



**ISSUE No 5 SPRING 2010**



Chris  
Torrance  
Group  
Owner



John  
Doyle  
Treasurer



John Mugford  
Moderator-  
Webmaster



Linda Cooke  
Liaison Officer



Bev  
Burroughs



**Hello everyone and welcome to this our Spring 2010 Newsletter .**

Well what a winter it has been...at times it felt like the snow would never leave us , but hopefully that is all behind us and we have some lovely warm sunshine to look forward to. Many members have been poorly this winter , some needing multiple courses of Antibiotics....we wish all those members renewed good health.

To all those members currently being assessed for a transplant and for those already listed and patiently waiting our hopes and prayers are with you all . May 'that' call come very soon.

**Annual Group Meeting in Plymouth  
September 2010**

If you haven't already done so don't forget to book your place for this years annual group meeting..its being held at the Astor Hotel in Plymouth on Saturday 11th September and as always its guaranteed to be a lovely day , with most members making a weekend of it . It's great to meet up with old friends and new and put a face to that name you've been chatting to online.

John Doyle our Treasurer has all the details and will take your booking for you , you can contact John on [jedoyle@blueyonder.co.uk](mailto:jedoyle@blueyonder.co.uk)

**BONUS BALL**

There are just a few bonus ball numbers left if anyone is interested in taking part please contact John Mugford on [john.mugford@googlemail.com](mailto:john.mugford@googlemail.com)

**Spring** by Joe Llyons

Sitting by the window buds have started to appear  
The rain and snow of yesterday I'm pleased no longer here

I often sit here watching all the birds that just fly by

When I feel the sun's rays upon me I wish that I could fly

Soaring high above the ground  
higher and higher circling round

The air becoming clearer a pleasure to breath

The pleasure of breathing no time to wheeze

It's all wishful thinking when sunny and dry

When it's damp and cold let the weather go by

The garden welcoming seeds, buds start to appear

Collect all your seeds , time for planting is near

Natures perfumes from flowers enjoying the sun

It's times like these you know spring as begun.

## 2010 is the Year of the Lung

The year 2010 was declared by the Forum of International Respiratory Societies (FIRS) as the year of the lungs to recognize that hundreds of millions of people around the world suffer each year from treatable and preventable chronic respiratory diseases.



( Copyright Alpha Canada )

"This initiative acknowledges that lung health has long been neglected in public discourses, and understands the need to unify different health advocates behind one purpose, lung health," said Dr Nils Billo, Chair of the Forum of International Respiratory Societies.

## Happy thoughts and Positivity

You can boost your health and wellbeing by consciously thinking happy thoughts, suggests research from the University of Reading. Studies show happier people live longer, so make time for positive thinking every day

**Treat yourself to a brew**  
Just holding a warm drink can trigger a flow of happiness says research from Yale University in the US ( copyright Top Santé )

### HAY FEVER WARNING

The big winter freeze means that many of us will be coughing and spluttering earlier than normal this year. The unusual cold spell has caused Birch trees to pollinate earlier, so sufferers could already have symptoms or may have noticed an increase in their Intensity says Professor Jean Emberlin, director of The National Pollen and Aerobiology Research Unit ( Copyright Top Santé. )

### Pump up the volume

Finding it hard to stick to your exercises ? A study shows by turning up the music and playing some of your favourites tunes will not only distract from the effort you're putting in but should also give you a surge of adrenalin to keep you going. Now where have I put that Status Quo CD ?

### 'ALPHABITES'

Please don't forget to forward me any favourite recipes you may like to pass on to us to use in our 'Alphabites' recipe booklet which we hope to print and sell for a small fee to boost much needed group funds. I hope to have it ready for sale by September . You can contact me on [linda@lindacooke.wanadoo.co.uk](mailto:linda@lindacooke.wanadoo.co.uk)

### RETIREMENT

It is with regret that due to family commitments Bob Oliver has announced his retirement as a Committee member . We feel sure you would like to join us in thanking Bob for all his hard work and support over the years.

### NEW DRUG TRIALS

Good luck and thank you to all those members taking part in the new Kamada Pharmaceuticals trial just starting at ADAPT for an inhaled form of the protein Alpha-1 Antitrypsin ( AAT )

### IN MEMORY OF KELVIN BUCK

Karen O'Connor, 54, will take part in Jane Tomlinson's Hull 10K run on May 23rd in memory of her brother, Kelvin Buck , 52, of Beverley, Kelvin was a member of this support group , Sadly he died in October last year.

Kelvin was diagnosed with alpha-1 antitrypsin deficiency, in 1993. He underwent a double lung transplant at Newcastle's Freeman Hospital in April last year.

Although the operation was initially successfully, Kelvin then suffered chronic rejection.

Karen wants to raise awareness of Alpha 1 and also hopes to raise some money for Dove House Hospice in East Hull where Kelvin spent the last two weeks of his life

To sponsor Karen, e-mail [kareno55@hotmail.co.uk](mailto:kareno55@hotmail.co.uk)

Our very best wishes go to Karen for a successful run, may the wind be behind her .