as going to the toilet and blowing noses. The virus enters the sewer system through sinks, drains and toilets. Fragments of the SARS-CoV-2 virus (the virus that causes COVID-19) can be detected in sewage samples. The Government have a publication about this [HERE](#). They identify where the virus is circulating in England as well as detecting mutations of the virus, Wastewater analysis has the benefit of detecting the virus regardless of whether people have symptoms or whether they are tested.



Infection from common colds can help protect against COVID People who have already been infected by some common cold viruses are less likely to get COVID, according to new results

NICE (National Institute for Health & Care Excellence) have updated their COVID-19 rapid guideline [HERE](#). The updated guidance includes information on neutralising monoclonal antibodies for people with COVID-19 who are not in hospital. Download their [infographic](#) on managing COVID-19 in the community and their guideline for [post-COVID referral](#).



Long Covid

My Long COVID Needs.

The British Lung Foundation (now Asthma and Lung UK) has developed a new online questionnaire, [My Long COVID Needs](#), to help people with Long COVID identify their symptoms and support conversations with healthcare professionals. The tool was funded by NHSE/I in collaboration with other stakeholder charities and people with Long COVID. You can refresh your knowledge on this area with a PCRS [simple infographic](#). PCRS also has a [post-COVID referral pathway](#).

In **Medical NewsToday** in a recently published study, researchers investigated the reasons behind neuropathic symptoms in long COVID. [HERE](#) They found that neuropathic symptoms in long COVID may arise from immune system dysfunction. Larger studies can build on these findings to help scientists better understand the underlying mechanisms.

A Report from the NIHR saying "that over a third of Covid-19 patients diagnosed with at least one long covid symptom. And [HERE](#) is their December news and research update





invites you to join a focus group to help shape a new study exploring the challenges of communicating experiences of Long COVID. Login [HERE](#)

[Sanogenetics](#) work with world-class research partners and their trusted partners include some of the best research organisations in the world. They work with them to bring you the latest opportunities to participate in cutting-edge research. Explore your personal DNA and see their monthly research results on long covid [HERE](#). And learn more about the emergence of Long COVID with expert researcher [Professor David Strain](#),

And [HERE](#) is the helpful ZOE video discussion on **Living with Long Covid**

Are you a Health and Care Staff. The Keeping Well Northwest London Service, specifically for you, can help you with long covid [HERE](#)

Vaccinations



Covid-19 Spring Booster - this spring booster is being offered as a precaution to those at extremely high risk from COVID-19 . It is available for people aged 75+, those in care homes and those aged 12 years and over with a weakened immune system.

Please note the national booking service is not yet taking bookings but eligible people can book for their spring booster from 21 March. The national booking system will be open for booking from 91-182 days after the last COVID-19 vaccine dose and you should be offered an appointment around 6 months (and not before 3 months) since your last dose of vaccine. For more information.

Book online on the NHS [national booking portal](#) or visit a [walk-in vaccination centre](#) in Westminster

There are new coronavirus resources available that can help you to be aware with the latest vaccine update and Public Health guidance on Covid-19 and around living with Covid, long Covid, childhood vaccines, please click below links.

- [Long Term Strategy](#) resources for use on social media
- [Covid-19 Guide for Parents of 5-11 year olds](#)
- [Community Testing](#) resources including social animations, key behaviour flyers and social media assets
- [Long Term Strategy BSL Video](#)
- [Pharmacy Out of Stock and Free Tests Ending](#) social media resources
- [Vaccine](#) resources

- There is also some new GOV UK leaflets, translation etc to the Spring booster dose and Information on the spring booster dose for eligible individuals. [HERE](#).

Here are some useful resources for your vaccine campaigns from the London Association of Directors of Public Health.

Use the following links to download:

- About COVID vaccine - Trifold
- COVID Vax pregnancy and fertility - Trifold
- Have confident COVID vaccine conversations
- Confident COVID vaccine conversations - Deaf and hard of hearing
- Confident COVID vaccine conversations - Hospitality workers
- Confident COVID vaccine conversations - Logisitcs
- Confident COVID vaccine conversations - People with learning disabilities
- Confident COVID vaccine conversations - Pregnancy and Fertility
- Confident COVID vaccine conversations - "White-Other" population

Find out where else to get vaccinated in Westminster including at pharmacies, on our vaccination bus and at clinics.

Unsure?

Researchers have uncovered the best way to discuss the benefits of vaccination with someone who's unsure. [HERE](#) are the dos and don'ts of these tough conversations.

In August this year **Westminster council** pleaded with central Government to help them with improving their vaccine take up, see [HERE](#). It was recorded that Westminster had the [lowest take up rate](#) in the UK and that 106,000 eligible people in Westminster still have not come forward for their first dose, according to figures from the Government's UK Health Security Agency

Centre for Disease Control and Prevention.



Accurate vaccine information is critical and can help stop common myths and rumours. Find some facts [HERE](#). It can be difficult to know which sources of information you can trust.

Learn more about [finding credible vaccine information](#).

COVID-19 vaccinations received overseas

Information for healthcare practitioners on COVID-19 vaccination received overseas. Text and table updated to include advice for individuals given a booster dose overseas.

YOU CAN HAVE YOUR COVID-19 VACCINE DURING RAMADAN: Don't delay getting the COVID-19 vaccine during the holy month of Ramadan. A vaccination does not break your fast. The vaccine does not contain components of animal origin. <https://www.youtube.com/watch?v=o1jrJ6sJ-wE>

GET YOUR COVID-19 VACCINE: COVID-19 infection levels are rising across London and in Westminster. The COVID-19 vaccine is still the best way to protect yourself and others from the virus. The COVID-19 vaccine is still the best way to protect yourself and others from the virus. Get vaccinated on the [vaccine bus](#), at a [local walk-in clinic](#) or book an appointment online. There is good availability

SPRING BOOSTER: The spring booster jab is being offered to those people at higher risk of COVID-19 as a precaution to make sure they maintain a high level of protection and to help reduce the likelihood of them getting seriously ill from the virus. This includes: people aged 75 years and over, residents in care homes for older adults, people ages 12 years and over who are immunosuppressed, Visit [NHS.UK](#) for more information.

Patient Involvement & research



What is Luscii remote patient monitoring?

With the Luscii app, patients take their own measurements at home and report on their well-being. They receive self-care tips and educational animations about how to deal with their condition. And if necessary, direct contact is available via chat or video link. Check it out [HERE](#)

Kings Fund seminar Re-imagining care pathways: innovative solutions to improve clinical workloads | The King's Fund online event [HERE](#)



Breathing Matters: Their mission is to improve the lives of every pulmonary fibrosis, bronchiectasis and respiratory/lung infection sufferer through ground-breaking medical research, carried out at UCLH and UCL Respiratory, a leading research centres for respiratory diseases. <https://www.breathingmatters.co.uk/>



The ZOE COVID [Study app](#) is a not-for-profit initiative that was launched at the end of March 2020 to support vital COVID-19 research, the Kings study is the world's largest ongoing study of COVID-19 and is led by ZOE Co-Founder, Tim Spector.

In recent years, **patient and public involvement** (PPI) has moved to the forefront of research, as its potential to strengthen and ensure the focus is relevant has become far more realised.



With a focus on performing research "with" or "by" patients and members of the public, guidelines and tools have been created across the board. [READ MORE.](#)

International Guidelines Library & Registry

The open [access GIN library](#) contains links to over 3000 guidelines, published or endorsed by GIN members, as well as health guidelines from non-member organisations. There is also a register of planned guidelines and guidelines in development, which is open and free. The aim is to avoid duplication of effort, increase transparency and offer the potential for collaboration.

Read [HERE](#) about **antibiotic resistance** (AMR), what it means and how important it is to stop bacteria's becoming resistant against treatment.

This applies to action needed in food chain. This is *really* important for our futures

The normally an exacerbation treatment is a short course of oral prednisolone and an antibiotic, but if the cause is a virus, then the antibiotic will not work and should only be used if a bacterial infection develops. Therefore it is important to test any infection to reduce anti-biotic overuse, See [HERE](#) a research innovation of a tool that can tell between viral and bacterial infections. This approach could help clinicians know when to correctly prescribe antibiotics. See also a USA solution [HERE](#)

OUR PLANET & RANDOM THINGS

Welcome to Westminster City Council's Environment News e-newsletter [HERE](#), covering the ways we are creating a **greener and cleaner** City for All. If you're involved in a project related to climate change, or if you know of any community projects that we can share, [please email us](#) as we're keen to hear from you.



“To Good Too Go” tells us about the **10% of food waste that happens because we don’t understand date labels?**

When we’re unsure whether our food will still be safe to eat, many of us revert to the same routine: check the Best Before label, slap ourselves on the wrist when we see the date has passed, and regretfully throw the food away.

The problem? Unlike Use By labels, Best Before labels indicate quality, not safety. This means we’re often binning food that we could happily eat instead.

This is exactly why we launched our **‘Look, Smell, Taste, Don’t Waste’** label last year: a visual reminder that if your Best Before-labelled-food still looks, smells, and tastes okay - and it’s been stored correctly - then it can still be delicious to enjoy.

They’ve created a date label knowledge hub, complete with a quiz [HERE](#) that can test your understanding on the topic. Study up, test your knowledge, then let’s share the quiz *But we still have a problem: only half of Brits believe that food past its Best Before is perfectly safe to eat*

<https://share.toogoodtogo.com/> Download their [App](#) and find delicious food ready to be saved in your area. Also see their [handy guide](#) on How to Defrost Safely

Have you heard of Heygo. It is the on-line ability to explore the world from home. With live, interactive streams with incredible people in unbelievable places.

- Free to sign up, free to book tours
- No subscriptions, no tour fees
- Tip what you can, tip often

Join for free <https://www.heygo.com/>



We worry about how confidential our medical data is. See [Patient Knows Best](#), A single place for your health information, trusted by the NHS since 2008 or see Imperial’s version in “[Care Information Exchange](#)” for their patients.

But now that collection of data has become very big business, have you thought about what Amazon knows about you?

See a Guardian article [HERE](#)



The ERS Summit meeting last year has recorded their talk on the futures of digital respiratory medicine [HERE](#) with points I never thought of....almost science fiction, but hopefully some positive moves in the future.

Eg. We are not good at remembering what happened to us in the year, so 3 hours a year with a clinician is not enough, perhaps ongoing regular remote monitoring records would help with this?

And [HERE](#) is an expert dreaming of where patient organisations go in next generation health.

Geomantica Newsbrief March 2022

<https://geomantica.com/>

Geomantica has been promoting Earth harmony, via dowsing, geomancy, esoteric gardening & agriculture, and eco-sensitive living, since 1998.



The Geomantica website is very esoteric and has researched alternative and eco living for years. Their knowledge is sophisticated and wide ranging. Worth having a look at their 81st edition of Geomantica magazine. Do register with them if interested to receive future news. It's free to read and available [HERE](#).

Book a free collection of your unwanted clothes. with traid.org.uk/clothes-donations/book-a-collection/ or call: 0208 733 2595.



Food myths revealed [HERE](#)

Prepare to be surprised! From coffee to chocolate, our British Heart Foundation Senior Dietitian reveals some of the biggest myths about healthy eating.

It is an ongoing frustration that the news on the far more dangerous topic of **antibiotic resistance** takes a back seat to that of "who sat where at a non-existent party?" Read Helen's story [HERE](#) And Fact Sheets from the World Health Organisation [HERE](#)



Our new member, Hope joined us at the last meeting. There will be many scams for **Ukraine support**, and she recommends DEC if you wish to help. Their link [HERE](#)

And the NHS is also working towards a Delivering a 'Net Zero' National Health Service and you can read their report [HERE](#)

This interactive tool aims to help clinicians work with patients to identify a greener approach to delivering high quality, patient centred respiratory care.

Read about it [HERE](#)



And [HERE](#) is their report on what the public think about the NHS and Climate change

[Their publications](#) and long reads present knowledge and ideas gained from their research, improvement programmes and other areas of work.

Do you need help at home perhaps after a hospital stay or because you are not as mobile as you used to be? Look on the NHS website to find suitable home care near you - click on this [LINK](#):



[Love Food, Hate Waste](#) has lots of handy hints, recipes and other ideas to stop the current wasting of food.

Though the imminent changes with the current Omicron virus mutation may mean the closing of restaurants. I am hoping that there will be some way in which their food can go to good causes and not be wasted. Though perhaps [OLIOEX](#) or "[Too Good to Go](#)" may be able to help. Whilst OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away.



British Heart Foundation

Mark the start of spring with 9 recipes from the [British Heart Foundations](#) best healthy seasonal recipes. [HERE](#). Let purple sprouting broccoli, asparagus and roasted rhubarb brighten up your mealtimes.

Some handy links to help cope with arthritis and frailty

[Egg shaped gel stress](#); [Arthritis Action hand Therapy Webinar](#); [Tipping kettle Grabbers](#); [Bottle and can opener](#); [Perching stool](#); [Garden kneeler \(can be used indoors too\)](#); [Cool mat](#); [Theraflex](#); [Massage balls](#); [Pedi roller](#)



[Shout Out](#) has a series of “Harmony in Health podcasts” which now include two new recordings:

- [Harmonious Cooking](#)
- [Sleep: harmonious paths to better rest](#)

[All Podcasts](#)

But sadly, no news of the airmiles on supermarket food or halt of non-recyclable packaging?

And finally.....

The Friends of Holland Park
The Annual Art 2022 Exhibition
**At the ORANGERY
Holland Park**
Kensington High Street London W8
Admission Free
Saturday 2nd April
to
Sunday 10th April
10.30am - 6.00pm
In Association with
The Royal Borough of Kensington & Chelsea
Car Park Entrance: Albionbury Road, W14
Charity No: 289348
Illustration By Annie Leach
Hchester Estates are delighted to sponsor
The Friends of Holland Park Annual Art Exhibition
for another year
HCHESTER
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Warm greetings and best wishes

[Tess Jelen](#) *March 2022*