TAMESIDE PULMONARY FIBROSIS SUPPORT GROUP

Tel: 07707 521 519 - Barbara
07707 521 518 - Helen
07533 802 620 - (Sue G)

Email: tpfsg1@gmail.com

NOVEMBER NEWSLETTER

GREG BARRATT



We had the pleasure of the company of Greg Barratt on our October Zoom. Greg used to be the Community Champion at Tesco Greenfield, and he provided our group with tea/coffee/biscuits etc and raffle prizes for our face to face meetings. He has worked with the Canal & River Trust cleaning up towpaths as part of his role of Community Champion and has even appeared on TV in a programme with Alan Titchmarsh.

Greg is a bundle of energy, always on the go, and not only has his job with Tesco but usually has another part-time job on the go too. His current job is working in Maintenance at Tesco, and this keeps him very busy as you can imagine. In his spare time he likes to go out for walks with his dog, and he is a keen photographer.

Greg was very entertaining on our zoom meeting. We could imagine him on the stage talking about his life and the things he gets up to. Keep up the great work Greg.

OLD TECH ITEMS

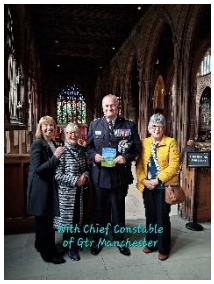
If you are coming along to the face-to-face meeting on Friday 20th November, we are collecting old tech items such as cables, old mobile phones, monitors, printers etc, working or not, any age, and any condition, for Tameside Community Computers CIC. If you have anything you want to be rid of, please bring it along. If they can refurbish it they will, and if not, they will recycle it.

Duchy of Lancaster

Action for Pulmonary Fibrosis

Happy to Support TPFSG

MANCHESTER CATHEDRAL VISIT



In October, Barbara, Sue Turner and myself went to Manchester Cathedral to His Majesty`s Judges service to mark the beginning of the legal year. We were invited to attend by Mark Llewellin, High Sheriff of Greater Manchester.



It was a lovely service and whilst at the cathedral we took the opportunity to have some photos taken with Mark, and with Sir Stephen Watson the Chief Constable of Greater Manchester, and with Diane Hawkins, the Lord Lieutenant of Greater Manchester.

MOSSLEY SOUP

On 22nd October, Barbara and Helen attended the Mossley Soup event at Emmaus in Mossley. They went to support the 4 local organisations who do a presentation, and then the audience votes for a winner who receives a cash prize. The runners up also receive £100 for their organisation. The proceeds come from the sale of soup and cake and beverages on the night.



Barbara wasn`t intending to be one of the participating groups, but when one group wasn`t able to attend, Andy Fowler, (who has spoken to our group on Zoom and been to a face to face meeting in the past) asked her if she would like to do a presentation about TPFSG. So she did, and she received £100 for our Support Group. She now has a new Comrade title – Comrade BPB (Be Prepared Barbara) – because she always is.

2027 FACE TO FACE MEETINGS



The face-to-face meetings at the 4C Community Centre are all booked for 2027. We have booked the third Friday of each month to make it easier to remember, and to make it easier when we are attending events and people are asking us about meeting dates. I will publish the dates on the Facebook group, and I will print them out and leave them on the tables at the next couple of meetings so you can take one home with you. You can also find them on our website www.tpfsg.co.uk

Pulmonary Fibrosis Trust

Rotary Tameside

BE WELL TAMESIDE

Pennine Care NHS

Happy to Support TPFSG

FACE TO FACE MEETING



We held our October F2F meeting on Friday 23rd. It was a little quieter at this meeting because we had members who weren`t feeling well enough to come, but we still had around 38 people attending. As always, it was good to see those of you who were able to make it.

We are always very grateful to our volunteers who help out at the meetings by setting up the room for us, and those who make the tea/coffee and serve the food. This month we had Al, John, Carolyn, Debs, Grace, and a new volunteer Mariana. It really does make a difference and gives the Comrades time to talk to everyone. Thank you for giving up your time to come and help us.

We also had a visit from Arlishia, who works at Home Instead in Stockport. They provide home care for people who need help, and it is tailored to the person`s needs. She helped the Comrades and very much enjoyed her afternoon with us and will come again in 2027.

TPFSG CANAL BOAT TRIP



Thank you to the East Manchester Community Boat Project for providing us with another free trip along the Peak Forest Canal on 9th October. Our crew on this last trip of 2026 were Eddie and Gordon, and our very own Ship`s Captain Sue Steventon. They looked after us as usual, making sure everyone had a safe journey. As usual, it was the chippy run, and all food was paid for by TPFSG, because our amazing Comrade Fundraiser Barbara applied for funding and was successful, therefore we can pay for the food on all the trips this year.

Next year`s trips will begin in April and the food for the trips in 2027 will be paid for thanks to the donation we received from Geoff Jackson`s funeral. Geoff loved the canal boat trips so we asked his wife Kath if we could use the money in his memory.

BIRTHDAYS

We have 3 birthdays coming up in the next month, up to the next zoom meeting. We wish you all a very Happy Birthday and hope you each have a wonderful day!

Sue M

Al B

Steven B

COMMUNITY FUND

TESCO

healthwatch Tameside

Greenfield

Happy to Support TPFSG

And finally . . . Don't forget, laughter is the best medicine

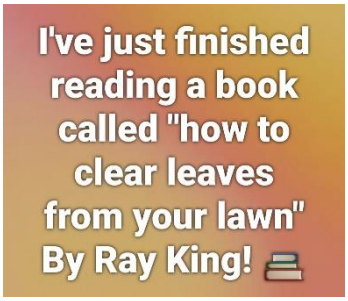


Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O

Teacher: What are you talking about?

Donald: Yesterday you said its H to O







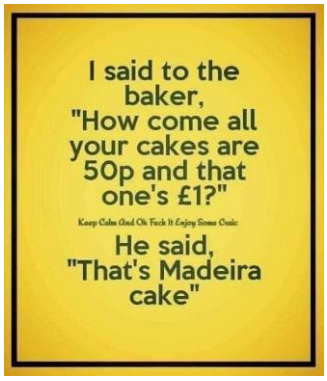




I took the shell of my racing snail thinking it would make him run faster.

If anything, it made him more sluggish.





The next face to face meeting - 20th November 12.30 to 2.30pm

Next zoom meeting - 2nd December at 2pm

BARCHESTER'S CHARITABLE FOUNDATION
Making a difference

action together

Williams Deli

Happy to Support TPFSG