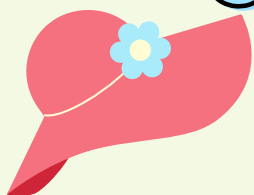


COPD Post Summer Newsletter



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A Warm Hello from Copd Support Ireland

We hope you have all enjoyed your summer and we would like to share with you what has been happening around the country during the summer with COPD Support Ireland.

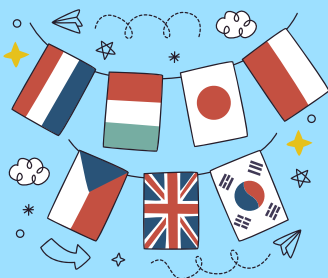
Lots of fundraising events



List of new support groups



World COPD Day 2025



Donations



Group Outings



COPD Post Summer Newsletter



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Fundraising & Awareness events



There have been numerous wonderful fundraising events taking place around the country over the summer. These included marathons, cycles, a motortbike journey – To Mizen for Ma, a school fundraiser and a vintage car rally. Each of these events raised awareness of COPD within the community and also provided well needed fundraising for our organisation.

To Mizen for Ma – a Motorcycle event where John O'Meara and his siblings set off from Ardfinnan Co. Tipperary making their way to Mizen Head in Cork in memory of their Mother.



In August Philippe Poncet, a COPD Patient & Sean Kelly were in Galway for the last leg of an international tour to raise awareness of Chronic Obstructive Pulmonary Disease (COPD)..



Louis Hoffman is completing the Paris to Nice 2025 cycling event and raising funds for COPDSI



Ballymac Vintage Club – Tractor, car & Motorbike Run Sept 21st Co. Kerry



Brooskey National School Cavan held a Fundraising day for COPD



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Support Groups Summer Outings

The Bray group travelled to Russborough House near Blessington in May. They enjoyed an interesting tour of the house, followed by delicious food in the cafe and a walk around the gardens in the afternoon.



The Wexford group visited Johnstown Castle & the Heritage centre in Wexford



The Clare group went to Coolepark and had lunch in Gort co Galway



The Limerick group travelled to Knock



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New Support Groups

New support groups opened over the summer in the following areas: Kilarney, Edenderry, Sallynoggin & Ballina. Here are some images from those days with our members and trainers. Thank you to Pearl from our Balally Group and Patricia & Tommy from our Castlebar Group for attending the 1st class in Sallynoggin & Ballina respectively and sharing their experience of being part of a Support Group.



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Helplines & advice for people living with COPD and their families and carers

Living Well Programme

Living with a long-term health condition can be challenging. The Living Well programme is a free 6-week self-management programme for adults with chronic or long-term health conditions. It gives you the skills and confidence to live well with your long-term health condition.

Living Well is a self-management resource centre evidence-based self-management programme originally developed at Stanford University. If you are interested in joining a programme in your area please visit the HSE website at:

<https://www.hse.ie/eng/about/who/healthwellbeing/selfmanagement/living-well-programme/>

#ContactUs



If you need information, advice or support please call our National Support and Referral Line

0818 222 024

Seven days a week
from 8am - 8pm

ALONE
YOU'RE NOT ALONE



HSE – Balancing Stress Programme

Balancing Stress is a HSE free programme to manage stress, worry, anxiety, low mood and relationship difficulties. You can do the programme any time and at your own pace. Details of the programme can be found at: <https://www2.hse.ie/mental-health/self-help/balancing-stress/>



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Donations

COPD Support Ireland would like to thank our members and supporters for their very generous donations to the organisation this year. These donations are used to provide the best possible support to our members. Your continued support is very much appreciated and along with the support of the HSE in funding our support and exercise groups, has enabled us to grow substantially as an organisation so that we now have over 50 support groups throughout the country, supporting over 2500 people who are living with COPD. Our reach is expanding all the time to people who are located in every county in the country. With your support we hope to continue to grow as an organisation to support everyone who is living with COPD.



Thank you to Tallaght Support Group



A big thank you to our Tallaght support group members who came along in August to assist us with the recording of our new Train the Trainer programme. They, along with Aaron from Siel Bleu recorded a variety of exercises which our members undertake in their weekly classes in order to assist our trainers with their induction programmes. Thank you to everyone who took part on the day.



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Ballyfermot remembrance Day event

The Ballyfermot support group held their annual remembrance day event in Ballyfermot Library on 10th September to remember all their loved ones who are no longer with us, but who will never be forgotten.



Upcoming events

World COPD Day 2025

World COPD Day is taking place on November 19th and we in COPD Support Ireland in conjunction with our support groups will be running some activities to raise awareness about COPD. Further details of what is taking place will be provided to our members via their local support groups over the coming weeks. So please stay tuned to find out what may be happening in your local area.

Thank you to everyone who has contributed to our newsletter and we look forward to bringing you the next edition in November.

