

Sign up to our website to receive regular newsletters

INSIDE THIS ISSUE:

Cyclotopia 2016	1
Concert Tickets	1
Hay Fever Tips	1
Capital City Quiz	1
The Battle for Breath Study	2
FUNdraising Ideas, thank yous and Tributes	2

Cyclotopia 2016

Since transferring our Richmond annual charity bike ride to the Olympic VeloPark and rebranding it 'Cyclotopia', we have doubled the number of cyclists attending our flagship event. But we want to aim even higher than that, and double the number again. When we confirm next year's date, we will ask for your help in spreading the word for this fabulous fundraiser.

We had so many things to do at this year's Cyclotopia in June from kids BMX, road circuit, mountain trails, static bike time trials, a Tour de France training course and of course the iconic Velodrome.

We had a competitive element to this year's event with prizes for fastest times on the road circuit and static bikes.

And best of all, Mark Colbourne MBE (paralympic and world cycling champion) came along to meet us, train us, cycle with us, chat to us, give out prizes and show us his gold medal.

Breathing Matters are so grateful to everyone that came along, raising an amazing £5000. We are also very grateful to Cycle Republic for sponsoring the event.



Concert Tickets

Tickets are now on sale for our Christmas Charity Concert on Friday, 9th December 2016 at St Paul's Church, Covent Garden with the fabulous and famous Holst Singers entertaining us once more.

Tickets £25. Do not miss out—these tickets are like gold-dust!
For tickets and more information, visit: <http://bit.ly/29E7Ei6>



CAPITAL CITY QUIZ

Name the capital cities of the following countries:

1. Thailand
2. Switzerland
3. Venezuela
4. Uganda
5. Czech Republic
6. Iceland
7. Costa Rica
8. Iran
9. Croatia
10. New Zealand

Answers on our website
www.breathingmatters.co.uk

10 Quick Tips for the Prevention of Hay Fever

- ♥ Keep windows closed.
- ♥ Wear wrap-around sunglasses.
- ♥ Outside workers should wear a mask.
- ♥ Smear nostrils with Vaseline.
- ♥ Avoid drying clothes outside.
- ♥ In a car, keep windows closed and fit a pollen filter.
- ♥ Vacuum regularly and clean surfaces with a damp cloth.
- ♥ Avoid fresh flowers indoors.
- ♥ After being outside, shower to remove pollen.
- ♥ Groom and wash pets more frequently.



For more in-depth information, visit our website on: <http://www.breathingmatters.co.uk/2016/05/not-hay-fever-again>

Visit our website on
www.breathingmatters.co.uk

 Follow us @breathingmatter

Like us on Facebook at
facebook.com/BreathingMatters



Breathing Matters
FIGHTING PULMONARY FIBROSIS AND INFECTION



www.breathingmatters.co.uk

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 £15' to 70070



The Battle for Breath Study

The British Lung Foundation funded a three-year epidemiological research project titled **The Battle for Breath- the impact of lung disease in the UK**. The aim of this was to elucidate the true extent of the burden of respiratory disease in the UK and hence be able to serve as a valuable resource for policymakers, researchers, health care providers as well as the general public.



Their findings pertaining to IPF and bronchiectasis are summarised below:

IPF: Idiopathic pulmonary fibrosis (IPF) is more than twice as common as National Institute for Health and Clinical Excellence (NICE) states in its official guidance. It is 50% more common in men and around 85% of diagnoses are made in people aged over 70. Around 32,500 people in the UK live with IPF and there are around 6,000 new cases diagnosed a year. Overall, 5,300 people die from IPF each year.

Bronchiectasis: Around 210,000 people in the UK were living with bronchiectasis in 2012. This is at least four times higher than the estimate commonly used by the NHS. Other studies have suggested an even higher number and more research is required to confirm the true prevalence of the disease and to clarify whether bronchiectasis is becoming more common, or being diagnosed more accurately. Around 35% more women than men are diagnosed with bronchiectasis each year. In 2012, bronchiectasis was over 20% more prevalent in the least deprived communities than in the most deprived. From 2008 to 2012, recorded deaths from bronchiectasis went up by 30%: from 1,150 to 1,500.

You can access the full report on <https://www.blf.org.uk/what-we-do/our-research/the-battle-for-breath-2016>

FUNdraising Events, Tributes and Inspirations

- ♥ Organise a Declutter Party and donate to Clothes for Charity.
- ♥ Break out the leotard for an Aerobicathon and get back in shape for summer.
- ♥ Organise a sponsored BBQ. How many sausages can you eat?
- ♥ People love cakes at any time of year; have a Cake Sale.
- ♥ A hike, a cycle, a climb, a backwards walk be as outrageous or as simple as you dare!

MASSIVE THANK YOU

- ♥ To the many, many runners, cyclists, climbers, swimmers and hikers for raising so much money for Breathing Matters over the last few months—we salute you!

A special thank you:

- ♥ To John Clements, Gillian Clements and Andy Caldwell for Cycling to Cornwall and raising £3589
- ♥ To Shash, Craig, Kevin, Ricky and Akin for raising £1669 at Cyclotopia
- ♥ To Georgi Rennison Rae for completing the Yorkshire 3 Peaks and raising £1000
- ♥ To Denisa Nementova for raising almost £1000 at the Ironman Austria
- ♥ To Dan Howell for walking Coast to Coast and raising £670

Sainsbury's Local Charity
of the Year

Sainsbury's
Local Charity

We are honoured to be voted Sainsbury's Local Charity of the Year (Warren Street) again for this year.

**A big thank you to
all of our supporters
who voted for us.**