

Welcome to the first COPD Support Ireland Newsletter of 2017!

Highlights this month include:

- Galway to Dublin COPD Charity Cycle 2017 Registration now open
 - COPD Adviceline - making a difference 1800832146
 - Everyday Self-Management of COPD New Research
- Winners of the COPD Breathe life into Christmas Competition
 - New COPD Support Group for South Dublin
 - COPD Model of Care Consultation
 - Extension of the Warmth and Wellbeing pilot scheme

If you have any information you would like to include in the next ezine please contact COPD Support Ireland at info@copd.ie or 012833500

Don't forget to Tweet! @copdsupportire

By donating to COPD Support Ireland you can make a difference by supporting the lives of people living with Chronic Obstructive Pulmonary Disease in Ireland. There are many ways to support our work, click [here](#)

Galway to Dublin Charity Cycle for COPD - Get Breathless for COPD

Registration now open

COPD Support Ireland, in partnership with A. Menarini Pharmaceuticals Ireland, has opened registrations for the second year of the unique '*Get Breathless for*

COPD' event, a two-day challenge to cycle from Galway to Dublin raising vital funds for COPD services.

Supported by a professional crew of guides and support vehicles, the cycle will take place on June 23 and 24 2017, overnighing in the Hudson Bay Hotel in Athlone.

For seasoned cyclists or those just getting into the sport, the 2017 “Get Breathless for COPD” cycle will challenge all participants at an appropriate level. With event capacity increased in 2017, event organisers are hoping to raise in excess of the €18,000 raised in 2016.

Interest in the event is expected to be even higher than last year, so early registration is encouraged in order to avoid disappointment.

Check out the short video from last years [event](#)

For more information and to register, visit www.give2go.ie/events



COPD ADVICE-LINE - Freephone

1800 83 21 46

The COPD Adviceline service is a new service run by COPD Support Ireland in collaboration with the Asthma Society of Ireland and is supported by the Health Service Executive.

The COPD Adviceline is available at 1800 83 21 46. Callers can avail of the service by calling the free phone number between 09:00 and 17:00 Monday to Friday. A call back appointment with a COPD nurse specialist will be scheduled for a time and day that suits them.

If you are worried about your COPD or a family member who has COPD and want to find out more information the nurses are there to help you which can improve and support your management of COPD.

"When I was told I had COPD I was so scared and didn't know where to turn. I got no information from the doctor and went on line to find out. Going on line was scary and a lot of information. I found the number for the COPD adviceline and was so happy I called it. The nurse who called me back was so supportive and reassuring. She put my mind at ease and gave me some really good information. I will use the service again and would recommend it to anyone" Mary from Cork.

The adviceline can help those who have a diagnosis of COPD for many years and those who are recently diagnosed. Don't hesitate to call if you have any questions about your COPD or are concerned about someone who has COPD.



Research on Everyday Decision-Making in the Self-Management of COPD

COPD Support Ireland is delighted to support this research into the self-management of COPD.

This is a research project being carried out by Sarah Delaney in the School of Nursing and Midwifery in Trinity College Dublin.

What's the research about?

The research is about finding out how people with COPD use power and control when they make everyday decisions about managing their illness.

What does taking part involve?

If you decide to take part, Sarah will interview you up to three times over the course of six to eight months. She would like to talk to you about your experience of living with and managing COPD. Each interview should last for no more than an hour.

If you agree, Sarah would also like to invite a member of your family, or your main carer (if you have one) to take part in one of the interviews.

Who can take part?

In order to take part you need to:

- Have a diagnosis of COPD
- Be able to understand the purpose of the research and what taking part involves
- Be over 18 years of age
- Be able to speak English
- Be willing to take part

What will happen to the research when it is finished?

At the end of this research, the results will be published in academic journals, and a summary of the key findings will be produced for people with COPD and key organisations such as COPD Support Ireland and the HSE. The research will also be written up as a PhD thesis.

How do I find out more?

You can get more information or answers to your questions about the study, your participation in the study, and your rights, from Ms Sarah Delaney, at the School of Nursing and Midwifery, Trinity College Dublin, by telephone at 086-1680349 or by email to delaneys@tcd.ie.

COPD Local Support Groups

New Groups for Tallaght and Clondalkin areas

There are currently 15 local COPD Support Groups around the country who are members of COPD Support Ireland.

In conjunction with COPD Outreach in the Tallaght Hospital we are hosting a public meeting about COPD and to set up new groups in the Tallaght and Clondalkin area.

When: Thursday 16th February

Where: The Green Isle Hotel Newlands Cross, Naas Road

Time: 7pm

All welcome

Local COPD Support Groups are a great way to:

- MEET other people living with COPD in a safe space
 - SUPPORT one another
 - EDUCATE – Find out more about COPD.
 - EXERCISE SUPPORT- Weekly exercise classes
 - RAISE AWARENESS of COPD in your area
 - CAMPAIGN – Get involved in national campaigns
- INFLUENCE —POLICY – What should be happening & Better Services for COPD
 - IMPACT on national policy together

There are currently 15 COPD Local Support Groups:

Benbulbin COPD Support Group – Sligo

Contact: Michael McGloin

Email: michael@copdsupport.ie

Website: www.copdsupport.ie

Details: Meetings take place on the last Wednesday of every month in The Southern Hotel Sligo from 4pm to 6pm.

Claddagh COPD Support Group

Contact: Mary Kilmartin

Tel: 0874122249

Details: Meetings on the first Tuesday of every month in the Croi Heart and Stroke Centre, Moyola Lane, Newcastle, Galway from 2pm to 4 pm.

Clare COPD Support Group

Contact: James Gallagher

Email: jamesgall60@gmail.com

Tel: 0863395015

Details: Monthly meetings—contact James for further information on venues for meeting

Cork COPD Support Group

Contact: Bernard O'Sullivan

Tel: 0872874160

Email: bonesosullivan@gmail.com

Details: Exercise classes every Thursday at Home Care Medical, Wicker's Road at 3pm

Dublin Ballyfermot COPD Support Group

Contact: Ann Murphy

Email: sheanthorpe@gmail.com

Tel: 0866043211- phone for information

Details: Meet last Thursday of every 2nd month in the Ballyfermot Library, A weekly exercise class every Tuesday at 11am at Liffey Gaels GAA Club, Sarsfield Rd, Ballyfermot

Dublin Huntstown Support Group

Contact: COPD Support Ireland

Email: info@copd.ie

Tel: 012833500

Details: Exercise classes every Tuesday at the Huntstown Community Centre, Huntstown, Dublin 15 from 12.00 to 1.00

Dublin Whitehall COPD Support Group

Contact: Mary Wilson

Tel: 0860851646

Details: Exercise class every Thursday at the Parish Centre Whitehall from 12 to 1 pm. Monthly meeting last Thursday of every month at Parish Centre Whitehall from 2 to 4 pm.

South County Dublin COPD Support Group

Contact: Janet O'Leary

Tel: 0868725925

Details: Exercise class every Monday and Friday from 12 noon to 1 pm at Ballywaltrim Community Centre, Boghall Road, Bray

Limerick COPD Support Group

Contact: Marie O'Flaherty

Email: marieoflaherty2@gmail.com

Tel: 0868465959

Details: Exercise class every Wednesday at 12.30 Diocesan Pastoral Centre,
Denmark St.

Louth COPD Support Group

Contact: Pauline O'Neill

Tel: 0860733469

Email: casualtycd@hotmail.com

Details: Meeting first Friday of every month, venue subject to change to facilitate
county-wide engagement

Mayo COPD Support Group

Contact: Connie Blake

Tel: 0860277020

Email: mayo.copd.info@gmail.com

Details: Meeting last Thursday of every month at Castlebar Tennis Club from 3pm to
4 pm

Mullingar COPD Support Group

Contact: Andrew McBride

Tel: 0868914709

Details: Thursdays from 2pm-3pm and the classes take place in Columb Barracks
Mullingar

Tipperary Nenagh COPD Support Group

Contact: Danny Foley

Email: dannyfoley@outlook.com

Details: Exercise classes meet Parish Centre at 11am every Friday

Tipperary Thurles COPD Support Group

Contact: Kathleen Phillips

Email: kathleenballagh@gmail.com

Details: Exercise classes in Nenagh Parish Centre at 11am every Friday

Waterford COPD Support Group

Contact: Michael Drohan

Email: michael.drohan.wufc@gmail.com

Tel: 0833579271

Details: Exercise class every Tuesday and Thursday, from 2 pm to 3 pm, Edmund Rice Chapel Building, Barrack St, Waterford

Support Groups are open to anyone to attend and all are welcome especially new members

Breathe Life into Christmas Competition Winners

Our *Breathe Life into Christmas* image competition, kindly supported by **Novartis** was a great success. We received lots of entries of photos, original paintings and drawings. The aim of competition was to highlight how people living with COPD can still enjoy festivities at Christmas time. The prize winners had to nominate a local COPD Support Group for the prize.

Winner of the overall prize was:

Letitia Swardt who nominated the new COPD group in Clondalkin/Tallaght. Her prize will go towards establishing the new group in the area.

Second Place:

Bray COPD Support Group

Joint third:

- **Michael Drohan**, who nominated the Waterford COPD Support Group
- **Cindy Hayes**, who nominated the Bray COPD Support Group
- **Ann Murphy**, who nominated the Dublin South COPD Support Group
- **Christopher Conefry** who nominated the prize for a new group in Donegal



VHI Dublin Women's Mini Marathon On

Monday June 6th 2017

The Countdown Clock is Ticking!

The Countdown clock is ticking away for the Vhi Women's Mini Marathon, Monday 5th June 2017, entries open 1st March.

Thank you to all our previous participants in the Women's Mini Marathon for raising awareness of COPD and much needed funds. If you would like to run or walk and raise awareness of COPD contact Damien or Wendy at 01 2833500 for a race pack or more details. Remember you must register with the VHI Mini Marathon.

Check out the website here <https://www.vhiwomensminimarathon.ie/>

..don't forget to pencil in some time out for yourself, stay fit by walking, jogging, or running.





Warmth And Wellbeing Pilot Scheme

The Warmth and Wellbeing Scheme aims to make homes warmer and healthier to live in. It does this by providing extensive energy efficiency upgrades to those in energy poverty who are living with Chronic Obstructive Pulmonary Disease (COPD) and Asthma. The initiative is led by the Department of Communications, Energy and Natural Resources in conjunction with the Department of Health and the Health Services Executive (HSE).

Who is eligible for the scheme?

- Applicant must be living with a chronic respiratory disease i.e. Chronic Obstructive Pulmonary Disease or asthma and be referred to the programme by a HSE official
- Applicant must be over 55 years of age or under 12 years years of age
- Home must be owner-occupied or rented from a local authority/approved housing association
- A member of the household must be in receipt of fuel allowance or One Parent Family Payment
- Applicant must reside within the area designated for the pilot scheme: Dublin 8, 10, 12, 22 and Dublin 24

Find out more information about the scheme by contacting COPD Support Ireland on 012833500 or on the Sustainable Energy Ireland website <http://www.seai.ie/Grants/Warmth-and-Wellbeing/>.

Tips to Help Cope with COPD

Know your COPD



Although COPD cannot be cured, its symptoms can be treated and managed resulting in the quality of your life being improved. Knowledge of your condition is a powerful tool in helping you control and manage your symptoms:

- Know what triggers flare ups (exacerbations) of your COPD
- Know how to recognise flare ups (exacerbations) of your COPD.
- Know your medicines.
- Know how to control your sensations of breathlessness.

To avoid common triggers

- Use unscented cleaning products.
- Avoid wearing perfume or using aerosol sprays.
- Turn on the kitchen fan when cooking.
- Avoid smoke either from surrounding smokers or fireplaces.
- Stay indoors on days which have high air pollen or pollution count.
- When you go outside in cold weather, breathe through a scarf that covers your nose and mouth.
- Avoid people who have a cold or flu.
- Get your annual flu vaccination.

Recognise exacerbations

Take quick action and contact your G.P. if you notice any of the following:

- Increased shortness of breath and /or wheezing.
- Chest tightness or any lung pain.
- Increased cough either with or without mucus.
- A change in the colour, amount, taste or “stickiness” of the mucus.
- Loss of appetite.
- Fatigue or lack of energy.

For more information on the management of COPD check our our website [here](#)

National Clinical Programme for COPD

The National COPD Clinical Programme has developed a draft model of care for COPD. This document is currently at consultation stage within the HSE and we can expect it to be published in 2017. The Model of Care (MOC) is an important document for everyone living with COPD and those who care for them as it sets out what we should expect in the management and care for people living with COPD. For more information on the National Clinical programme for COPD check out the HSE [website](#)

Nutrition

Good nutrition plays an important role in the management of COPD. It won't cure COPD, but it can help you feel better, make your body stronger and help to fight infections.

A healthy nutritious diet:

- Provides energy including the energy you need to breathe.
- Promotes a strong immune system to help you prevent and fight infection.
- Helps you maintain a healthy weight – if overweight your lungs and heart have to work harder, which can make breathing more difficult. If

underweight or not eating enough you will feel tired, this can make it more difficult to do everyday things. You may also be prone to infections.

By choosing a wide variety of nourishing foods you are getting all the building blocks or nutrients needed for health and wellbeing.

When you are feeling well it can be a good idea to cook extra food that you can freeze for another day when you are not feeling up to cooking.

Try this healthy recipe.

Poached Salmon

2 Salmon Fillets (175g per fillet) (add more if more people)

510ml Cold Water

2 Tablespoons of fresh lemon juice

A sprig of fresh rosemary (leaves chopped)

A sprig of fresh parsley (finely chopped)

1 small red onion (finely chopped)

3 Tablespoons of Extra Virgin Olive Oil

Method:

In a bowl massage the olive oil into the salmon fillets, coating each one. Discard the remaining oil.

In a large saucepan add the water, chopped onion, herbs and lemon juice together and bring to the boil, with a large metal spoon slowly add in each salmon fillet to the saucepan. Cook the salmon for about 10- 15 minutes, until tender. Remove salmon from liquid and serve with wholegrain brown rice.

COPD ADVICELINE

1800 83 21 46

[09:00 and 17:00 Monday to Friday]



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