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#### THE HOLIDAY QUIZ

- 1 In which year was Madonna's song, 'Holiday' in the charts?
2. Which country is the most popular for the British to take a foreign holiday?
3. Billy Butlin opened his first holiday camp in Skegness, where was the second?
4. Who were the male and female leads of the 2006 film, "The Holiday"?
5. In which Italian city would you find the Ponte Vecchio?

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

## Best Bike Ride Ever!

The sun was out, the picnics were plentiful, the sunbathing was rife .... oh yes and there was a charity bike ride going on .... in Richmond Park in early June. Each year, we wonder if the rain will stay away; this year, we almost fried with the heat of the sun!



Almost 100 riders cycled seven miles around beautiful Richmond Park on Sunday 8<sup>th</sup> June 2014 in support of five UCLH Charity funds;

**Breathing Matters**, Dementia Care, Leukaemia and Lymphoma Unit, Rays of Hope and TTP Research.

Cyclists included patients, relatives, doctors, researchers and families with children as young as four years old – along with our resident dog, Dexter. Two of our regular cyclists ran the route this year instead, "I won't be doing that again" stated Greg, before collapsing under a tree.



Our Patron and Medical Director, Manjiry Tamhane and Dr Jo Porter, along with friends, formed a team called 'Girls on a Mission' for the challenge and smashed their fundraising target of £1000. Here is Manjiry and Jo along with Dr Theresia Mikolash (BM Clinical Fellow) and Donna Basire (organiser).

We are once again very grateful to our fabulous volunteers including a few mum and dads, without whose help this event could not have taken place. We are indebted to you all.

£11,500 has been raised so far for **Breathing Matters** alone, which is the highest total we have ever achieved for this event. Fabulous! Look out for the 2015 date!

## Breathtember: Tweet Tweet this September and help raise awareness of Pulmonary Fibrosis

Get out of breath for September and help raise awareness. We ask that supporters **tweet different challenges each day in September including the term '#Breathtember'** and to ask their followers to retweet and share this information as widely as possible.

*Think outside the box for your challenges – getting out of breath could mean:*

- Doing a colourful 5K run or walk, eg. Run or Dye 5k <http://uk.runordye.com/>
- Walking over the wondrous London bridges
- Completing a Spartan Race <http://uk.spartanrace.com/events>
- Scaling a mountain
- Or just simply walking up the stairs!



The important thing is that you **tweet your challenge every day** including the term **'#Breathtember'** to raise awareness of pulmonary fibrosis. This September, we want as many people as possible to see the term **'#Breathtember'**. To make the biggest impact, the aim is to get the term **'#Breathtember'** to trend.

Follow us on Twitter or Facebook for more information.

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



Fighting  
pulmonary fibrosis  
and infection

Follow us @breathingmatter

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

Centre for Respiratory Research, 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 £xx' to 70070



## Summer is Here!

### A Holiday Checklist for Respiratory Patients

- ♥ Talk to your doctor about needing oxygen and how much. If needed, arrange oxygen for the flight and your holiday destination well in advance. For more info, visit <http://bit.ly/VVkbSp>
- ♥ Arrange disabled assistance at the airport if required.
- ♥ Check your insurance policy covers you for medical costs and return home.
- ♥ Bring your EHIC [European health insurance card] if travelling to the EEA or Switzerland.
- ♥ A letter in your hand luggage detailing your condition and medications.
- ♥ Medication in your hand luggage plus one spare week's worth.
- ♥ Remember to have fun!

**Hay Fever** (seasonal allergic rhinitis) is an allergy to pollen. It affects about 2 in 10 people in the UK. It often first develops in school-age children, but may start even later in life. Hay fever tends to run in families. You are also more likely to develop hay fever if you already have [asthma](#) or [eczema](#).

Following these tips may help:

- Keep windows closed when at home and overnight.
- Wear sunglasses or a mask for outdoor activities.
- Avoid drying clothes outside when pollen counts are high.
- Keep car windows closed when driving and fit a pollen filter.
- Vacuum regularly. Pets can bring pollen in on their fur.
- Smoking in the house will irritate your nose, eyes, throat and airways, making symptoms worse.
- After being outside, shower and wash your hair.
- See your GP if you have asthma or if symptoms are severe.

For more info, visit <http://bit.ly/QUBrEB>

## FUNdraising Events, Tributes and Inspirations

- ♥ Organise a charity summer picnic.
- ♥ A nail art event at your own home, getting ready to show those toes.
- ♥ A swish party where you swap unwanted clothes for free; just pay an entrance fee.
- ♥ Coffee and cupcake morning or a Bake-Off.
- ♥ A summer arts and craft afternoon.
- ♥ A walk, a cycle, a scooter, a hop .... be as outrageous or as simple as you dare!

### ARE YOU MAD ENOUGH FOR THIS?



Breathing Matters has teamed up with Sport for Charity and have free spaces at the following events:

- ♥ **The Spartan Race**
- ♥ **Zombie Evacuation Race**
- ♥ **Run to the Beat 10K**

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

If you are up for the challenge, email us.

### GIVE AS YOU SHOP

Breathing Matters has signed up to a fantastic scheme where supporters can raise money for us at absolutely no cost to themselves—just by going about their normal online shopping.

The scheme is called 'Give as you Live'. All you have to do is shop online with your favourite stores through 'Give as you Live'. A percentage of every online purchase you make will go to Breathing Matters (via UCLH Charity).

The stores are donating, not you - so there really is no extra cost.

For more information, visit <http://bit.ly/1mg8DSM>

Every little helps!

