



Rotary Club of Stafford Knot / District 1210

On Thurs 8th March Jasmine & Betty were invited for breakfast by Barbara Wetton, President of the Rotary Club of Stafford Knot, Rtn. They were presented with a cheque for £500 for updating our website & sponsorship of our newsletter. The Rotarians combine fundraising, fellowship & social gatherings for local charities. As an asthma sufferer herself, Breathe Easy is very close to Barbara's heart & is her chosen charity for the year. Jas & Betty were made very welcome; despite the early start they thoroughly enjoyed themselves.

BREATHE EASY MIDLANDS INFORMATION EXCHANGE & SUPPORT DAYS

This will take place on Thurs 10th May 9.45am - 3.30pm at the National Metalforming Centre, West Bromwich. There will be a talk about what's new in research & workshops to exchange ideas about how Breathe Easy is making a difference locally & nationally. There are several breaks throughout the day & lunch is provided. Any members wishing to attend please contact Jasmine, transport can be provided.

MIDLANDS LUNG RUN

This will take place at Town Gate, Sutton Park, Sutton Coldfield on Sunday 25th May. The 8k race starts at 10am for anyone 17 or over, the 2k fun run starts at 11.30 and is open to everyone.

If you or a member of your family/friends would like to enter either of these races please contact the Midlands Regional office on 01162 495780

SOUTH STAFFS PRIMARY CARE TRUST

Joan Manzie & the COPD Admission Avoidance Team (CAAT) invited us to attend the meeting about improving COPD care in the Cannock Chase area. It was held on 13th February at The Oak Farm Hotel.

Derek Wyresdale, one of our Breathe Easy members, gave a talk on how COPD affects his everyday life. Unfortunately Derek is not coping very well with his COPD at the moment so he went to his GP & asked to be referred to the COPD team. The team have now been out to assess him. They changed his medication & put him onto oxygen as he was having a severe exacerbation of his condition. Derek says the care he has had from the team has been exceptional, we wish him well.

The CAAT team consists of 2 speciality nurses & a nurse consultant. They manage COPD for patients. People with COPD who suffer a 'flare up' or have a chest infection should be referred to the team via their GP. There are many causes & symptoms to look out for & plenty of very helpful advice.

**If anyone has any queries please
ring the team on 01543 576968**

We would like to take this opportunity to thank our members for their continued support in attending meetings, providing raffle prizes & helping raise funds for Breathe Easy because without your continued support we would struggle and there would be no Breathe Easy !!

If you have any articles for our quarterly newsletter, please email Jas on jasmsmi@aol.com or ring her on 01889 585056.