

Sign up to our website to receive regular newsletters

## #Breathtember

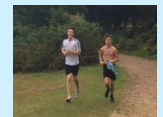
Higgle Piggle from the children's programme 'In the Night Garden' helped celebrate #Breathtember with us this year. As most of you know by now, we have renamed September (Global Pulmonary Fibrosis Awareness Month) as '#Breathtember'. At our stall in Sainsbury's Warren Street, Higgle Piggle helped us spread the word and raise a tremendously lucky £88.88!



We renamed most of the autumn months at our second #Breathtember stall at UCH by joining up with the Stoptober antismoking team. If you have any problems quitting, visit: <http://bit.ly/1LehocX> for some tips.



And thank you to our supporters who joined in the challenge of 'Getting Out of Breath' for #Breathtember and for tweeting, retweeting and sending in their photos of them climbing stairs, running, rafting, trampolining, dancing, swimming and so much more. The term '#Breathtember' was retweeted more times than ever before; so thank you for spreading awareness!



### INSIDE THIS ISSUE:

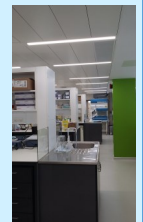
#Breathtember	1
New Labs	1
Christmas is A-Coming	1
Rugby Union Quiz	1
Pulmonary Fibrosis Roundup	2
Lung Infection Roundup	2
FUNdraining Ideas	2
Charity Christmas Concert	2

## New Labs



The eagerly awaited laboratory refurbishment is at last complete and we are excited that the New Year will be very productive after being uprooted from the laboratories for the move. The refurb has been funded by UCL as part of their commitment to keep the buildings in working order.

Dr Manuela Plate, one of our researchers says, "The newly refurbished labs are truly wonderful. It is not just the way they look, it is also the way spaces have been designed around us. It has really improved the way we work and the quality of our output. A big success all round!".



## THE RUGBY UNION WORLD CUP QUIZ

1. How many players make up a Rugby Union team?
2. How many Rugby World Cups have there been?
3. How many points for a drop goal?
4. What is the Rugby World Cup trophy called?
5. Who scored the most tries in the 2015 Rugby World Cup?

## Christmas is A-Coming

For those of you interested in supporting us by buying charity Christmas cards, you can order directly online with [CharityChristmasCards.com](http://CharityChristmasCards.com) [you can use the direct link on our home page]. CharityChristmasCards.com sell both paper cards and, for those of you who are more green in nature, they also provide online cards to email to your friends and family. They also supply corporate cards so you can put your company name on the front cover. **Up to 50p per card is donated directly to Breathing Matters.**



For those of you around the London area, we have two charity Christmas stalls on Friday 20.11.15 11am-2pm at Sainsburys Warren Street and Wednesday 9.12.15 12-4pm at UCH Atrium where we will be selling stocking fillers, jewellery and designer handmade Christmas cards.

Would you like to find out what type of Christmas charity supporter you are? Read our article at <http://bit.ly/19gNAoH>

**We would like to take this opportunity to wish you a very enjoyable Christmas and a Healthy and Happy New Year !!!**

Visit our website on  
[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

 Follow us @breathingmatter

Like us on Facebook at  
[facebook.com/BreathingMatters](https://facebook.com/BreathingMatters)



**Breathing Matters**  
FIGHTING PULMONARY FIBROSIS AND INFECTION



[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

UCL Respiratory, Rayne Institute, 5 University Street, London WC1E 6JF Email: [breathingmatters@ucl.ac.uk](mailto:breathingmatters@ucl.ac.uk)

You can simply DONATE via [www.justgiving.com/breathingmatters](http://www.justgiving.com/breathingmatters)



**JustTEXTGiving is now available to Breathing Matters supporters.**  
Simply Text 'BMPF22 £15' to 70070



### Pulmonary Fibrosis Roundup by Dr Porter



It has been a busy year for presentations this year.

- ⇒ Dr Theresia Mikolasch (Breathing Matters Lawrence Matz Clinical Fellow) presented the UCLH experience of relatively non-invasive cryobiopsies at the European Respiratory Society in Amsterdam in September. Dr Mikolasch will also present at the British Thoracic Society meeting in December.
- ⇒ Dr Akif Khawaja is presenting his work on rheumatoid arthritis associated interstitial lung disease (ILD) at the American Society of Rheumatology in November in San Francisco.
- ⇒ Dr Sara Brilha has completed a paper looking at the effect of fibrosis on the lung epithelium which is now submitted for publication.

The group continues to grow and has signed up to five new clinical trials in ILD to join our portfolio of ongoing studies.

### Lung Infection Roundup by Prof Brown



It has been a busy year for publications for the Lung Infection group with 11 research papers published so far. The highlights are a paper in the Journal of Allergy and Clinical Immunology (Suri et al in press JACI) describing how exposure to welding fumes makes pneumonia more likely, and a paper published in November in the European Respiratory Journal (Quint et al. Europ Resp J in press 2015) which shows that bronchiectasis is much commoner than previously thought and is increasing in both incidence and prevalence as well as associated with a marked increase in age-dependent mortality.

**We Applaud You!** Thank you to all of our patients and fundraisers for taking part in the trials and for providing the means for us to keep these important studies going. For more information, visit: <http://bit.ly/1Y8VoEK>



## FUNdraising Events, Tributes and Inspirations

- ♥ Organise a pre-Christmas Declutter Party and donate to Clothes for Charity.
- ♥ Enjoy a charity mulled wine and mince pie evening.
- ♥ A swish party to swap unwanted clothes; just pay an entrance fee. You may get a Christmas outfit for free!
- ♥ Organise a carol concert, ... or come to ours!
- ♥ A hike, a cycle, a climb, a backwards walk .... be as outrageous or as simple as you dare!



### CHARITY CHRISTMAS CONCERT



Come along to our Charity Christmas Concert — "A Christmas Celebration with the Holst Singers."

This interactive concert will take place in the iconic St Paul's Church in Covent Garden on Friday, 11th December 2015 from 7.30pm.

The Holst Singers have been described by the BBC as "a leading chorus on an international stage" are renowned for their dramatic and engaging performances.

Tickets are £25 each and are available from <http://breathingmatters.bpt.me/>

### OPEN CHALLENGES



Why not challenge yourself in 2016 to a more bespoke charity event?

Breathing Matters have teamed up with Global Adventure Challenges. Have you ever wanted to trek the Great Wall of China, cycle from Yosemite to San Fran or raft on the River Zambezi? GAC can organise this for you and money raised will go to Breathing Matters.

For more information, visit: <http://bit.ly/168bLeg>