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We wish you all a very Healthy and Happy Christmas and New Year !!!

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POLLUTION QUIZ



1. What % of Londoners live in areas exceeding the WHO recommended pollution levels?
2. What is PM2.5?
3. Which of the following can you do to help decrease levels of pollution?
 - Reduce car journeys.
 - Keep house temperature down.
 - Walk more.
 - Campaign for change.
 - All of the above.

Answers on our website
www.breathingmatters.co.uk

2018 Respiratory Health Campaign

We recently worked with Mediaplanet UK on the 2018 Respiratory Health campaign. A printed publication was enclosed within every copy of The Guardian newspaper and the content available online also at <http://www.healthawareness.co.uk/respiratory> with exclusive content from The London Mayor and The British Lung Foundation. Air pollution was highlighted as a major problem, see the report below:

Should We Be Worried About the Effect of Air Pollution on our Health?



Alison Cook from the British Lung Foundation (BLF) says yes, we should. News on air pollution has been hard to avoid over the last few years. With new studies and figures coming almost weekly, it can be difficult to keep track of the evidence. What we know is that many parts of the UK have dangerous levels of air pollution.

Breathing in polluted air is linked to multiple health concerns, including asthma, COPD, stroke, heart disease and now lung cancer. There's also emerging evidence that poor air quality is linked to dementia and diabetes. We know those most vulnerable in our society—children, the elderly and people with existing heart and lung conditions—are most at risk.

Last month, the BLF released a report called, 'Toxic Air at the Door of the NHS' that found 2200 GP practices and 248 hospitals in the UK are in areas that exceed the World Health Organisation (WHO) safe air pollution limits. The harmful air particles (PM2.5) come from multiple sources, with the majority coming from road transport in urban areas. We believe healthcare professionals deserve to work in clean air, and their patients deserve healthy environments in which to receive care. That's why the BLF are calling on the government to use the upcoming Environmental Bill to adopt WHO's limit for PM2.5 and work with local authorities and other decision makers to ensure this is met.

So, what can we do? We need to cut back on car journeys, and if possible, walk, cycle or carpool for shorter trips. Most importantly, we need people to talk to local decision makers and campaign for change.

Air Pollution in London Exceeds WHO Recommended Levels

7.9 million Londoners—nearly 95% of the population—live in areas that exceed World Health Organisation recommended guidelines by 50% or more.

Sadiq Khan, Mayor of London, reports, "At City Hall, we're taking bold action to table toxic vehicle emissions by delivering the world's first toxicity charge, the T-Charge, in central London for the oldest polluting cars. We're cleaning up older buses and have set strong new standards for taxis. In 2019, we will see the introduction of the Ultra Low Emission Zone in central London, which will operate alongside the Congestion Charge, 24 hours a day, seven days a week, and is set to reduce toxic NOx emission by 45%.

We've delivered audits to help our most polluted schools and given boroughs £11M to tackle local air quality hot spots. City Hall are also investing record amount in cycling and walking infrastructure to encourage healthier and cleaner ways to get around."



Professor Jo Porter from Breathing Matters reports, "At Breathing Matters, we are committed to understanding the harmful effects of pollution and working with patients, NHS and other communities to limit our own contributions. Pollution clearly plays a role in many lung diseases, and pulmonary fibrosis is no exception. Although as many as 7.5 people in every 100 will have evidence of lung scarring on a CT scan, only a small minority will go on to develop progressive, symptomatic IPF and one of our challenges is to find out what causes this progression and the role that pollution plays. In the meantime, we can all turn down our house temperatures to the recommended 18 degrees, and use our cars less. In a small way, one of our big plans for 2019 is to run more remote clinic appointments (such as by telephone and Skype) to limit the time our patients have to spend travelling to, and from, central London."



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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

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Simply Text 'BMPF22 £25' to 70070



Let Off Steam at the Museum

'Such fun!' was the most used quote at the end of our charity silent disco; 'When's the next one?' was the next.

Non-stop dancing, laughter and strained singing ... yes, that's what a silent disco is all about! Everyone was boogying ... and I mean everyone – from the volunteers in the foyer, the DJs, the bar staff and each and every person who attended! There's something about dancing with headphones on that brings you back to your youth, that keeps those inhibitions away, that makes you sing at the top of your voice and that makes you dance like no-one is watching.



The engines in the London Museum of Water and Steam looked magical in the lights, giving the atmosphere a haunting, awe-inspiring quality. Thank you to Knight Sounds and Vision for their help with the transformation.

Thank you to Birdie catering and the fabulous, fabulous staff at the museum, especially Christina and Joanna, who helped plan the event. A massooov thank you goes to all the volunteers who worked all night to ensure everyone had fun, and to Molly Livermore, our official photographer. Thanks too to our sponsors Bates IT and Sainsbury's Warren Street.

But the biggest thank you must go to the DJs – Stu, Matt, Rosie and DJ Strawberry Delight – who gave their time freely and kept the joint jumping.

A fabulous £2,500 was raised for Breathing Matters which will go towards important research into pulmonary fibrosis and infection at UCL Respiratory.

Come to next year's silent disco on 1st March 2019 if you want to join in the fun! Join our mailing list on www.breathingmatters.co.uk to find out when and where to get tickets.



FUNdraising Events, Tributes and Inspirations

- ♥ Organise a mulled wine and cheese evening.
- ♥ Join a Santa Run.
- ♥ Arrange a Christmas Ball.
- ♥ Put on a mince-pie bake-off.
- ♥ Join a sponsored walk, a scooter, a cycle, a hop—be as outrageous or as simple as you dare!
- ♥ Make us your Charity of the Year for 2019. Do you know any local businesses who could support us?



CHARITY CHRISTMAS CONCERT
Friday 7th December 2018, 7.30pm
St Pancras Church, Euston

Join us for our annual Christmas celebration with the Holst Singers - described by The Times as interactive concert going at its most revelatory while the BBC Music Magazine states that The Holst Singers sing with a spell bounding sense of atmosphere.

Tickets £25 at:
<https://bmholstsingersconcert.brownpapertickets.com/>

CHALLENGE YOURSELF IN 2019



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? We have teamed up with Global Adventure Challenges who can organise this for you and money raised will go to Breathing Matters.

For more information, visit:
<http://bit.ly/2IGjBpR>