



# Breathe Easy Darlington

August 2021.

## It's good news week!

After so long shielding, being unable to meet up with our friends and having to keep our distance from those we care about, it is wonderful to be able to share the news that we can meet again.



Our first social together [7<sup>th</sup> September at Noon](#).

[The Copper Beech Function Room](#)

If you want to order lunch, you are welcome to do so but if you want to just have a drink, that's fine too.

Please be reassured that the venue has a Covid Safe Certificate.

The Copper Beech can be found on Neasham Road, Darlington, DL14DH and if you want to have a sneaky look at the menu you can look at their website – it's all very good!

In future, our meetings will be from 12 MD if you wish to have lunch and the meeting proper will begin at 2pm. We won't have a speaker this first meet – it'll just be so good to meet up and catch up.

## More Exciting News!

Beginning on September 15<sup>th</sup>, 11.45-1.45 and every Wednesday from then on, our BEActive (Breathe Easy Active) sessions begin again.

Taking place at Eastbourne Sports Complex and run by Vic, who has undergone a specialised British Lung Foundation training course and runs her own personal fitness company, our BE Active course will involve various types of exercise specifically tailored for us, as well as some Yoga Nidra, Tai Chi, Dance relaxation and mindfulness.

The sessions are for Breathe Easy members and their carers, and there will be a small cost involved.

Before you can take part in sessions, you will need to complete a medical form, so perhaps bring a note of medications, telephone numbers, etc to your first session. Thanks

Please arrive in good time wearing comfy clothes and preferably trainers.

There is easy parking at the complex and we'll have a break between sessions to have a cuppa with cake - if anyone's been baking!

We are still running our Bonus Ball Fundraiser which we run alongside the National Lotto Bonus Ball.

Choose a number between 1-60, paying £10/5 weeks, with the possibility to win £33 with every Wednesday and Saturday draw. It raises around £2,500 a year, which is put to good use subsidising our exercise classes, etc.

Please contact Vic on 07931546442.

### To Recap

Socials at The Copper Beech, Neasham Road, Darlington. DL14DH

12 noon-2pm, lunch, 2-3.30pm speaker/meeting.

October 5<sup>th</sup> we will welcome Chris Lloyd who often visits us and is always great to listen to. His talk this time will be Lewis Carroll: the Croft Connection.

On November 2<sup>nd</sup> retired Darlington GP Roger James will entertain us with amusing stories.

Our Christmas meal is at 12.30 pm on December 7<sup>th</sup>.

BEActive at Eastbourne Sports Complex, Bourne Ave, off Hundens Lane, Darlington. DL11LJ

There are a couple of buses to Yarm Road.

From 15th September from 11.45-1.45 every Wednesday.

Before we go, for those of you who are new to Breathe Easy, here we are enjoying some days out- South Park Picnics and Hamsterley Forest Wanderings. Please note the wonderful weather and all the smiles.

Breathe Easy Darlington is all about support, keeping well, having some fun - and friendship!

