

Support Breathe Easy

Supporting Breathe Easy is free. Simply complete the form below and send it to: **Breathe Easy Club, 78 Hatton Garden, London EC1N 8LD.**

I understand that *Breathe Easy* magazine is free to supporters, but would like to contribute £12 (or £10 by standing order) annually to cover its costs.*

Yes, I would like to support the Breathe Easy Club.

Mr/Ms/Mrs/Miss Surname.....
Forename.....
Address.....
.....
Postcode..... Tel.....
Email.....
Date of birth.....

We want to retain and use information about your lung condition to improve our advice and support services for Breathe Easy supporters. If you are in agreement with us retaining this information, please sign here

I have a lung condition/carer/friend/family member (please delete where appropriate)

My lung condition is.....

Please send me details of the full range of British Lung Foundation publications

Where did you first hear about the Breathe Easy Club?.....

Under the terms of the Data Protection Act, the British Lung Foundation and its related company, BLF Trading Ltd, will retain and use the data you have provided for administrative purposes and to inform you of its fundraising and other activities. We hope you will want to stay in touch with our work, but if you would prefer not to receive future mailings, please tick this box

The British Lung Foundation may supply information to other charitable organisations for their use in seeking support. If you would prefer that we do not supply your details to other such organisations, please tick this box

Can you help?

The British Lung Foundation relies entirely on voluntary donations to fund its work. If you can make a donation, please complete the details below.

Yes, I would like to help the British Lung Foundation.

I enclose my donation of

*£100 £50 £25 £19.31 (funds 1 hour of research)

Other £ (please enter amount)

Please accept my cheque/postal order payable to British Lung Foundation or please debit my Visa/Mastercard/Amex/CAFCharityCard/Delta/Switch

Card No

Expiry date/..... Issue no

Signature Date

*Increase your support at no extra cost to you!

All donations from UK taxpayers now qualify for Gift Aid. If you are a UK taxpayer and would like to make your gift go further without costing you a penny more, please tick this box and we will send you a Gift Aid Declaration Form.

Get in touch!

Many parts of the country now have Breathe Easy groups. Your local group can offer support and practical information, and put you in touch with other people who share your experiences.

If you want to know more about the group near you, please call your regional British Lung Foundation office. If there is no office in your area, contact our head office in London.

BLF Scotland:

tel: 0141 204 4110

email: redballoon@blfscotland.org.uk

North and North East England:

tel: 0191 263 0276

email: margaret.richardson@blf-breathenorth.fsnet.co.uk

North West England and North Wales:

tel: 0151 228 4723

email: daphne@blfnw.freeserve.co.uk

Midlands:

tel: 0121 627 2260

email: johnlatham.blfmidlands@virginnet.co.uk

South West England and South Wales:

tel: 0117 925 5810

email: susan@blfsw.fsnet.co.uk

Southern Counties:

tel: 01932 692085

email: blf85@yahoo.com

BREATHE EASY BRITISH LUNG FOUNDATION

78 HATTON GARDEN

LONDON EC1N 8LD

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Internet: www.lunguk.org

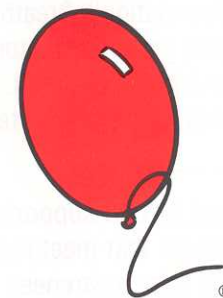
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BREATHE Easy

The Club that's working for breathless people

What is Breathe Easy?

On average, one person in every family has a lung condition. Yet people with conditions such as asthma and emphysema often feel alone.

The British Lung Foundation's Breathe Easy Club is Britain's only support and information network for **anyone** affected by a lung condition. It is also open to their friends, families, carers and interested health professionals.

The Club has almost 20,000 supporters and a growing number of local groups that meet regularly across the UK. It also works to raise awareness of lung disease and to promote greater understanding of the problems it can cause through events like the annual Breathe Easy Week.



"Joining my local Breathe Easy group saved my life. Although there is still a lot I can't do, getting involved has made me feel more positive about life.

We could all just sit around in armchairs, but life is for living and I'm determined not to give in."

Gwen Haylett,
Breathe Easy Forest, London.

How can Breathe Easy help me?

- **Breathe Easy magazine** is sent to all supporters free of charge four times a year. It's packed full of information about lung conditions, how people cope with them and the latest BLF research.
- **Providing information:** All Club supporters can obtain free BLF publications. These easy-to-understand leaflets and booklets – written by BLF doctors – are all available by sending a stamped, addressed envelope to our head office.

"Breathe Easy helped me understand more about lung disease: it made me ask doctors the right questions. It helped me cope by putting me in touch with others in the same situation, which gave me moral support and information on where to get the most appropriate treatment."

Ian Little, Breathe Easy East Devon

- **A meeting point:** Breathe Easy groups meet regularly for the opportunity to learn about living with a lung condition and share experiences. Many hold social events or day trips.
- **Advocacy for breathless people:** Many people living with lung disease face a battle to live a normal life. Breathe Easy helps fight their corner through campaigning. We have helped shape guidelines on oxygen therapy at home and are pursuing better care for everyone with a lung condition.
- **Bringing people together:** Our penpals scheme encourages people with similar conditions to share their experiences.
- **Spreading the message:** Our regional lung health symposia give people the latest tips on improving their quality of life.
- **Breathe Easy on-line:** The new-look BLF website has information about local group and the chance to communicate with the Breathe Easy family.

Is Breathe Easy free?

Yes it is. However, we encourage supporters to make a voluntary annual contribution of £12 towards the magazine's publication and postage costs.

If I make a donation, where does my money go?

Your money goes towards funding a broad range of lung research. One way you can support is through the Trevor Clay Memorial Fund – named after Breathe Easy's founder. The Fund gives money to short-term research designed to improve quality of life for people living with lung conditions today.

Does supporting Breathe Easy require me to do anything?

You can do as much or as little as you like. Many of our supporters have serious lung conditions, so are happy just to receive the magazine. Others take an active part in their local group. Some even organise fundraising events for Breathe Easy Week and throughout the year.

How can I find out if there's a group near me?

Contact the British Lung Foundation's head office in London or your regional office – more details on the back.

Become a Penpal

Once you support Breathe Easy, you can apply to join our Penpal scheme. The scheme puts you in touch with people with similar conditions to you – especially good if you have difficulty getting out of the house. We will try to match you up by the criteria you set.

If you want to take part, please enclose some details about yourself with the completed form overleaf. You should tell us about your age, lung condition, personal interests and the kind of person you would like to be matched with.