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## Christmas Charity Concert

‘Inspiring’, ‘tear-jerking’, ‘emotional’, ‘Christmassy’. These were the adjectives most used by the audience at our first Charity Christmas Concert featuring the Holst Singers.

The Holst Singers stunned the audience at the Charity Concert in aid of Breathing Matters with their mesmerising performance including works by Tavener and Warlock and ending in a rousing and joyous performance of ‘We wish you a Merry Christmas’. The conductor for the evening was Jeremy Cole.

And all this under the backdrop of the iconic UCL done, pillars and Christmas tree.

Funds raised from the concert goes toward Professor Brown’s research work into bronchiectasis.

Jane Walker, who spearheaded the concert said, ‘It was an honour to help organise this concert. The Holst Singers were amazing and uplifting. It was a very special beginning to this truly magical time of the year.’.

Jane is already planning this year’s Charity Christmas Concert. The provisional date is 11th December 2015 at St Paul’s Church, Covent Garden .... so watch this space—you don’t want to miss out!



## Cyclotopia!

**When:** Sunday, 14th June 2015, 10am-1.30pm

**Where:** Lee Valley VeloPark, Queen Elizabeth Olympic Park

**Why:** To have fun and raise lots of money!

Cyclotopia brings you an incredible opportunity to visit Lee Valley VeloPark which brings together three cycling disciplines of road racing, mountain biking and track cycling in the iconic Velodrome. Follow the world’s top cyclists at the UK’s leading cycling hub—and raise money for Breathing Matters.

This event has something for everyone from complete novices to experienced cyclists.

**This bespoke event is a first for Breathing Matters and UCLH Charity and we want as many people to join us to raise awareness and money!**



For more information, visit: <http://bit.ly/1zli6ct>

To register, visit: <http://bit.ly/1KnPals>

Please spread the word and let’s make this event a success!



## THE SPRING FLOWER QUIZ

Identify the following:

1.



2.



3.



4.



Answers can be found on our website [www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

## New Research on Characterising Bronchiectasis Exacerbations

Our researchers at UCL led by Dr Hurst have recently finished a paper detailing what happens to patients’ symptoms and simple measures of lung function and inflammation during exacerbations of bronchiectasis that will be published soon in the journal, Respiratory Research. A group of bronchiectasis patients at the Royal Free Hospital kept detailed diaries and recordings of their peak flows over time, and this allowed the researchers to describe exactly what happens as exacerbations develop and are treated. The results show that, on average, the peak flow and symptoms deteriorate 4 days before the patient starts treatment and that exacerbations last for 16 days, but sometimes much longer. This important new information will help researchers working on how best to minimise the impact of exacerbations on patients’ quality of life and health. Further work in collaboration with Professor Brown is already exploring the impact of these exacerbations on cardiovascular disease.

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## A Day in the Life of a Post Doc, Dr Manuela Platé



My day at UCL Respiratory starts almost as soon as I open my eyes in the morning. I check my e-mail inbox and reply to any urgent e-mail before I even get out of bed. In the lab, we will often start with a meeting, in which group members present research data. We ask questions and give feedback and suggestions. I often go to UCH to collect blood samples from Idiopathic Pulmonary Fibrosis patients. Back in the lab, I process the samples to look for biomarkers that can give us important information about IPF.

Certain days will be filled with bench work and experiments, sometimes until late at night. My project is aimed at uncovering the early events that happen in the cells of the lungs and give rise to IPF and it is amazing that so many IPF patients are willing to participate in our studies.

Other times, I will spend days on end sitting at my desk analysing data, writing a paper or a grant proposal or preparing a presentation for a meeting. Catching up with the literature is another important aspect of my job.

As my mentor, Professor Chambers, always says, you don't stop being a scientist when you leave the lab, so I often find myself thinking about my experiments and results while walking home, cooking or just before falling asleep.

I really love my job. Most of the times, it's frustrating as our research doesn't progress as fast as we would like it to, but it is also extremely rewarding.

The thing I love the most is being part of a team of passionate and enthusiastic people: from the young PhD student to the experienced clinician to the patients and their relatives, we are all working towards the same goal.

## FUNdraising Events, Tributes and Inspirations

- ♥ Organise a Spring-cleaning Party and donate to Clothes for Charity (see opposite).
- ♥ A beard-shaving event; get those chins out for Spring.
- ♥ A swish party to swap unwanted clothes; just pay an entrance fee.
- ♥ A coffee and cupcake morning or a Bake-Off.
- ♥ Organise a swear box at work or home!
- ♥ A hike, a cycle, a climb, a hop .... be as outrageous or as simple as you dare!

### SPRING CLEANING?



Breathing Matters are very excited to announce a joint partnership with Clothes for Charity.

This is a secure, trackable way of donating clothes online. All you have to do is register, nominate Breathing Matters as your charity, request a donation bag and arrange a collection from a place that suits you.

Clothes for Charity will give £200 per tonne of clothes to Breathing Matters. Take a look at how it works: <http://bit.ly/16dvwRV>

**So now your spring cleaning will be more worthwhile!!**

### OPEN CHALLENGES



Why not challenge yourself this year 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, climb Everest 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>