

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

February 2012

London
& South
edition

BTS Medal for 'remarkable' Helena

The British Lung Foundation's Chief Executive Dame Helena Shovelton has received the British Thoracic Society Medal for her tireless work in lung health.

The medal was awarded for Dame Helena's "remarkable energy and drive" and for having "indefatigably championed the cause" of people with lung disease.

On receiving the medal, which was awarded at the BTS Winter Meeting in December, Dame Helena said: "For many years respiratory illness has been an

invisible disease, and it has been a considerable challenge to push it to the top of the agenda.

"I am, however, heartened by the progress that has been made so far and look forward to lung disease being given more prominence in the future."

The BTS Medal is awarded each year to individuals who have made an outstanding contribution to respiratory medicine. The other recipient of the 2011 Medal was Prof Duncan Geddes, a Vice President of the BLF and former

President of the British Thoracic Society.



Recognition: Dame Helena Shovelton receives her award from BTS President Dr Edmund Neville

Telehealth – the future of chronic disease care in action around the UK

Three million people with long-term conditions are set to get equipment to monitor their health in their homes in the next five years. The scheme is known as telehealth, and will mean that vital health checks can be carried out without patients having to leave their home. The results of the checks will be sent electronically to the patient's GP.

The Department of Health estimates that the scheme could reduce deaths from long-term diseases by 45 per cent and cut emergency admissions by 20 per cent.

The BLF is working on telehealth projects across the UK to benefit people with lung disease. Here's how:

In Wales... Telehealth is part of a project to improve treatment for people with chronic conditions, including COPD, in **Carmarthenshire**. The Welsh Government is particularly promoting the system in rural areas, recently publishing an overview of where it is being used. BLF Wales is publicising good ideas and developing best practice from elsewhere. Of particular interest is the delivery of pulmonary rehab through telehealth in Scotland, which could also be of benefit to people in Wales.

In Scotland... The BLF has worked with the Scottish Centre for Telehealth and Telecare to widen pulmonary rehab provision in rural areas using telehealth. Patients in local health centres 'tune in' to classes being delivered at major hospitals. This increases accessibility and facilitates the development of community support networks. All classes are led by health professionals, who advise, encourage and ensure patient safety. The programme has been trialled in **Tayside, Lothian, Dumfries and Galloway, Borders** and **Western Isles** NHS Health Board areas.

In England... COPD patients are using a simple system piloted in NHS **Stoke on Trent**. Machines in the home allow participants to measure their oxygen levels, which are sent by text message to a remote system known as 'Florence'. The patient's health care professional is alerted instantly to any abnormalities in their readings. The system has now been rolled out in other areas.



Festive fun and frolics

Lots of you had a Christmas get-together before the holidays and the London & South team was lucky to be able to attend a few, gaining a few pounds along the way! Thank you for inviting us along.

Pictured above is BE Peterborough at their festive event, and left is the BE Canvey Christmas lunch. A good time was had by all.



Wickford braves the cold for Christmas

In December, BE Wickford held an awareness stall at the Christmas lights switch-on event at Wickford High Street. The group was joined by two local respiratory nurses as well as Claire from the British Lung Foundation.

They braved the cold and got well and truly into the Christmas spirit by decorating their stall with fairy lights and playing Christmas songs. They handed out lots of leaflets and flyers to late night shoppers and passers-by, but perhaps most popular were the sweets and “reindeer food” they gave out in return for donations!

World COPD Day success

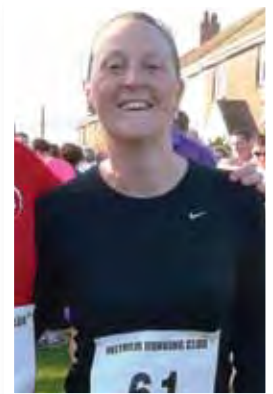
A huge thank you to all the groups in the London & South region that put on some amazing events – about 35 in total – and even got some press coverage here and there! Well done to all of you for all the hard work.

Pictured below are members from BE Islington, whose event had a visit from Simon Burns, Minister of State for Health (third from right), after they contacted his office – a great achievement! Dame Helena Shovelton (fourth from left) and Sir Robert Naylor (far right) also attended to show their support.



Cave woman Clair keeps on running!

The BLF’s Clair Evans is running the 2012 London Marathon in aid of the charity. Find out more and keep up to date with her training antics at



[www.runningcavewoman.](http://www.runningcavewoman.wordpress.com)

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

Sponsor Clair at www.justgiving.com/clair-evans-marathon.



London & South team welcomes Joanne



As most of you know, Dominic Papineau, who was the Development Officer for the South East has left us. But he hasn't gone far – just across the road, in fact, to work in the BLF's fundraising team.

As of the end of January, we welcomed Joanne Rowlands to the team. Here's a few words from Joanne: "I have worked with volunteers for several years at a children's charity and have also volunteered for a number of different organisations. This experience has demonstrated to me that when people work together they can make a real difference.

"I am really looking forward to working alongside all of the Breathe Easy Groups in the South East region and will be doing my best to make sure that every group is able to contribute and make their voices heard about the issues that matter to them."

Winter donations

Thank you to the following groups for their amazing contributions to the BLF in November and December:

■ Ashford & Tenterden	£500
■ Canvey Island	£200
■ Clacton	£22
■ Colchester	£22
■ Enfield	£1,000
■ Great Yarmouth & Waveney	£550
■ Ipswich	£534
■ Norwich	£3,000
■ Peterborough	£250

And remember – send in your Annual Choices form before the end of the financial year in June to determine which cause you would like your money to go towards.

How to contact the team



020 7688 5555



londonandsouth@blf-uk.org



73-75 Goswell Road
London, EC1V 7ER

Welcome Breathe Easy Lewisham

The fabulous physios and nurses from Lewisham PCT helped us to put on a Christmas-themed information day for a new Breathe Easy group in Lewisham in December. It was a huge success with around 40 patients attending with their carers and families.

There was a lot of enthusiasm for the new group with everyone looking forward to its first meeting, which took place last month. Future meetings will be held at:

St. Laurence Centre
37 Bromley Road
London, SE6 2TS.

Another win for Portsmouth South's Eric

Eric Compton, Chair of BE Portsmouth South, was awarded a We Can Do It t-shirt by his local paper, Portsmouth's *The News*, as part of its campaign to highlight the work of people who have helped others in the community. The group was officially launched in April last year and has already won two Breath of Fresh air Awards. Well done to Eric and all of Breathe Easy Portsmouth South!



- 9 March – BE Hedge End launch
- 16 March – London networking day
- 19 March – Information day, Brentwood
- 26 March – Sudbury networking day
- 29 March – Haringey launch

Dates for the diary

Please don't hesitate to get in touch with us for more information.

In the spotlight...

John Price,
BE Colchester

In this new feature, we'll focus on an outstanding example of support or hard work by a Breathe Easy member or group, and how their experience can help groups across the UK



John (second from left) with Dame Helena Shovelton, BE Brent's Colin Hawkey and Health Secretary Andrew Lansley at the launch of the *Outcomes Strategy*

John Price has been Chairman of BE Colchester for more than eight years and campaigns for improved respiratory care.

He is involved with the Strategic Implementation Group for COPD for North East Essex Primary Care Trust and sits on the Long-term Conditions Programme Board in the East of England.

On a national level, John is part of the patient group that informed the *Outcomes Strategy for COPD and Asthma in England*, and worked with Dame Helena Shovelton and the Department of Health ahead of its launch. Last year he was a patient expert on the appraisal committee for a new COPD drug for the National Institute for Health and Clinical Excellence (NICE). John's commitment to improving respiratory care even took him to Brussels last June for the European Asthma and Allergy Conference at the European Parliament. However, one of his most important roles is running a Breathe Easy group that provides vital support to around 30 regular attendees. Most recently, he has helped develop a new Breathe Easy group in Sudbury and helps review the BLF's health information.

These are just a few of the ways in which John has made a huge impact on respiratory care services locally and nationally. A very big thank you is due to him for all his support and hard work.

Easy PC - make the most of the BLF online

More and more people are accessing valuable support and advice through the BLF website, www.lunguk.org. Here is just a snippet of the online resources available at the click of a mouse.

Online surgeries Web presentations on a health topic that you can watch and take part in from the comfort of your own computer. www.lunguk.org/supporting-you/webinars.

Health tests The BLF hosts two health tests on its web pages that help to identify possible symptoms of COPD and obstructive sleep apnoea. www.lunguk.org/media-and-campaigning/world-copd-day/breath_test and www.lunguk.org/media-and-campaigning/obstructive_sleep_apnoea.

BLF Web Community A fully moderated forum that brings together more than 1,500 people affected by lung disease. www.lunguk.org/supporting-you/blf_discussion_forums.

■ Visit www.lunguk.org for even more resources available online.

Strive for Your Personal Best

Research has shown that regular physical activity helps to prevent and treat many conditions – but exercising with a long-term condition can feel daunting.

So the BLF is supporting a national campaign aimed at making exercise more accessible to everyone.

Inspired by the 2012 Olympic and Paralympic Games, Your Personal Best was launched in January by

GlaxoSmithKline, official laboratory services provider for London 2012, in association with NHS London. It provides tools and resources to enable people to achieve realistic goals and improve their fitness.

For more information about how you can start achieving Your Personal Best, visit the campaign's website at www.yourpersonalbestcampaign.co.uk. You can also find out about exercising with the BLF at www.lunguk.org/supporting-you/exercise-safely.

18 to 24 June
**Breathe Easy
Week 2012**

Watch this space!

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