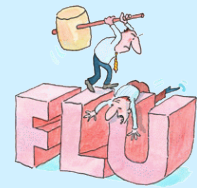




**A Merry
Christmas
to all our
supporters**

Surviving the Winter

The 'flu, or influenza virus can cause infections all year round, but in the UK, it is most common in the winter. 'Flu affects 10% of the population each year.



Vaccination Against the 'Flu

Certain at risk groups are advised to have a 'flu vaccination. They include: everyone over the age of 65; people of any age with lung diseases, heart disease, kidney disease, liver disease, diabetes or lowered immunity; anyone living in a residential or nursing home; carers of those at risk.

How to Treat the 'Flu

The best ways to treat the symptoms of flu are: get plenty of rest; keep warm; make sure you drink plenty of water to avoid dehydration; take paracetamol or anti-inflammatory medicines to lower a high temperature and relieve aches.

Always contact your doctor if you're not getting better after a few days, if you're unduly short of breath or if you're coughing up blood or large amounts of yellow or green phlegm.

How to Keep Healthy and Avoid Getting the 'Flu

Keep your immune system strong by eating a healthily and taking regular exercise. Get enough rest and relaxation.

Do not smoke.

Take regular vitamins and bump up your vitamin C.

Avoid people who are coughing or sneezing.

See our website for our complete guide on 'Surviving the Winter'



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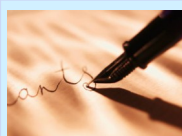


CHRISTMAS QUIZ

1. Who wrote the song 'Here Comes Santa Claus'?
2. Name Santa's reindeer.
3. Who is Scrooge's dead business partner?
4. Which continent is the turkey from?
5. Who is the Nutcracker's enemy?
6. Name three items contained in egg nog.

Answers can be found on our website - www.breathingmatters.co.uk

Charity Christmas Cards are now on sale
– contact info@breathingmatters.co.uk



Make A Will And Remember A Charity

Leaving a legacy to a charity in your will is one of the most thoughtful things you can do.

More than ever, charities are becoming heavily reliant on legacies, in particular the smaller charities, such as Breathing Matters. If you were thinking of donating in this way, the Government has announced a new Tax legalisation which applies to deaths after 6 April 2012. Where your will leaves 10% or more of your estate to charity, the rate of Inheritance Tax that is applied to your estate is reduced from 40% down to 36% reducing the Tax due by 10%.

Whatever your situation, making a will is amongst the most important decisions you can make during your lifetime. Make a will and make a difference.

November is Will Aid month — Participating solicitors will draw up a basic will and, instead of charging their normal fee, invite you to make a donation to your charity of £85. Visit www.willaid.org.uk for more information.



Visit our Website on
www.breathingmatters.co.uk

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



Fighting
pulmonary fibrosis
and infection

Centre for Respiratory Research, 5 University Street, London WC1E 6JF
Email: breathingmatters@ucl.ac.uk

JustTextGiving is now available to Breathing Matters supporters.



This is the UK's first completely free text donation service.
All text messages are free to send on all networks
and 100% of every donation (plus 25% Gift Aid) goes to Breathing Matters.

Simply Text 'BMPF22 £xx' to 70070

A Day In The Life Of ... A Nurse – Louise Petchey

Mornings in the life of a respiratory nurse involves going to the wards to see patients admitted with asthma and chronic obstructive pulmonary disease, or other respiratory conditions such as pulmonary fibrosis. The main aim of my job is to ensure that patients have a good understanding of their condition and to discharge them safely back into the community when they are ready. Some patients may need home oxygen, nebulisers or referrals to community services within their local area.



Our team of respiratory nurses have two clinics per week and includes skin prick allergy testing, issuing self management plans, inhaler technique assessments, nebuliser assessments and home oxygen assessments.

One of the nice aspects of the job is that I get to know many of our patients well so I can respond to their needs quickly and build relationships with them. I often get to know their families too and also try to support them. Many patients phone me up or email me for advice and I spend a lot of time ensuring patients are managing well at home.

Along with the respiratory consultants, my team work closely with the community including community matrons, community respiratory nurses, palliative care teams, smoking cessation teams, GP's and social workers. This ensures a streamlined approach to care with continuity for the patients.

As with all jobs, administration is unavoidable (often done in the afternoon with a cheeky cup of tea). We get involved in audits, maintaining databases, doing various referrals and preparing presentations for teaching.

To summarise, it's a rewarding and busy job. I've been doing it for 7 years now—so here's to the next 7!!

We are looking for a [patient representative to join our committee](#).
If you think you might be interested, email us on info@breathingmatters.co.uk for more information.

FUNdraising Tributes and Inspirations

HILLY WORKSOP!



Thank you to Claire Johnston and her team for running the Worksop Half Marathon at the end of October.

They managed to raise a staggering £1,250 for Breathing Matters.

Claire reports "It was a very hilly course". Very well done to the team.

INSPIRATIONS

- ♥ Cheese and wine party.
- ♥ Coffee and cake morning.
- ♥ Get people to help you quit smoking by fund-raising—a sure way of giving you purpose!
- ♥ A Santa Dash ...seasonal!
- ♥ Make us your Charity of the Year.
- ♥ Join in on any of our events ... or organise one of your own!

LONDON TO PARIS, JUNE 2012

Do you know someone who is up for a challenge?

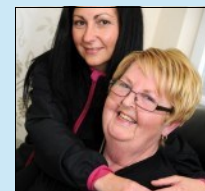
Breathing Matters would like to get together a team of cyclists for next year's London to Paris bike ride. Do you think you have what it takes?

For more information - Visit www.londres-paris.com/site/html/home/index.php

If you are interested, email us.



A GREAT RUN!



Melanie Shone took part in the Bupa Great North Run after being inspired by her friend, Maureen Valente, who has idiopathic pulmonary fibrosis.

Melanie raised £235 for Breathing Matters.

Thanks so much Melanie.