



# Breathe Easy Westminster



## Support Group for British Lung Foundation

**The Asthma UK and British Lung Foundation Partnership.**  
**[breatheasywestminster@talktalk.net](mailto:breatheasywestminster@talktalk.net) call Tess: 020 7834 0894**

[Asthma UK website.](#) [British Lung Foundation website](#)

[Asthma UK Helpline:](#) call **0300 222 5800**

[BLF Helpline:](#) or call **03000 030 555**

post covid-19 Symptom Support **0300 222 5942**

or via WhatsApp on **07736 927 716**

**Issue 42  
March  
2021**

**Charity  
number  
326730**

*If you are seeing this shortened printed version of our newsletter and would like to receive the full digital one with much more information, please email or phone Tess and we will add you to our email list to save print and post costs.*



With thanks to the British Lung Foundation, who have provided us with a license to hold zoom meetings, we now hold 2 meetings a month. A

SOCIAL zoom on the 1st Friday of every month and a FORMAL zoom with speaker on the 3<sup>rd</sup> Monday of every month. If you have no internet equipment, **do you know you can join in the meetings by phone to share what's happening?** Just ask Tess. Zoom is quite easy no need to download anything and just click on the link we send you by email or phone. Zoom gives you many opportunities, such as our recent marvelous Wallace Collection tour this March. You just have to remember to save the link and put the time and date in your diary!

If you are not receiving our zoom invitation links, then members must register their interest on 020 7834 0894 or [t.jelen@btinternet.com](mailto:t.jelen@btinternet.com)

During lockdown, our group has been unable to create funding without the raffles and card sales at our meetings; so the stock of flower cards has increased. Let us tempt you to send a contribution of a minimum of £10 for 9 cards including postage. There are also glorious photo cards of flowers and optical fun.



Ring 020 7834 0894 for further information.

We make beautiful real pressed flower cards, which previously sold at the Royal Brompton flower shop.

Our price is 9 for £10.00 including postage.



Quote from author, **Margaret Atwood** on a webinar, "I rarely originally intend anything" – this can be taken however you wish. My reflection was on how we started this Breathe Easy group 10 years ago and how it has escalated to our current membership. I am so proud of you all. You can watch a video of Margaret Atwood's webinar [HERE](#)

Well what serendipity! Whilst working on a grant to supply our members with equipment for home monitoring, **Argos at Marble Arch**, unexpectedly donated us 21 oximeters and 10 thermometers for prizes. Our sincere thanks.

So, to find out what members needed, ALL members were communicated with by [survey](#). So far we have only received 90 responses to our survey out of 180 members, the results were:

- 21 oximeters awarded to some of the 46 members stating interest.
- 10 thermometers to some of the 27 members stating interest.
- 17 members did not put their name/contact on the form!!

The winners were chosen by selecting random numbers and have now been posted their prizes. For those that did not win, a grant application is in for *more* equipment for you all from Imperial College Healthcare's "Compassionate Communities" funding. We will know the results in April. Fingers crossed.



thank  
you!

My sincere thanks to Samuel, and Cathy for their ongoing support this last year. I would not have managed without them. Samuel sends you your Happy Birthday wishes and maintains our members listing (have you a new email, or phone number?) and Cathy helps with the phone round to make sure you have the support you need.

Did you realise we are unpaid as a patient led and patient funded group? So any involvement or help from our members is seriously appreciated. Don't forget, it is YOUR group, why not befriend another member. Any other ideas?

Also, if you wish to know more information regarding support, latest clinical or Government information, do contact us and we will try to answer your questions.

## No Internet, only phone contact?



### If you need a BEFRIENDER

are over 60 and live in Westminster, ring Natalie, of [One Westminster](#) on 07484 542228 to link you with a nice phone friend for weekly chats.

[Westminster Connects](#), 020 7641 1222 also has information on befriending and other help.

[Age UK Westminster](#) 07969 302517, offers advice and assistance.

[In Deep](#) Telephone Befriending Service. 07761 263 105 [emmachapman40@hotmail.com](mailto:emmachapman40@hotmail.com)

### FOOD by phone

Get your Co-op food and other essentials delivered by a volunteer, call 0800 029 4592 for further information.

Age UK helps Westminster residents to register by calling their direct shopping phone line 07930279121 to hear how to be allocated a volunteer to shop at your favourite supermarket and deliver your groceries.

And don't forget you can join our Zoom meetings just by sound with your phone...

## What does the end of shielding mean?

You'll receive a letter soon outlining the guidance you're advised to follow. It's important that you continue to follow the government restrictions, whether or not you've had your COVID-19 vaccine.

From 1 April, the advice for clinical extremely vulnerable people includes the precautions of masks, social distancing and handwashing. Avoiding busy shops and keeping social interaction low is still recommended.

Priority supermarket deliveries will be available until 21 June.



We know that the pausing of shielding might be worrying for some. But we also know that for some people, the easing of restrictions will be a welcome start to getting back to normal. Asthma UK has more [advice on the end of shielding](#) and what support will still be available to you on their health advice pages.

We published [a new report](#) that found toxic air is a problem for thousands of people. Many of you told us that air pollution makes it harder for you to breathe, that you struggle to access health advice on toxic air and health professionals rarely know how to help you. We urgently need the government to publish plans to say how they are going to keep us safe. Sign our petition [LINK](#) for new, life-saving clean air plans.

As face-to-face meetings are restricted, to reduce transmission of covid19, whether communication is by phone, text, E-Consult or video. Patients could help themselves by being prepared for future remote consultations.



To facilitate the clinical team, good items to have at home are a thermometer, blood pressure gauge, and, especially for those with breathing problems, an oximeter and a peak flow meter.



**Pulse oximetry** is a test used to measure the **oxygen level (oxygen saturation)** of the blood. It is an easy, painless measure of how well oxygen is being sent to parts of your body furthest from your heart, such as the arms and legs.

**Peak flow** is a measure of how quickly you can blow air out of your lungs. You measure **peak flow** by blowing as hard as you can into a small hand-held device called a **peak flow meter**.



**Thermometers** are also important and an accurate way to see if you have a temperature and to monitor any illness.

Habitual home **blood pressure** checks give a more **accurate** view of your **blood pressure** than intermittent office-based readings or occasional checks at your pharmacy. Home **monitoring** is particularly helpful for evaluating the effectiveness of lifestyle changes or medications aimed at lowering your **blood pressure**.



Here is a short NHS video about hospital appointments via a [video consultation](#).

Our own public domain website through Mail Chimp is now available at [www.breatheasywestminster.com](http://www.breatheasywestminster.com) to introduce new members or friends to our organisation and with the ability for them to become a member



online and then receive our respiratory local newsletter

and other information. Also, our groups information is through this

[LINK](#), but do feel free to contact us direct on 020 7834 0893 and don't forget all the amazing information through the British Lung Foundation's website on top of the first page.



This digital part of the newsletter is rather full, with a multitude of links to open up to further information (*ctrl and click when hovering over a blue highlight field*).

Some of it is easy, some clinical, but hopefully all of interest. Be selective, choose what appeals and then save for another day. There is lots to explore.

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## VACCINE, COVID-19 + SHIELDING

If you've had the COVID-19 vaccine, it's still vital that you continue to follow social distancing guidance. Read the latest guidance here: Social distancing: what you need to do - Coronavirus (COVID-19) - NHS

([www.nhs.uk](http://www.nhs.uk)) [Social distancing: what you need to do - Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)



This [LINK](#) really gives you an answer to some of those myths that have been misleading some. Do also contact us if you have any concerns around taking the vaccine.

<https://youtu.be/M3Wh23PDnfe> Vaccine information film for people with learning disability or autism. This is a short film which describes what is a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine make you ill and how to decide whether to have a vaccine.



### Vaccination - Myths, take up, and side effects.



[Tie your camel up - Be Part of Research \(nih.ac.uk\)](http://nih.ac.uk) This resource has been developed to support people to deliver dialogue-based sessions around the [Covid and Me Vaccine Dramas](#), to help you facilitate conversations about COVID-19; to explore some of the common barriers, enablers and misinformation about vaccine research and encourage people towards reliable sources of information. The video is available in different languages.

Further on oximeters during a Covid-19 episode, this link shows how a £20 gadget could save lives - BBC News <https://www.bbc.co.uk/news/health-55733527>

Also go to <https://www.bbc.co.uk/sounds/play/m000rcq9>  
for Inside Health - Oximetry at home



**If you are aged 50+ and would like Age UK to arrange free taxi transport to and from your Covid-19 Vaccination appointment**



within North West London, then please get in touch: [ashallon@ageuk.org.uk](mailto:ashallon@ageuk.org.uk) or please call on: 07497 188 221 and ask for Amy Shallon.

This information is also available to download in a leaflet [here](#).

**Eligible for a Covid-19 vaccine and live in NW London?  
Book your vaccine here**

**More information about how to book can be [found here](#)**

Please note this is for first vaccinations only. You can use the links below to book in at a vaccination centre near you.

Wembley Vaccination Centre: <https://networkhouse.nhsbookings.com/v2/>

Hayes Vaccination Centre: <https://oldvinylfactory.nhsbookings.com/v2/>

Ealing Vaccination Centre <https://cphouse.nhsbookings.com/v2/>

Hammersmith Vaccination Centre: <https://novotelconferencecentre.nhsbookings.com/v2/>

Marble Arch Vaccination Centre: <https://etcvenues.nhsbookings.com/v2/>

Science Museum, Kensington Centre: <https://sciencemuseum.nhsbookings.com/v2/>

Location information for each centre can be found [HERE](#):



There are two main types of testing for Covid-19. Polymerase chain reaction (PCR) tests check for the genetic material (RNA) of the virus. The sample goes to the lab for processing; and Lateral flow device (LFD) tests detect proteins called 'antigens' produced by the virus. They give rapid results, in 30 minutes after taking the test. Read more about them [HERE](#)

More on testing, [HERE](#) on this **great article** about testing methods

## Westminster City Council

**Advice in other languages:** Government advice on shielding, staying at home, and what to do if you develop symptoms of coronavirus is available [in languages other than English on GOV.UK](#)

If you missed their open conversation about the COVID-19 vaccination on Wednesday 3rd February, you can [watch the full recording](#) on our website, British Sign Language interpreted.

If you don't have time to watch the whole recording, you can find answers to the specific questions asked on the night in short video clips [on our webpage](#). Clips translated into Arabic and Bengali will be uploaded over the coming days.

We've been busy messaging all those who submitted questions that we couldn't get to during the event itself, and you can [read many of the questions and answers here](#). You can also [check our detailed vaccine FAQs document](#) for more information,

**The Royal Society of Medicine** produced informative webinars. To watch them and other episodes again, or share with colleagues, you can find all their COVID-19 Series webinars and other helpful resources at our COVID-19 Learning Hub:

<https://rsm.ac/learning-hub>

### Health advice webinars

Keeping well with COPD (with Dr Nick): <https://youtu.be/IRQIK6H3DBw>

Your winter wellbeing questions (with Dr Andy): <https://youtu.be/IV2EGCbXvEk>

Flu vaccinations (with Dr Andy): <https://youtu.be/RtdVMtt24Mo>

### Shorter health advice videos

Top tips for staying well in Lockdown and beyond: <https://youtu.be/XVzIzDRJKcA>

Make the most of phone and video appointments: <https://youtu.be/IRuu1kLeIJU>



Do you know how Covid really spreads?

Article from Unherd discussing this [HERE](#)



**ELF**

European Lung Foundation has created a new [factsheet all about COVID-19](#), pulling together all the information we have produced over the last year. It is available to download in 22 languages.

It provides reliable expert information, including some specific information for people with lung conditions, but most of the information will apply to everybody.

[COVID-19 Factsheet | European Lung Foundation - ELF](#)

### **Rather special webinars from Imperial Research with talk on**

the transmission of the virus by

Professor Wendy Barclay and Frank Kelly.

[HERE](#)



Frank Kelly also talks on Detecting COVID-19 in the environment and also on its relationship with air pollution. <https://www.youtube.com/watch?v=r5VePrEMMSc>

### **Expert Insights on Covid-19**

Super events by Imperial. If you missed them, you can watch the recordings here by [this link](#)



[Here](#) you'll find all our information about coronavirus and useful links for the latest updates from the British Lung Foundation.

Also see that they have launched a new [self-management plan](#) via its website. The plan is available as an interactive PDF file which users can download, edit and save with or without printing a paper copy. The plan is endorsed by [ARNS](#) and [PCRS](#) and includes information patients can enter themselves, educational material, BLF passport, exacerbation, medication tracking, and more.

A good selection of webinar information on different aspects of COPD

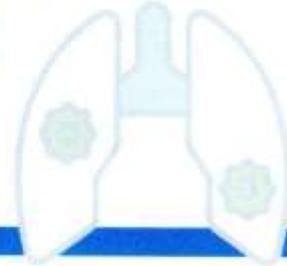
[Webinars on Chronic Obstructive Pulmonary Disease \(COPD\) | patientwebinars.co.uk](#)

# Do you have COPD?



## Here are some top tips for staying well in winter 2020-21

Winter is the time of year that viruses circulate (this year including colds, flu and COVID-19). Viruses may cause a chest infection and a flare up of COPD.



- 1 Keep warm and drink plenty of fluids**  
to make your secretions easier to clear. Heat your home to at least 18°C. To check if you are eligible for help with paying your heating bills ring SHINE on 0300 555 0195
- 2 Keep active**  
but check the weather before going out and wear warm clothes. If it's cold, wearing a scarf / mask over your mouth and nose can help warm the air.
- 3 Get your vaccinations for Flu and Pneumonia**  
Flu and Pneumonia vaccinations may help patients with a chronic respiratory problem. Flu vaccinations need to be repeated every year. A single pneumonia vaccine should protect you for life. Check with your GP if you have not had one.
- 4 Follow government social distancing guidance**  
COVID-19 is circulating and until there is a vaccine it is important to stay at least 1 metre away from others. If you cannot do this, wear a mask. If you struggle to wear a mask, practice with one at home or wear a scarf over your mouth and nose.
- 5 Take your respiratory medicines regularly**  
at the correct dose. Plan ahead so that you do not run out. If you are not sure how much or what to take, please check with your GP or pharmacist.
- 6 Quit smoking**  
as smoking can make your lungs more susceptible to infection by viruses and bacteria. You're four times more likely to quit with NHS help. Call the National Smokefree Helpline on 0300123 1044 or look online for advice.
- 7 Keep a rescue pack**  
of antibiotics and steroid tablets to help treat flare ups more quickly. Steroids may help if your reliever inhaler (usually blue) doesn't relieve increased breathlessness with increased clear / white phlegm. Additionally, antibiotics may help if your sputum becomes darker, smellier or there is more of it. Discuss with your GP whether this maybe appropriate for you.
- 8 Keep in Touch with friends and family**  
Make sure you ask for support when you need it. If you are 60 or over and struggling with loneliness, contact Age UK on 0800 055 6112. If you are under 60 or severely low in mood, contact the Samaritans on 116 123.
- 9 Eat healthily**  
Plan ahead and ensure you have access to fruit and vegetables this winter. Tinned and frozen food can be as good as fresh. Contact Age UK (see above) for help shopping and the Trussell Trust (0808 208 2138) for help paying for food or finding your local food bank.
- 10 Contact your GP/ Respiratory team on the number below if you are struggling with your symptoms or you've had more than 1 exacerbation:**



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If you are advised to attend the hospital, please be reassured that there are precautions in place to protect you against COVID-19. Local details can be found below

# BREATHING AND SUPPORT

**The National Health and Care video library**, licenced for use as part of [NHSX's](#) response to COVID-19, is now linked from the homepage of [nhs.uk](#). This adds another way for patients shielding at home to be able to access over more than [600 free health and care videos](#). And one on breathing is [HERE](#)

The videos are written by NHS clinicians and developed to work within a range of care pathways. [An online resource hub](#) is also available to NHS clinicians, including guidance on how to access the videos by a clinical specialist.



At the start of this year English National Opera re-galvanised the company and announced the national rollout of **ENO Breathe**, alongside our friends and partners at Imperial College Healthcare NHS Trust. ENO Breathe is a social prescribing intervention that provides crucial support for patients recovering from the devastating impact of long-Covid on their lives. This free, online programme aims to empower patients with tools to self-manage their breathlessness and anxiety post-Covid, through a programme of breathing retraining through singing.

<https://eno.org/eno-breathe/>

Some [chest infection symptoms](#) can be similar to your [asthma symptoms](#), which is why it's important to try to tell them apart. Find out how having a chest infection can affect your asthma symptoms and what treatment you might need. Also information as to when to take antibiotics.

<https://www.asthma.org.uk/advice/triggers/chest-infections>



**Asthma UK** tells us about common mistakes when using your inhaler. It is known that many are missing the benefit that medications can give, by wrong use.

**How to use your inhaler correctly** [LINK](#)



### Penfold Community Hub

Discover many of Westminster's hidden gems by joining our regular sessions, enjoy some gentle physical exercise, improve your sense of wellbeing, and meet up with some other residents; with a series of walks led by Richard

Fentiman, a local resident and City of Westminster Guide.

Thursday, 22nd of April - The Hidden History of Regents Park,  
Thursday, 20th of May - The Buildings and People of Little Venice,  
Thursday, 24th of June - Discover the Laneways of Marylebone.

All walks are free to attend and take place from 10.30am.

To book a place and find out where the walks start from – call the Penfold Hub on 07872811106 or Email [penfoldhub@nhg.org.uk](mailto:penfoldhub@nhg.org.uk)  
Or just ask them for the other opportunities they offer.



**"TAKE A BREATHER"- free group sessions covering breathing techniques** in order to enhance the quality of our breath and to produce a free, unrestricted sound. We will practice good posture and use release as well as active stimulation to enhance our breathing - we will use sound, and a bit of singing to link the breath with our voice.

Whilst the breathing of Covid patients is greatly affected by the illness, of course, anxiety runs deep even among those who haven't been ill.

Do note that these are purely educational sessions from the perspective of a singer and singing teacher. The exercises are not strenuous at all, but I want to remind everyone to please use your judgement on what is safe for you to do - only join in with exercises that you find are beneficial to you.

**Gisela is currently offering weekly sessions on THURSDAY, 6-6.30pm**

To learn more about her, please visit: [giselameyer.me.uk](http://giselameyer.me.uk)

Sign up here: <https://giselameyer.me.uk/contact/> I also want to share a nice Qigong Video that I discovered today, it's very gentle in pace but had some elements in it that we are doing: <https://www.youtube.com/watch?v=pS9MrPDTD60>

European Lung Foundation has information help factsheets on lung conditions **in over 30 languages**. [HERE](#) is the English link



They are also looking to establish a **COVID-19 PATIENT ADVISORY GROUP**, with people from across Europe to work with several research projects on COVID-19, ensuring that patients and the public are at the centre of research. [Find out more and get involved.](#)



The Breathe Vision is a collective initiative driven by European level patient groups and respiratory societies collaborating for better respiratory health care and protection of our lungs.

<https://www.breathevision.eu/>

On behalf of Public Health England Office for London, **Thrive LDN** is coordinating the public mental health response to COVID-19 in London to support the mental health and resilience of Londoners during and after the pandemic.



London's digital mental wellbeing service, **Good Thinking**, is working with Thrive LDN to provide a comprehensive digital support offer for Londoners. Further non-digital forms of support are being explored and will be shared as they emerge.

<https://thriveldn.co.uk/toolkits/>



**Talking Therapies** have been running throughout the pandemic, but we know coronavirus has made stress and anxiety more common for people and we want everyone to know this service is here to help them. If you are feeling low, anxious, stressed, depressed or finding it difficult to cope, then our teams are here to help. Common difficulties include isolation, bereavement, panic attacks, drinking or eating more and taking drugs. If you're feeling this way talk to someone before it gets out of hand.

**Visit [nhsTalk2us.org](https://nhsTalk2us.org) and fill in a short online form and our teams will book you in for an appointment to discuss any difficulties you are having and the next steps to take. There's no need for you to travel. They'll speak to you on the phone or in a video consultation. If you prefer to see someone face to face we can arrange this with you.**

To call the service directly Monday to Friday call: 030 3333 0000

*Talking Therapies Services are not able to provide immediate support in an emergency. If you require immediate help contact CNWL's Single Point of Access line (24 hours a day) on 0800 0234 650*

**Advocacy Project** has created an online community noticeboard... a platform for local residents and service users to keep up to date with info, advice, events and how to keep safe during the pandemic. Please share with anyone who might be interested in keeping up to date with info online.

<https://www.advocacyprojectcommunity.org.uk/>



### **Counselling through Age UK**

Since the emergence of Covid-19 and the lockdown restrictions both past and present and the continued self-distancing guidance, it has become apparent that many older residents in Westminster are suffering from anxiety, depression etc. We are now able to refer clients to Third Age Counselling for support. If you feel isolated, alone, and depressed please contact [stephen.spavin@ageukwestminster.org.uk](mailto:stephen.spavin@ageukwestminster.org.uk), Tel: 07969 302517 and discuss the process of referral. Or to register for their weekly program of great opportunities: [\*\*enquiries@ageukwestminster.org.uk\*\*](mailto:enquiries@ageukwestminster.org.uk) Telephone: 020 3004 5610

## **LOCAL INFO**

### **APPLY FOR A FREE, NEWLY REFURBISHES BIKE**

The council's Westminster Wheels service is refurbishing unwanted and abandoned or just donated bikes into new shiny perfect functioning ones. Community organisations can apply for a newly refurbished bike on behalf of children and young people, low-income families/individuals & unrepresented groups in cycling such women, people with disabilities and people from BAME backgrounds. Read [HERE](#)





<https://nextdoor.co.uk/Nextdoor> is a hyperlocal social networking service for neighbourhoods. ... Users of *Nextdoor* are required to submit their real names and addresses (or street without the exact number) to the website; posts made to the website are available only to other *Nextdoor* members living in the same neighbourhood.

**From Nickie Aiken.  
MP for the Cities of London and Westminster**



Please do not hesitate to call **020 7219 4553** or [email me](#) if you think I can help in any way. I am continuing to hold virtual surgery appointments for more complex matters.

On Thursday 6th May Londoners can vote in elections to decide the next Mayor of London, as well as which Assembly Members take seats in the London Assembly. See this [LINK](#) for further information.

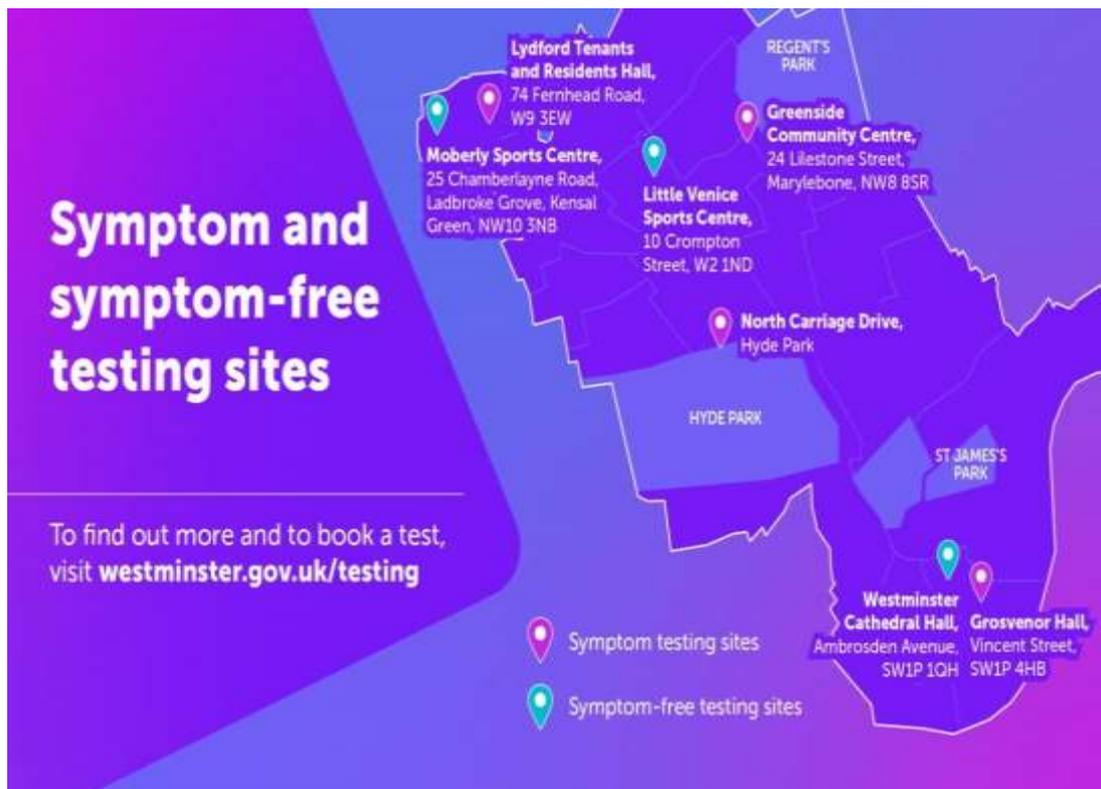
You can report dumped rubbish, broken pavements, defective street lights and more on the Report It service. <https://www.westminster.gov.uk/report-it>

Click this [link](#) to see information on Westminster from the Mayor of London, on things like air quality, local planning and signing up for their newsletter. [Clearing the air: pollution in London | London City Hall](#)

The **London Assembly**, the 25-Member cross-party body tasked with holding the Mayor of London to account, has **today** published a report with a 10-point plan to deal with high air pollution in London, particularly around schools.

***A new large vaccination centre has opened in Westminster on Edgware Road.***

The new centre will launch as part of the next stage of the Covid-19 vaccination roll out, focussing on the latest priority groups - people aged 60 and over and people with long term health conditions. The centre is based at "The Etc Venues, Marble Arch, 86 Edgware Rd, London, W2 2EA" and there are travel arrangements organised in the area to manage the additional footfall. **People aged over 60 need not wait for an invite and can go online and book their appointment on the national booking system at [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination)**



## BE ALERT TO VACCINE FRAUD

The NHS will NEVER ask for payment - the vaccine is free, they would NEVER ask for your bank details, NEVER arrive unannounced at your home to administer the vaccine, and NEVER ask you to prove your identity by sending copies of personal documents such as your passport.

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). Suspicious text messages should be forwarded to the number **7726** which is free of charge.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; [covidfraudhotline.org](https://covidfraudhotline.org) or phone **0800 587 5030**

If you suspect any fraudulent activity please contact:

<https://www.actionfraud.police.uk> Tel 0300 123 2040 immediately.

The Met Police has put together a very helpful booklet: see [HERE](#)

Also to encourage you to complete this [free 20 minutes online scams awareness session](#) so that you and your family can take a stand against scams.

<https://www.friendsagainstscams.org.uk/training/practitioner-elearning>



## SURVEYS



To give our Breathe Easy Westminster members **free support for joining the internet and provision of free home equipment**, we have asked you to complete this survey. This will give us the names of you who are in need. **DID YOU COMPLETE THIS?** - help us to help you.

<https://forms.gle/pHE35SGv3jzF8XHn9>



Health Watch Central London is particularly interested in hearing from people living with disabilities, older people, young people, and those from minority groups.

To share the survey, simply share the link to the [survey page](#) on your social networks or by email. Or, see our [social media tool-kit](#) for a selection of downloads.

**Can you help to inspire more people in your local community to feedback about their health and social care experiences through our winter survey?**

Join us and other patients, residents, and carers in your borough to influence the way that healthcare services are delivered and developed.

<https://healthwatchcwl.co.uk/coronavirus/share-your-experiences/>

This **LINK** shows the report that was the result of our **last years Breathe Easy survey on your feedback on Primary Care**, so, thank you all members who participated.

Asthma UK would appreciate you signing **THIS** petition link, with the aim of reducing the air qualities invisible threat.

You can ready their report **HERE**



## OPPORTUNITIES eg. Food, Exercise, things to do..



**To get your Co-op food and other essentials delivered by a volunteer, call: 0800 029 4592**  
**Lines are open 9am to 8pm every day.**

**How it works:** You tell us if you need to get food and other essentials delivered. Call us to buy a Co-op gift card (cost £1). We'll give your contact details to someone in your area who can

help you. They'll contact you to arrange a time to pick up your shopping list and gift card. They'll pick up your shopping and deliver it to your doorstep.

### **Who can use it**

This service is for people who are unable to get to their local Co-op at the moment because they: are over 70, are pregnant, have coronavirus symptoms, share a household with someone with coronavirus symptoms, or have health conditions that make them vulnerable to coronavirus.

**The Abbey Community Centre will shortly be opening a 'Community Pantry' for people living in South Westminster.**



This is to support those that are struggling financially. The scheme will be providing essential and staple food items at a more affordable price. For a weekly fee of between £3.50 and £4.50, members of the pantry can choose 10 items each week, typically having a value of between £15 and £25. Abbey Centre's staff will be available when the pantry is open to provide support with issues such as training, work, debt or health-related matters. Find out more on [their website](#).



### **What is the Morrisons Doorstep Delivery service?**

They are offering a dedicated telesales shopping service aimed specifically at helping to ensure vulnerable and elderly people can get the groceries they need. Customers who wish to place an order should phone 0345 611 6111 between 8am and 5:30pm and select option five. £1.50 delivery

contribution for elderly and vulnerable. Read about it [HERE](#)

**An alternative to online supermarket deliveries are Online Meal Suppliers/delivery services like below.**



**Parsley Box**

No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes - with no subscription required. Call free to request a catalogue: 0800 612 7225 or follow the link to their website: [www.parsleybox.com](http://www.parsleybox.com)

**Oakhouse Foods**

Oakhouse Foods offers a range of high-quality ready meals, delivered directly to your door. We understand that caring for an elderly relative is important and that's where we can help. Our easy to use meal delivery service is as easy as pie. We offer a range of over 350 ready to cook meals & desserts to choose from, as well as weekly meal packs to make things extra simple. To request a free brochure Tel: 0333 370 6700 or follow the link to their website: [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk) .

**Wiltshire Farms**

Stay safe and warm at home and let them deliver straight to your door. If you are 'clinically extremely vulnerable' they even have a priority phone line. To request a free brochure Tel: 0800 077 3100 or [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)



**Our Age UK Westminster covid safe, contact free shopping service is very easy use:**

1. Westminster residents register by calling our direct shopping phone line 07930279121. They provide contact information and card details which we store very securely with vHelp, our shopping app.
2. You call or text a shopping list, preferred local supermarket and preferred day of delivery.
3. We call out for a volunteer to shop and deliver the shopping.
4. Volunteer gives original receipt to resident, sends copy of receipt to vHelp, which triggers reimbursement to the volunteer.

Please allow at least one day advance notice, but we also respond to emergencies, ie. a new discharge from hospital returning to an empty fridge. Currently this is a free service, but we do plan to charge a nominal fee soon.

## **FOOD MEMBERSHIP SCHEME TO HELP REDUCE FOOD POVERTY IN WESTMINSTER**

We are delighted to announce the opening of the **Westbourne Park Pantry** this week, a membership service that will undoubtedly help the local community.



For a small weekly subscription of £5, members of this pantry will have access to food, including fresh fruit and vegetables and store cupboard favourites, that will often be worth £15 to £20 or more! Membership is open to the community - and local families are strongly encouraged to join.

The Westbourne Park Pantry will operate on Thursdays from Westbourne Park Baptist Church, on the corner of Porchester Road and Westbourne Park Villas, London W2 5DX.

Follow the link below for more details and to sign up to what we are sure will be a useful and popular service. Send an [email to the Westbourne Park Pantry](#) if you need assistance.

## **EXERCISE**



Is an independent charity supporting older people. Their services aim to empower older people to understand their rights and lead more fulfilling and socially active lives. Tel: 020 3004 5610

<https://www.ageuk.org.uk/westminster/>. They offer exercise and many interesting support activities.

### **Preventing falls in the over 65s**



Falls are common in the over 65s, with a third of this group suffering a fall at least once a year in the UK. **Exercise programmes reduce falls** among the over 65s by almost a quarter.

#### **Having trouble with falling over?**

Speak to your GP, or contact below for a self-referral The Tri-borough Falls TEAM: 020 8192 5494.



**Enjoy being 'Active with Aggie'.  
Every Tuesday at 9.30am and from Thursday  
28th January at 11.00am.**

The exercises are based on traditional pilates but delivered with enthusiasm, energy, humour and sensitivity to lift the spirits, mobilise joints, increase strength and reduce stress during these difficult times. It is suitable for those who are not used to exercise or have limited mobility, but equally valuable to those who just want a gentle work-out from home. It lasts for 30 minutes. It can be done seated or standing. Clothing should be comfortable, but it is not necessary to wear a gym kit. This session will be on ZOOM. Please contact Souad for registration and link. Contact: **Souad Abdellaoui**: Email: [souad.abdellaoui@ageukwestminster.org.uk](mailto:souad.abdellaoui@ageukwestminster.org.uk)  
Tel: 07903 255 284



**WANT TO GET FITTER BUT DON'T KNOW HOW  
TO GET STARTED?**

Sport for Confidence, the organisation that helps anyone facing a barrier to sports participation, is continuing its Zoom sessions during lockdown.

With weekly fun fitness and gentle exercise sessions, you can try something different, make new friends and start a new fitter life.

Sport for Confidence is also offering a telephone service for anyone needing extra support and guidance during lockdown. Deb Bullen Tel 07763 875453

READ MORE [HERE](#)

**Exercise and meditation**

Chair-based Zumba: <https://youtu.be/KJK8b-eBo4o>

Pilates at home: <https://youtu.be/BxkBu9Cle2w>

Meditation: <https://youtu.be/RtdVMtt24Mo>

Breathing techniques: <https://youtu.be/OztTt5ODc3U>

Sitting pilates-style exercise: <https://youtu.be/LHUOCgyuA2k>



See BLF's "Stay Active and Stay Well" link to video exercise classes [HERE](#) gives you everything you need to start exercising. They include step-by-step aerobic and strength exercise, as well as how to warm up before you start, and cool down and stretch at the end.

The program has been designed for people living with a long-term lung condition and includes exercises at 3 levels.

## THINGS TO DO



[BBC - Get Creative](#) - great links for Culture in Lockdown, Links to design, culture, music and much, much more.

<https://nquire.org.uk/mission/the-feel-good-test/contribute>



### Kew Gardens

Our Breathe Easy has a membership that can be used for pre-booking a timed entry slot on the Kew website. You can use the link below to book your tickets in advance of your trip. Select the category named 'Corporate Member and Community Access'.

Admission'. <https://www.kew.org/kew-gardens/visit-kew-gardens/coronavirus-guidance> You will need our CMS membership number through Tess. Leave clear message on 020 7834 0894.

Our membership finishes on October 31<sup>st</sup>; it entitles our group to 60 persons to visit until then. Maybe we can get a visit in at the end of the summer for the group if safety allows?

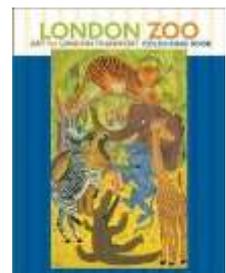
### What are [community learning programmes](#)?

From creative writing to horticultural workshops, Kew offers a range of accessible opportunities for you to learn more about our science, history, and horticulture. Their community learning events are open our Breathe Easy members.

<https://www.kew.org/community-and-access-learning-programmes>

Breathe Easy Westminster has purchased 22 vouchers at significantly reduced entrance cost for entry to **London Zoo**. Contact Tess for more information.

Cost per ticket for low income family £3.00, Older people or those with disabilities (carer free) £6.50. *The full price would normally be £24.30.* Tickets need to be booked in advance online; See [HERE](#) for more info.





if you like their interesting newsletter, do register with your Library. Join their mailing list [HERE](#)

See their [March newsletter 2021](#)

## TRAINING

### [BOOK NOW](#)

Not sure how to use Zoom? Maybe you just want to refresh your mind? Either way, Age UK are still offering 'How to Zoom' sessions so that you can be confident using Zoom and be able to join in on classes currently on offer. Come along and receive assistance with your own digital device. Questions answered by one to one committed volunteers. This session will be on ZOOM. Please contact Souad if you would like to attend: [souad.abdellaoui@ageukwestminster.org.uk](mailto:souad.abdellaoui@ageukwestminster.org.uk) Tel: 07903 255 384



 Microsoft is the industry standard for software, that is the programs that allow you to do different things, like writing letters (in Word) producing spreadsheets and data lists (in Excel) and slide shows (in Powerpoint) This link [HERE](#) gives you access to their introduction to training in these programs.

**AgingInPlace** Has information on how to become tech savvy for seniors in 10 days! For more information click [HERE](#).

And do let me know if it works and you become savvy!

**The Abbey Centre is now offering IT support remotely.**

Their volunteers can help solve your IT problems on all your digital devices - computers, phones or tablets.

**For more information or to sign up for support,** [caroline.gandy@theabbeycentre.org.uk](mailto:caroline.gandy@theabbeycentre.org.uk) 07818 202935



**Free help with PC or Smart Phone?**

Want to start using Zoom?

Call Neil or Viola on 07768 907525

*and they will phone you back to save the cost of the call.*



**Learn My Way** is a website of free online courses, built by the Good Things Foundation, to help people develop their digital skills.

<https://www.learnmyway.com/subjects>

They bring short courses teaching you how to

use the Internet, from the basics of how to use email, to how to look after your finances online. In partnership with <https://www.communityfibre.co.uk/digital-skills>



**GCFLearnFree.org** is a **free** online educational website focusing on technology, job training, reading, and math skills. The site is a program of Goodwill International of Eastern NC Inc. (GIENC) and the Goodwill Community Foundation Inc. (GCF). <https://edu.gcfglobal.org/en/>



<https://hiyos.org/>

Healthy In Your Own Skin. Helps you to get online with your GP, order medications, refer yourself and other support information videos.



### Lots of links

- Open University: <https://www.open.edu/openlearn/free-courses>
- Coursera: <https://www.coursera.org/courses?query=free>
- Harvard University <https://online-learning.harvard.edu/catalog/free>
- Udemy: <https://www.udemy.com/courses/free/>
- LinkedIn: <https://www.linkedin.com/company/onlinetutorials>
- Skillshare: <https://www.skillshare.com/>
- Future Learn: <https://www.futurelearn.com/>
- TED videos: <https://www.ted.com/>
- BBC: <https://www.bbc.co.uk/bitesize>
- Khan Academy: <https://www.khanacademy.org/>
- How Stuff Works: <https://www.howstuffworks.com/>
- Creativity Portal: <https://www.creativity-portal.com/>
- Quizzes: <https://www.sporcle.com/>
- Languages: <https://www.duolingo.com/>; <https://www.busuu.com/en>
- Photography: <https://ayearwithmycamera.com/>



This opportunity is in process and BLF will be collecting names from us of the members that have signed to say that they are in need of training with our recent survey.



You can also contact them directly if you wish.

End March is lift-off time!

## RANDOM



Carers Network is continuing to run a busy programme of free online and telephone activity groups for local unpaid carers. These include new weekly telephone groups on food discussion,

creative writing and poetry appreciation. Carers who do not have access to a computer or reliable broadband – or who are just put off from joining online Zoom sessions can call in and enjoy these activities.

Other online carer groups returning this year on Zoom also include Yoga, Art Classes and Mindfulness – whilst we will also be delivering Pilates, Photography, Zumba and Group Exercise sessions. All these free groups are a great way for local unpaid carers to relax, try new activities, catch up with fellow carers and have a break from their demanding caring role.

The full calendar of activities is here: <https://carers-network.org.uk/online-programme-of-events/> Carers can sign up to receive links and codes by emailing [events@carers-network.org.uk](mailto:events@carers-network.org.uk) As well as all the activity groups, Carers Network's team of Caseworkers are carrying out Carer's Assessments and consultations by phone. The Information Advice and Guidance team can also be contact Mon-Fri, 9am-5pm on 020 8960 3033 or by emailing [carers@carers-network.org.uk](mailto:carers@carers-network.org.uk) To refer a carer securely to Carers Network online please visit:

<https://carers-network.org.uk/contact-us/make-a-referral/>

Alternatively, please call 020 8960 3033 or email [info@carers-network.org.uk](mailto:info@carers-network.org.uk)

We know from our [rapid needs assessment](#) that vulnerable migrants are among those most at risk from the virus.

Keeping track of the rule changes (and there have been many – [a human rights barrister this week estimated the lockdown rules have changed at least 64 times since the start of the pandemic](#)), is hard

enough as a native English speaker. We're working hard to update our [coronavirus guidance](#) in over 60 languages, but we need your help to make sure the information we have translated is spread far and wide. **Will you share our new [translated health information hub](#) to ensure everyone living in the UK can stay safe?**

This [new webpage features scrolling menus](#) that make it easier than ever to navigate our growing library of translated resources. These cover a range of health topics, including coronavirus and migrants' healthcare rights in the UK, and come in a variety of formats.



## There are a range of Westminster resources available to help people during this difficult time:

[Westminster Connects](#): Our volunteer service supports people who are vulnerable as a result of coronavirus. If you are concerned or need support, please call 020 7641 1222, Monday to Friday from 9am to 6pm.

[Coronavirus Testing Sites](#): Our semi-permanent, walk-through testing centres are open seven days a week, from 8am to 8pm for anyone with symptoms or who has been asked to get a test. A test must be booked in advance.

[Childcare guidance](#): There are exceptions from legal gatherings limits for registered childcare, education or training. Click the link for details on what is and isn't allowed.

[Support Organisations](#): We have an interactive map showing the locations of organisations in your neighbourhood that are assisting residents through COVID-19.

[Clinically Vulnerable People](#): Support for people who are or have previously been shielding, or who have received a letter from the NHS or from your GP saying that you are in a clinically vulnerable group.

[Mental Health Support](#): Westminster provides many resources to help with mental health issues during the pandemic.

[People First](#): Our dedicated Adult Social Care website contains a wealth of information and advice about the COVID-19 outbreak.

[Befriending Services](#): For older residents suffering from loneliness issues, Befriending schemes help you stay in touch with others over the phone or online.

[One Westminster Befriending](#) Ring Natalie on 07484 542228 to link you with a phone friend for a weekly chat

## Flu myths

Many false claims and myths are circulating around the flu vaccination. Flu can be serious and the flu vaccination is your best protection. It is important to distinguish the facts from the myths. Find out more at: <https://bit.ly/flu-mythbusters>



### How do you get volunteer support?

Find out if you're eligible for support from [the NHS Volunteer Responders](#) programme and how to get in touch.

If you, or someone you know, would like to register for support from the volunteers please call [0808 196 3646](tel:08081963646) (8am to 8pm, 7 days a week).

## Green Doctors Service

### Free 1:1 Support on Energy

**Do you have trouble paying energy bills?** Part of the community charity, Groundwork London, Green Doctors are a team of expert energy advisers who arrange a one-hour phone consultation with residents on their energy use. This is to help residents stay warm and comfortable in their homes affordably.



With more people at home due to COVID-19, and many people losing their jobs, energy bills might be harder to manage. The Green Doctors can help residents deal with that.

**This service is available for all households in Westminster if they meet one of the following criteria:** 1) on low income or over 65s, 2) those with long term health conditions or disabilities, 3) with children under five years of age.

They can provide appointments with sign language interpretation (via video call) as well as language interpretation for non-English speakers.

**To book a free telephone consultation with one of the Green Doctors who can provide tailored advice, individuals can:** self-refer for a telephone consultation by completing this online form (if the person you would like to refer does not have access to the internet, you or a third person can fill the form on their behalf):

<https://groundwork.secure.force.com/enquiry/> or, call 0300 365 3005 (free number) to arrange a call back.

For more information visit: <https://greendoctors-london.org/>



## Post-COVID HUB

We know some people may have breathing difficulties after recovering from COVID-19. We don't yet know if this is from the virus, or from receiving treatment for the virus. We are working to understand more about this, which is why we set up this Post-COVID HUB. We hope that together with doctors, researchers – and people like you – we can get a clearer picture. For people left with breathing difficulties after COVID-19, their family members, carers, healthcare professionals, policymakers and researchers. BLF and Asthma UK team of experts are here to support you post-COVID 0300 222 5942 9am – 5pm Monday to Friday <https://www.post-covid.org.uk/>



**For many older people, loneliness and isolation has been a big issue during the Coronavirus lockdown**

There has been a lot of focus on the impact social isolation during COVID-19 will have on people around the world. During this time the majority of people were being asked to self isolate at home.

For many older people, this will mean an extended period at home on their own without any face to face social contact. This could exacerbate the feelings of loneliness many will have been experiencing even before shielding.

**For more information and other useful links from the "Campaign to End Loneliness," click [HERE](#)**

**Greener, Kinder Respiratory Care**



At a Primary Care Respiratory Service (PCRS) summit convened earlier this summer, experts in greener healthcare highlighted the urgent need for a national strategy on [inhaler device recycling/disposal](#) and provision of greener, kinder and more holistic [respiratory services](#). A PCRS special report is in preparation to provide recommendations on steps required for greener respiratory healthcare services.



Call for volunteers

**We need bi-lingual volunteer Befrienders to support women from Middle Eastern, North African and Asian communities living in London**

We are always on the look out for volunteers. If you would like to contribute and feel you can commit a couple of hours a week, then please do **get in touch.**

The women may be elderly and live alone, or isolated because they don't speak English, be from the LGBTQ+ community and at risk of discrimination, hostility & harm, or simply need someone to talk to.

If you would like to do something rewarding and worthwhile, call: **07579 801 366** or email: **[office@mewso.org](mailto:office@mewso.org)**. Thank you.





### **Antibiotic resistance is not going away.**

View [HERE](#) to see an information video on this vital issue. I know there is a lot going on currently but if you don't know about this, please get up to speed. If curious, see **Free Future Learn**



**course.**

[Using Infection Control to Combat Antimicrobial Resistance](#)

If you use rescue packs, to be involved in current research on this, contact [Becky.mccall.18@ucl.ac.uk](mailto:Becky.mccall.18@ucl.ac.uk) or please phone me on 07990 530101



### **Healthy Lifestyle Service**

A personal phone/video consultation on the individual's health (looking at different areas of their lifestyle, including exercise, wellbeing and weight). It gives Online weight management courses,

Online cook and eat classes, Online workshops on holistic lifestyle topics (including mindfulness, stress, resilience). Virtual gym - Get active from the comfort of your own home, from chair exercises to advance classes: <https://bit.ly/theotherroomgym>

**Stop Smoking Service** has one to one appointments with stop smoking adviser over the phone or zoom to help the client through their stop smoking journey and Access 12 weeks of free nicotine replacement therapies (patches, gum, etc).

**How to Refer onto all the Services:** Phone us at 020 3434 2500

E-mail us [hello@oneyou-WESTMINSTER.org.uk](mailto:hello@oneyou-WESTMINSTER.org.uk) <https://oneyou.westminster.gov.uk/>

### **There is still time to take part in the census.**

#### **Census Day has now passed.**

You must fill in your census if you haven't already.

Whatever your needs, there are support services to help you.

**If you need help,** visit [www.census.gov.uk](http://www.census.gov.uk) or call 0800 141 2021

There's still time to **take part in the census**

Fill in the census in your own time and place. We can help you complete yours today.



**Eco business** It is well worth signing on for their interesting newsletters on what is happening on the planet.

See sample [HERE](#)



## Talks to the Breathe Easy group at our zoom meeting on April 19<sup>th</sup>

The Taskforce for Lung Health is a collaboration of over 30 patient representatives, health care professionals, charities, professional bodies and other experts looking to improve lung health in England. We've brought together the most influential voices working in lung health from across the nation to create a five-year plan for improving lung health in England. Our mission is to prevent more people from developing lung disease, and to transform the care of people living with lung disease.

[Two years on report | British Lung Foundation \(blf.org.uk\)](#)



It has been 2 years since the Taskforce for Lung Health published its five-year plan for improving lung health in England. The Taskforce has now published a report entitled [Two Years On](#). In the report, chair of the taskforce Dr Alison Cook highlights the impact of COVID-19 on the activities of the Taskforce and reports on how the Taskforce has adapted and responded to these challenges. A [slide-deck](#) is also available to accompany the report.

*Don't forget to join our membership, [www@breatheasywestminster.com](http://www@breatheasywestminster.com), or register with [me](#) to receive our twice monthly respiratory group Zoom meeting links.*

*In the meantime, many thanks to all you out there for your interest. I do hope you have enjoyed our publications and emails. We will continue with this quarterly newsletter, of which the first four pages go out by hard copy posting.*

*Please keep in touch with me with your information*

A handwritten signature in black ink that reads "Tessa Jelen".

[t.jelen@btinternet.com](mailto:t.jelen@btinternet.com)