



**John Mugford**  
Chairman  
Webmaster  
Trustee



**Chris Torrance**  
Vice Chairman  
Yahoo Group Owner  
Trustee



**John Doyle**  
Secretary  
Treasurer  
Trustee



**Linda Cooke**  
Liaison Officer  
Trustee



**Bev Burroughs**  
Financial Support  
Trustee



*A Very Merry Christmas To All Our Members and Here's to a Happy and Healthy New Year.*



## ANNUAL SUPPORT GROUP MEETING 11th SEPTEMBER 2010

This years annual support group meeting was held for the second year running at the Astor Hotel in Plymouth . Although the main meeting was held on the Saturday, many members made a weekend of it. We had approximately 45 members attend this year and as usual a great time was had by all. The weather couldn't have been better.

A presentation was made to our Treasurer John Doyle. Sadly Johns ill health has meant that some of his workload has been taken over by other committee members . Chris Torrance has taken over as Treasurer but John still plays a huge part in the day to day running of the group. To show our appreciation of all Johns hard work and 100 % dedication John was presented with a case of 12 bottles of wine, Johns wife Mary was presented with a bouquet of flowers .

During the day we had a very informative presentation by ADAPT staff Dr Nicola Sinden and Nurse Diane Griffiths bringing us up to date on the drug trials and research currently being undertaken at ADAPT. There was time for questions and answers and everyone found it very interesting. We are very grateful to Nicola and Diane for giving up so much of their time and travelling so far to give the presentation.

The hotel supplied a superb buffet lunch. The afternoon was filled with fun, quizzes, a raffle and the highlight was our annual auction .Over seen by our very own Auctioneer Mr Stephen ( did I hear someone bid £20 ) Mayhew who always does such a great job of extracting money from members pockets and has the place in an uproar with his wonderful sense of humour.

After a very enjoyable cream tea , the meeting broke up to allow members to get ready for the evening festivities which included a lovely 3 course meal followed by Karaoke , which proved very popular.

In total the day raised approximately £900 so a very big thank you to everyone .



## VOLUNTEERS

As you may remember due to ill health sadly Chris Harrell had to resign earlier this year as Group Fundraiser, if anyone feels they would like to apply for this post or indeed feel they have something to contribute and would like to join the Committee then please privately e-mail one of the Committee Members in the new year.

It's your group so if you have some new ideas we would love to hear them.

We have had our booklets on Alpha 1 printed so if anyone would like any of these or the posters that we have we would be happy to send them out to you . Maybe you could leave some at your local Chest Clinic or your Doctors Surgery.

We also have some lovely enamel badges with our group logo on them...they cost £1 each plus £1.50 p&p for up to 30 badges. , they measure 16mm x 28mm with a butterfly fastening.

We have a few Alpha-1 UK Christmas cards left , they are reduced from £3 to £1.50 for a pack of ten plus P&P...even if its too late for this year they'll keep for next year. So grab yourself a bargain.

## WEIRD CHRISTMAS FACTS

Christmas puddings should be stirred from East to West.

Germany made the first artificial tree, it was made with Goose feathers that were dyed Green .

If you received all the gifts in the song Twelve days of Christmas they would total 364 gifts !

## WINTER TOP TIPS

Make sure you keep warm by wearing layers of clothing when it's cold - thermal underwear can be very useful, along with woollen tights and socks and make sure you have a blanket or shawl to hand.

Wear warm nightclothes during very cold weather. Try and stay as active as possible to generate heat - get up, move around and try to do some exercise.

## ADAPT HAVE MOVED !

The Adapt research centre in Birmingham have finally moved into their wonderful new building. The clinic is based on the ground floor which is great news for everyone .The new address is as follows:-

Mrs. Rebecca Bray  
Lung Function and Sleep Department  
ADAPT Office  
Queen Elizabeth Hospital Birmingham  
Mindelsohn Way  
Edgbaston  
Birmingham  
B15 2WB  
Tel no: 0121 371 3885

The details required for the free Alpha 1 Antitrypsin Deficiency finger prick testing kit to be sent out are your name, address and date of birth and the name and address of your general practitioner.

## BRONCHIECTASIS

Bronchiectasis is classified as an obstructive lung disease and is relatively uncommon.

Involved lung structures known as bronchi are damaged causing them to widen irreversibly

This dilation, inflammation further causes the bronchi to easily collapse resulting in airflow obstruction and limited movement of air in and out of your lungs. Bronchiectasis can affect just one section of one of your lungs or multiple sections or even both lungs. The initial damage that leads to Bronchiectasis often begins in childhood. However, symptoms may not appear until months or even years after having repeated lung infections.

## IN MEMORIUM

It is with much regret we announce the sad passing of three of our members.

Patricia Billing , Peter Hunt and John Baxendale.

Our thoughts and prayers have been with their families during these very sad times .

John Baxendale's wife Toni has very kindly said that John's company 'The Internet Factory' will continue sponsoring and hosting our Alpha-1 UK Support Group website.

## GROUP NEWSLETTERS

It has been decided that in future we will produce just two Newsletters a year.  
Winter and Summer.

As always if you have any comments or issues you would like to see in these newsletters, then please mail me at :-  
[linda@lindacooke.wanadoo.co.uk](mailto:linda@lindacooke.wanadoo.co.uk).

