

TAKE A BREATH



Chest-a-minute
gardening



Weather Text
Alert



Your Nearest
Support
Group

Hillylands Independent Living centre

Do you feel you're not as independent as you would like to be?

Are you struggling with daily tasks around your house?

Would you like to know where you can get help and advice?

If you answered "Yes" to any of these questions then Occupational Therapy may be able to assist you.

The aim of Occupational Therapy is to enable people to remain as independent as possible within the community.

The Community Occupational Therapy Service, based at Hillylands Independent Living Centre, provides help for people of all ages who experience difficulty with everyday activities due to disability, illness and/or the aging process.

If you would like to discuss your circumstances with an Occupational Therapist please either;

Drop in to:

Hillylands Independent Living Centre
2 Croft Road, Aberdeen, AB16 6RB

Or phone the Occupational Therapy Duty Team on
01224 666360

Alternatively, you can carry out a self assessment.
To find out more about this, visit this website
www.bac2independenceaberdeen.org.uk



What can the Occupational Therapy service do to help you?

- Provide support and advice to you and your carers on coping with the problems that arise in everyday life as a result of your condition. Such as feeling breathless or becoming tired easily.
- Teach you new methods of carrying out everyday activities to help you save energy and pace yourself throughout the day.
- Provide equipment to help you with daily living activities.
- Arrange for minor adaptations to be carried out e.g. grab rails, banisters.
- Give advice and assistance with major adaptations e.g. ramp and shower installations, widening doors for wheelchair access.

CHEST-A-MINUTE

"I do miss getting out in the garden at this time of year but all that bending down makes me far too breathless."

"You could get raised beds"

"I'm not talking about sleeping higher up!"

"No, I mean a raised flower bed or vegetable patch. It's on a raised platform so that you don't need to bend down as much. You can even sit beside it and do the gardening from there. It's much easier to reach so you don't become as breathless or tired. You can buy them pre-made from your local garden centre or get someone to build them for you"

"Oh, that's a good idea; I think I'll find out about that. It would be nice to enjoy my garden again without feeling so puffed out."

AIR QUALITY & WEATHER TEXT ALERT SYSTEM

Often a number of environmental factors such as dust, smoke or humidity can cause irritation to your lungs and increase the chance of your condition worsening. At this time of year in particular, pollen levels can also cause a problem. Controlling your environment can help reduce the number of exacerbations you experience and help prevent the worsening of chronic conditions. We cannot change the weather but you can at least be prepared for what it brings!

Do you find that that adverse weather conditions or poor air quality affect your breathing? If you have a mobile phone you can sign up to our **free** Air Quality and Weather Text Alert Service.

The CHSS Advice Line nurses will check the weather and air quality every weekday morning. If the weather or air quality is likely to be a problem in your area, the Advice Line nurses will send a text to your mobile phone to let you know. This is a free service and you can join by either texting WEATHER to 66777 or by phoning the Advice line nurses on Freephone 0808 801 0899.



SPORTS SUMMER QUIZ

To get us in the mood for the up & coming Summer Olympics in Rio, here are a few sports related questions in this edition's quiz. Answers on page 4.

- 1 How often are the Olympic Games held?
- 2 Which sport has a Milk Race?
- 3 How far do you run in a marathon?
- 4 Who ran the first 4 minute mile?
- 5 Who won 7 Olympic gold medals in 1972?
- 6 What is the penalty awarded for a horse refusing to jump?
- 7 When were the Rome Olympics held?
- 8 Can you name 3 sports with a referee?
- 9 Who was The Greatest?
- 10 When was the football league founded?

TRAVELLING WITH OXYGEN

This is one of the most common topics that our Advice Line is asked about at this time of year, so here's a simple guide to help those of you who are travelling this summer.

GENERAL ADVICE

- Take a letter from your doctor outlining your medical condition and a list of the medications that you use.
- Make sure you have travel insurance, it can save you having expensive medical bills & travel costs if you become unwell abroad.
- You are best to take enough medicines with you plus an emergency supply in case you become unwell or get delayed.
- You should have a valid European Health Information Card (EHIC). These are available free of charge from www.gov.uk/european-health-insurance-card. Please remember that this is not in place of travel insurance

TRAVELLING WITH OXYGEN

- You should not take your oxygen equipment out of Scotland, so if you are planning a journey or staying out with Scotland, contact Dolby Vivisol for more information – see details below.
- Plan ahead – make sure you give your travel company plenty of notice if you are taking oxygen with you.

FLYING

If you are planning to fly and you require oxygen on board then you will need to get medical clearance from your doctor.

This involves filling out a Medical Information Form (MEDIF). This can be downloaded from your airline's website or just ask your travel agent for one. If you are not sure whether you will require oxygen for the flight then ask your GP or Practice Nurse about getting an assessment done. It is advisable to complete this well in advance of your date of travel.

Each airline has its own policy regarding oxygen but most will provide it for the flight, check with your airline as there may be a charge for this. You will also need to plan having oxygen for travel time on the ground, consider transfers, connections & delays.

USING OXYGEN IN THE CAR

Make sure that you inform your insurer, however this should not make a difference to your premiums.

Ensure that the oxygen is stored securely in the vehicle.

TRAVEL BY COACH

Travellers are permitted to carry their own oxygen hand held bottles on National Express coaches. Contact your travel company for details.

FERRIES

You will need to inform the ferry company of the fact you will be carrying oxygen at least 48 hours before you travel plus have a letter from your Doctor with details of your medical condition, as suggested under general travel advice.

RAIL TRAVEL

You will need to inform the rail company that you will have oxygen with you. They have limited spaces for wheel chairs (if needed) so you should book your space well in advance of travel. More information about rail travel can be found at www.railtravelmadeeasy.co.uk

CRUISING

Most cruise companies are very accessible. They require 4 weeks notice about the use of oxygen.

You need to arrange your own oxygen provision for the cruise. It is best to inform the cruise company of any oxygen requirements at the time of booking to help them co-ordinate any flights that may be included in your holiday.

FOR MORE INFORMATION

Dolby Vivisol has a dedicated Holiday Service with a team of people to help you arrange the details for travelling with oxygen. Visit their website at www.dolbyvivisol.com or telephone them on Freephone 0800 833 531.

Take a look at the CHSS information factsheets on Holiday Information, Air Travel and Sympathetic Insurance Companies. You will also find helpful information about travelling with a respiratory condition on the My Lungs My Life website, simply visit www.mylungsmylife.org

Other helpful sites include:

www.tourismforall.org.uk

www.goodaccessguide.co.uk

www.disabledpersons-railcard.co.uk

Happy Travels!

FIND YOUR NEAREST SUPPORT GROUP

The **Moray COPD group**, who are affiliated to Chest Heart & Stroke Scotland, meet in Elgin Library on Trinity Road, Elgin, IV30 1UE. They meet up monthly on Fridays, 12 – 2.00pm. John Higgins organises the group and welcomes anyone living with a chest condition as well as their family or friends. The group enjoys a range of social activities and you can also learn a bit more about your chest condition while you are there. To find out more, contact John Higgins on 01343 551320 or drop him an email on gm7nmx@hotmail.com

If you don't live near Elgin then there are also a number of classes held by **Grampian Cardiac Rehab Association** that might be handier for you. Despite their name they also run groups for people with chest conditions as well, especially COPD or other long term conditions.

They have weekly sessions at over 20 locations including:- **Aberdeen, Aboyne, Alford, Banchory, Banff, Ellon, Fraserburgh, Inverurie, Laurencekirk, Milltimber, Old Deer (Mintlaw), Peterhead, Portsoy, Stonehaven** and **Turrif**. Family and friends are welcome to go along with you.

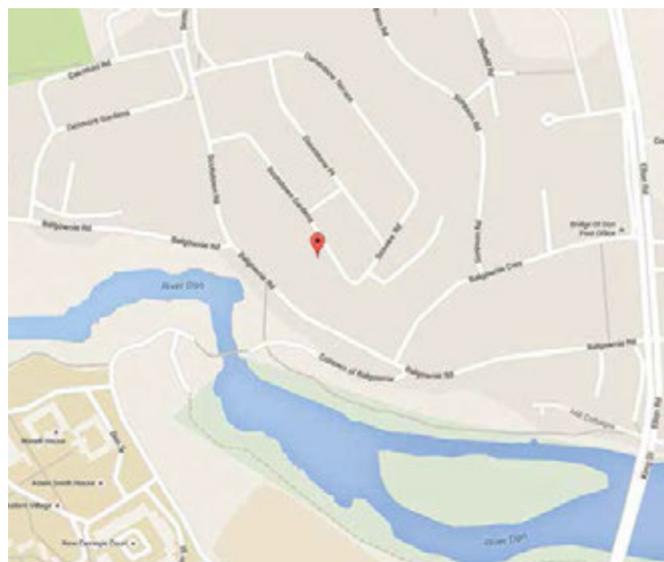
For times of sessions and details of locations etc please phone 01888 569160 or visit the CHSS website for more information.

Or click on this link

<http://www.chss.org.uk/group/grampian-cardiac-rehabilitation-association>

Another newer group that is available in the Grampian area is the **Grampian Idiopathic Pulmonary Fibrosis Group**. This group is organised by Audrey Deans and it also has input from local Interstitial Lung Disease Nurse Specialist Catherine Bamlett.

The group started last year and has been meeting every two months in Balgownie Bowling Club, Scotstown Gardens, Bridge of Don, Aberdeen, AB23 8HX.



Meetings are on Wednesdays at 1pm, the most recent meeting was held on 25th May 2016. Refreshments are provided.

Please call Audrey on 01358 742385 or 07968 237399 or contact her by email on deans.audrey@gmail.com for more information.

HOW TO REGISTER

Don't want to miss the next issue of Take a Breath? You can sign up to receive an e-mail alert that will let you know that the next issue is available, and a link to take you straight there!

Visit: www.chss.org.uk/takeabreath-grampian for more information

Have your say...

Do you have any new information about services in your area, an interesting story or a helpful hint to share with people affected by chronic lung disease? Then please let us know so that we can share it with others. We'd love to hear from you:

**Contact us by e-mail on respiratoryservices@chss.org.uk
Or call us on 0131 225 6963**

We look forward to hearing your news!