

# BLF Bulletin

The latest news from the British Lung Foundation

spring 2019



**Building on the success of Breathe Easy week in previous years, Love your lungs week will run from 17-23 June across the country.**

Your enthusiasm and commitment will be key to getting the message out and making people aware of the importance of their lung health. We hope the event will be the biggest yet, and that communities will run awareness events as in earlier years.

We will have materials available for groups running events. If you're interested, then get in touch with the team at [blf.supportgroups@blf.org.uk](mailto:blf.supportgroups@blf.org.uk) or call **03000 030 555**. We're excited to hear what events you're planning, how you get on and seeing your photos from the week.

## Save the date!

We're excited to announce that we plan to hold a volunteer conference in Birmingham in **June 2020**. The conference will be a great opportunity for volunteers to find out about our research, future plans and aims.

If you're a BLF support group volunteer or Breathe Easy group main contact and are interested, please get in touch. Numbers will be limited.

If you would like attend or have any queries about the event, please email us at [blf.supportgroups@blf.org.uk](mailto:blf.supportgroups@blf.org.uk)

## Planning your visit

**Petra and the team are visiting groups across the UK, providing information on the transition and helping groups make a decision.**

### Why haven't you visited us yet?

We're doing our best! We manage 200 groups and have been working our way round the country to meet as many groups as possible. We have been given two years to complete the transition, so that we cover the four nations.

### Who should attend the visit?

We'd like to meet with key members of your group. It could be committee members or members who are active in your group. It's a great opportunity to discuss the options, ask questions and clarify details. We can advise you on what option may be best for you, and give you the information to take back to your members. There's a lot of information to take in, which is why we're arranging to meet with key members rather than the whole group.

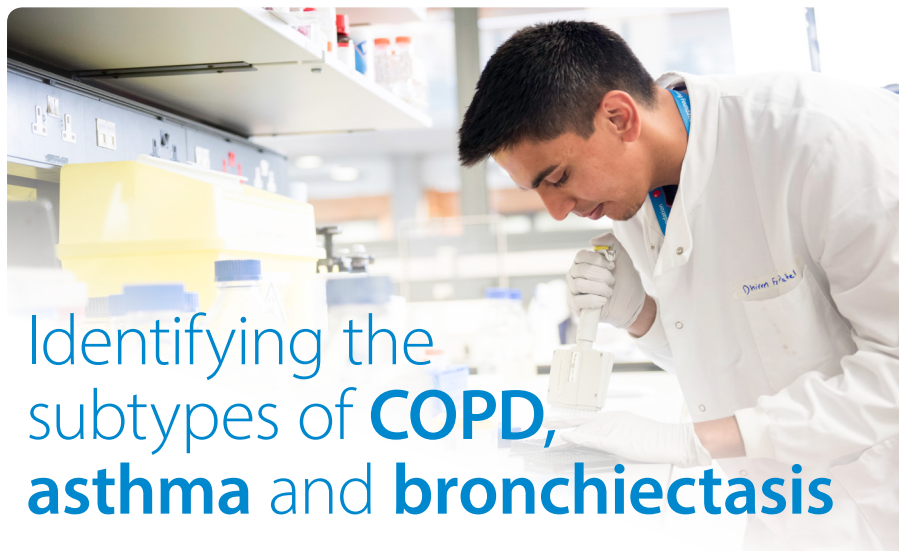
### If we go affiliated, what logo can we use?

We're asked this a lot! Affiliated groups will have a logo to be used on flyers and other communications, to show affiliation to the BLF. You're free to design your own group logo to represent what your group does.

### How do I arrange a visit?

To arrange a visit you can either:

- Call our duty officer: **03000 030 555**
- E-mail: [blf.supportgroups@blf.org.uk](mailto:blf.supportgroups@blf.org.uk)



## Identifying the subtypes of **COPD**, **asthma** and **bronchiectasis**

**We're funding a new research project to identify subtypes of COPD, asthma and bronchiectasis using health information records.**

The three-year project will use an approach called cluster analysis. People with lung conditions are grouped together based on individual characteristics, such as if they smoke or the number of drugs they take.

People in the same group, called a cluster, are more similar than people in other groups. The grouping into condition subtypes is done by computer, known as machine learning. This is quicker and more effective than health professionals doing it.

This project will help health care professionals make better decisions for the treatment of subtypes in COPD, asthma and bronchiectasis, as people who belong to a particular subtype may require different care. This kind of research aims to give people living with these conditions a better quality of life.

Find out more about our research at [blf.org.uk/research](https://blf.org.uk/research)

## My **COPD** and **NTM** symptoms are very similar

**Rebecca has COPD and is being treated for NTM.**

When I had pneumonia, they found nodules on my lungs. I felt breathless continuously.

Tests showed I had NTM. When my COPD and lung function had got suddenly worse, I now realise it was due to the NTM infection.

For the past year, I've been closely monitored, taken antibiotics and seen my consultant every three months.

I'm due to have tests soon and hope to find out the treatment has worked and I'm clear of NTM bacteria.



Read Rebecca's full story at [blf.org.uk/blog](https://blf.org.uk/blog)

## COPD research survey

We're conducting a survey to help identify unanswered questions about COPD. These questions will be used to help clinicians and researchers develop new research into COPD flare-ups, also called exacerbations, and make a real difference to people living with COPD.

We want as many people with COPD, their family members, carers and health care professionals or support workers to fill out this short survey.

You can find out more at [blf.org.uk/copd-survey](https://blf.org.uk/copd-survey)

## Living Well Alliance

When living with a lung condition, it's important to manage your symptoms to help you have the best possible quality of life. Our Living Well Alliance partners offer products, equipment, treatments or services to help you do this.

The partners, **Lucas, Dolby Vivisol, Insmmed, Tonik Energy** and **AirThings**, also support our work through generous donations and fundraising activities. This helps us to continue to improve the lives of people living with lung conditions through our research, campaigning and support.

Find out more at [blf.org.uk/living-well-alliance](https://blf.org.uk/living-well-alliance)

PROUD PARTNER  
**Living Well Alliance**







## Free support with Active Steps

Many people living with a lung condition find that being active can help them feel better and take back control. But we know that being active can be difficult, especially if you haven't been active for a while.

Active steps is a new free way to help you become and stay active. We'll support you by giving you:

- » regular calls to discuss how you can become more active and how we can help you
- » an information pack including an activity diary, so you can track your activities and your progress
- » regular newsletters with useful tips and inspirational stories of other people with lung conditions who have benefitted from being active
- » information about ways to become active in your local area

It's open to anyone with a lung condition who isn't currently active and would like support to do more. To find out more or to sign up, please visit [blf.org.uk/active-steps](http://blf.org.uk/active-steps) or call our helpline and ask for Abi or Claire in the Active Steps team.

## I'd recommend Nordic walking

John goes Nordic walking several days a week to enjoy the fresh air, company and the benefit it brings to his lungs.

It takes a little bit of practice to get used to **Nordic walking**, but now I'm doing it, I love it. It's different from regular walking, as it's more vigorous. Nordic walking also puts you in much more of an upright position than normal walking, so it's very good for you - and for your lungs!

I do a walk a couple of mornings a week, and I really enjoy the exercise, the fresh air and the company. Nordic walking has had a really positive impact on my life and I'd recommend it to everyone.

Read John's full story at [blf.org.uk/blog](http://blf.org.uk/blog)



## Pamper day at the BLF support group in Hucknall

Our BLF support group in Hucknall recently organised a health and wellbeing day. Guest experts spoke about the benefits of holistic therapies such as massage. And members of the team from Hands on Health gave demonstrations.

The symptoms of living with a lung condition can make taking time out for self-care challenging. The day focused on helping members look after themselves. It aimed to increase understanding of how self-care can have benefits for emotional and mental wellbeing.

Thank you to The Boots Charitable Trust for their generous grant, which made this event possible.

