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Cyclotopia



"A fun packed day full of amazing people. Great atmosphere." "Great value for money" "It was the best day of the year so far" – Oliver, aged 8. These were just a few comments from cyclists who attended our new charity event; Cyclotopia.

Cyclotopia was held at the QE Olympic Park VeloPark at Lee Valley on Sunday 14th June 2015. Over 200 fundraisers and supporters turned up to support all four UCLH Charities. Cyclists were of all ages and all abilities.

Families loved the choice of road circuit and mountain trail, with many having the opportunity to try both. Hard core cyclists zoomed around the fast road circuit with wind in their hair, while families trailed behind with smiles on their faces, waving each time they finished a one mile circuit.

There was a special buzz at the Velodrome. Two sessions were available with a qualified trainer. Fears of the brakeless, clip-on bikes were quickly quashed by the skilled trainer, and all cyclists were cheered on heartily by our 'rent-a-crowd' supporters for the timed sprint finales. Most have vowed to come back next year to beat their 'PB'. Watch out Bradley!



We are so grateful to the staff and volunteers at the VeloPark who worked tirelessly throughout. An big thanks goes to our sponsors, Cycle Republic. A special thank you to our charity volunteers, without whose help this event could not have taken place.



Over £11K has been raised so far for this event which is great for a first event, and we hope to build on this next year and make this event bigger and better.

Most of those who attended confirmed they would recommend this charity event to a friend. Are you ready for a buzz in 2016 ...



THE HAY FEVER QUIZ Identify the following:

1. What is the formal term for hay fever?
2. Can you have hay fever in the winter?
3. If you have hay fever, what food might you be allergic to?
4. Will your child have hay fever too?
5. What's the best way to keep a child from developing an allergy?

Answers on our website
www.breathingmatters.co.uk

Sainsbury's Local Charity of the Year—Breathing Matters won the Election!

A MASSIVE thank you to all of you who voted in the General Election; that's the Sainsbury's Local Charity of the Year Election of course!

Sainsbury's
Local Charity

Breathing Matters claimed the majority of the votes which was all down to our amazing supporters—you know who you are!

We look forward to a fabulous collaborative year of fundraising and raising awareness with Sainsbury's Warren Street.



Buteyko breathing techniques are techniques developed to help individuals regain control of their breathing and prevent hyperventilation. The techniques involve the reduction of breathing. One technique used during the programme is "Control Pause"; this involves inhaling and exhaling a normal sized breath and not taking another until the first feeling of a lack of air.

If you are interested in helping with this project at Kingston University, please contact Luke Morton-Holtham on k1214556@kingston.co.uk. More information regarding the study can be found at <https://sarcoidosisresearch.wordpress.com/>

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Breathing Matters
FIGHTING PULMONARY FIBROSIS AND INFECTION



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

You can simply DONATE via www.justgiving.com/breathingmatters



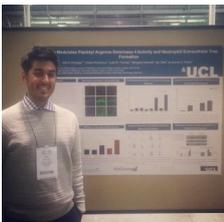
JustTEXTGiving is now available to Breathing Matters supporters.
Simply Text 'BMPF22 £25' to 70070



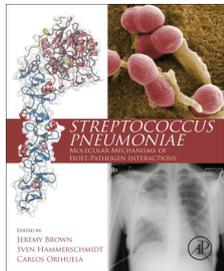
Scientific Successes



We are proud to announce that Dr Theresia Mikolash, Breathing Matters Clinical Fellow, has been accepted for a poster discussion session at the European Respiratory Society International Congress in Amsterdam this autumn to present "Transbronchial cryobiopsy for the diagnosis of interstitial lung disease the UK experience."



Thanks to the support of Breathing Matters, Dr Akif Khawaja was able to present his research at the American College of Rheumatology Annual Conference in Boston and the British Society for Immunology Congress in Brighton. Dr Khawaja says, 'Both conferences were invaluable to the progression of my work and have helped shape my future research. I would like to thank all those who have contributed to the amazing work Breathing Matters does on behalf of research scientists.'



Congratulations also to Professor Brown who has just published a book—Eureka Respiratory Medicine, by Smith, Quint and Brown—and who is just about to publish another with the catchy title, "Streptococcus pneumoniae: molecular mechanisms of host-pathogen interactions", by Brown, Hammerschmidt and Orihuela.

Haven't they been busy!

September is #Breathtember—
Pulmonary Fibrosis
Awareness Month

Remember to tweet your 'Get Out of Breath' Challenge (triathlon, 5K or simply walking up stairs!) and ask your friends to retweet—and include the term, '#Breathtember'

Tweet tweet

A special **thank you** to all our amazing supporters who have raised so much for us this season via stalls, choir evening, Breatheasy gig, Rotary Club do, 10K x 2, London Marathon, Skydive x 2, Triathlon x 2, Prudential 100 x 2, Manchester Marathon, Chester Half Marathon x 2, Great East Swim, Edinburgh Marathon, Brighton Marathon, 5x50 Challenge, Ben Nevis Climb ... phew You are all fabulous!

Take a deep breath ...
Breathing Matters

FUNdraising Events, Tributes and Inspirations

- ♥ Organise a Declutter Party and donate to Clothes for Charity.
- ♥ A beard-shaving event; get those chins out for Summer.
- ♥ 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!

CHRISTMAS CONCERT



Come along to our Christmas charity concert — "A Christmas Celebration with the Holst Singers."

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

The Holst Singers have a busy concert schedule both here in the UK and internationally. They have been described by the BBC as "a leading chorus on an international stage".

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

OPEN CHALLENGES



Why not challenge yourself in 2015 or 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/168bLeq>