



John Mugford
Chairman/Trustee
Webmaster



Christine Torrance
Vice Chairman/Trustee
Yahoo Group Owner



Linda Cooke
Liaison Officer/
Trustee



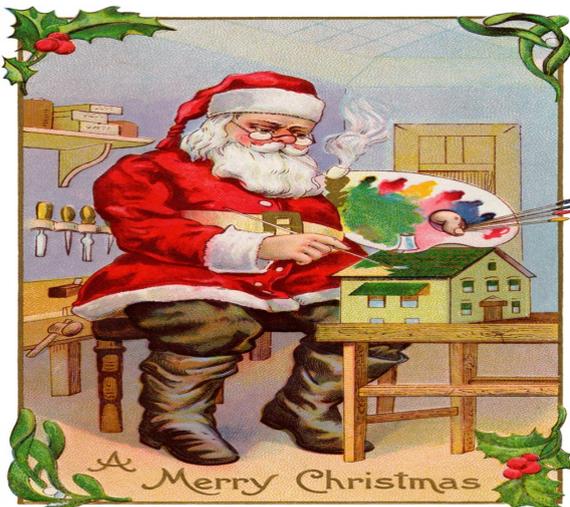
Bev Burroughs
Secretary/
Trustee



Ray Overton
Trustee



Liz McKenna
Treasurer/
Trustee



*Merry Christmas and a Happy
New Year to all our members.
Here's to a Healthy 2012.*

Transplant News

Since our last newsletter two of our members have had successful double Lung Transplants at The Freeman Hospital in Newcastle. So our love and best wishes goes to Tina Taylor and Rob McKenna.

Our thoughts and deepest sympathies are as always with the donors family, our grateful thanks to them for these most precious of gifts .

Xmas Treat

Worried about eating those chocolates at Christmas ? Don't bea little of what you fancy does you good.

Scientists say that people who eat chocolate have a 37 % lower risk of heart disease and a 29% lower risk of a stroke compared to those who rarely indulge.....just remember moderation is the word !

Medication and Water

Be careful when taking your tablets without water because some pills swallowed dry can burn the Oesophagus and cause painful damage. Over 100 pills can cause problems including Vitamin C, iron supplements, antibiotics, aspirin and Ibuprofen. So when taking your tablets , make sure you take them with water.

Annual Meeting in York September 2011

The Alpha-1 UK annual support group meeting was held on the 10th September this year at the Burn Hall Hotel in York, many members made a weekend of the occasion and as usual it was an informative and fun filled weekend.

51 members and non members attended for the day where we enjoyed a delicious lunch and lively chatter.

Our thanks go to Professor Robert Stockley from ADAPT. Dr Sandra Nestler-Parr from Talecris /Grifols and Yaron Cherny from Kamada who gave up their valuable time to give presentations and answered members questions. It was really interesting.

Later that afternoon we had our usual raffle and auction which is always good fun. Everyone was very generous and we were thrilled to raise £969.95 so a big thank you to everyone for their continued support.

At the AGM Previous Committee members were re-elected for another year and we were very pleased to announce the election of two new Committee members , Liz McKenna and Ray Overton .

On Sunday morning we bid our sad farewells until we meet again next year.



Annual Meeting 2012

The search is on for a venue for next years meeting , it is hoped this time it will be in South Wales. We are very excited at the prospect of some of our overseas members being able to join us then.

No formal date has been set yet but it should be sometime in September 2012

Welcome to our new members

A very big welcome to our new members whose first newsletter this may be ...if you or indeed any of our members have anything you would like to add to our newsletters we would love to hear from you...it could be things of interest or maybe a hobby you have ...lifestyle or gardening tips..we don't mind.

Newsletters are published twice a year, Summer and Autumn...so you have plenty of time until the next one to let us know your thoughts .

You can contact me Linda Cooke at linda@lindacooke.wanadoo.co.uk or you can contact any of the above committee members

Alpha 1 Brochures

We have several brochures available .
“Could your Asthma or COPD be hereditary ?”

A parents guide “Does your child have Alpha1 Antitrypsin deficiency ?” and now a fantastic new brochure entitled “ Are you and Alpha too ?” which is a children's guide to Alpha 1 Antitrypsin Deficiency...its extremely well laid out and we are very proud of its Author and designer our very own Chris Torrance, who does all our brochures.

Please contact any committee member or mail
infoalpha1uk@googlemail.com

Christmas Trivia

The average number of calories consumed on Christmas day is 7000.

Eating turkey is one of those Christmas traditions that was begun by King Edward VII, who reigned from 1901-1910.

Sending Christmas cards is part of the yearly ritual, but it began as recently as 1843 when British businessman Sir Henry Cole commissioned an illustrator to make a card that he could send to his friends to wish them Merry Christmas.

A Christmas tree is now a traditional part of the Christmas celebrations. It began when Queen Victoria's husband Prince Albert brought the tradition to the UK from his native Germany, where trees had been decorated at Christmas since the 16th century.

A picture of the royal family gathered around the Christmas tree led many to copy the idea.

In Scandinavia mistletoe was associated with the goddess of love – if you kissed underneath it you could look forward to a year of happiness and good luck, and did you know you use 29 facial muscles to pucker up , so it's a great way to get rid of those wrinkles

Bing Crosby's 'White Christmas' is the all-time bestselling Christmas song.

A definition of a white Christmas is when a single snowflake falls during the 24 hours of 25 December.

Eating mince pies is one of those un-missable Christmas traditions, but these pies were originally a savoury treat.

Christmas crackers were invented by Tom Smith, a British confectioner, in 1848, and were filled with sweets.

Christmas celebrations were banned from 1647-1660 during the reign of the Puritans lead by Oliver Cromwell. Anyone caught celebrating was arrested.

The Queen's speech was first televised in 1957.

Copyright Spar stores

Homemade Baileys Recipe

Serves 4

250ml Single cream

1 can of condensed milk

440ml Irish Whiskey

1 tsp instant coffee powder

2 tbs of Chocolate syrup

1 tsp Vanilla extract

1 tsp Almond extract

Put all the ingredients in a blender and blend for 30 seconds.

Store in an airtight bottle in a fridge , should keep for up to two weeks.

Shake well before serving.



DISCLAIMER: The information provided on this site is for educational purposes only and it is not intended or implied to be a substitute for professional or medical advice. Always consult your own physician or healthcare provider with any questions you may have regarding a medical condition