



TAMESIDE PULMONARY FIBROSIS SUPPORT GROUP



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

Email: tpfsg1@gmail.com

OCTOBER NEWSLETTER

SEPTEMBER ZOOM MEETING – PETER BRYCE & NICK ASHILL



We were joined by Peter Bryce from the Pulmonary Fibrosis Trust on our September Zoom meeting. As you know, September was Pulmonary Fibrosis Awareness month so Peter came on to tell us about the PF Trust and the wonderful work they do. Also, don't forget they have a caravan at the Haven Seashore Holiday Park in Great Yarmouth. You can contact the Trust to check availability and book a holiday.

We were very lucky to have a special guest on the zoom too. Nick Ashill who ran the length of Scotland and England from John O'Groats to Lands End (900 miles) over 30 days joined us, along with his support team, from their camper van en-route to Scotland ready for the start of the run. Since then he has completed his challenge and has raised over £50,000 for the PF Trust. You can still donate, and tell family, friends, and anyone who will listen, that they can donate too. What an amazing man Nick is. I am in awe of what this man has achieved, as I know are many of you.

BRIAN COOKSON

I am very saddened to inform you that Brian Cookson has passed away. Brian had been a member of TPFSG since the early days of us meeting at Ashton Fire Station in 2018. We didn't see Brian for a while because we had to change to zoom meetings when Covid happened. We started our Face to Face meetings in 2023 but it wasn't until earlier this year that Brian was able to come along to our meetings again. It was an absolute pleasure seeing him come through the door again with his daughter Tracy that first day.



Brian was able to come onto the canal boat trips this year too, and I know he enjoyed them immensely. He was a gentle man and we will miss him dearly. ❤️



Duchy of Lancaster



Happy to Support TPFSG

CHRIS RENFREW

We are very saddened by the news that Chris Renfrew has passed away. Chris joined our Support Group 5 years ago. Whenever he was able to, he would come to the face to face meetings, and he always said how much he enjoyed them.



Chris and his wife Helen owned Renfrew's Chip Shop in Denton and when he first started coming to group he told us how he and Helen liked to spend a few days at their caravan and then come home in time to help out in the shop over the weekend. It meant they weren't always able to come to our group meetings, but Chris kept up with what was happening via the Facebook page, a phonecall now and again, and of course the newsletters.

STEVE JONES

We were devastated to learn of the death of Steve Jones recently. Steve has always been a great supporter of TPFSG and has worked tirelessly to raise awareness of Pulmonary Fibrosis, not only in the UK but around the world. He was the Chairman of Action for Pulmonary Fibrosis, President of the EU-PFF, Patient President of APF, and Chaired the Transplant Support Group. He worked with the European Lung Foundation and was a member of their Transplantation Working Group.



Clive and I first met Steve in 2019 in Doncaster at an event being held by APF. He has spoken to our Group on many zooms over recent years and when he came up north for a funeral, he called in to see us.

We have passed our condolences to Steve's family and very many friends.

PF AWARENESS MONTH

As you will all be aware, we at TPFSG try to raise awareness of PF every day of the year, not just in September, but during September we try to go all out to do whatever we can, wherever we can, and between us we can cover a lot. From Networking meetings, to APF Zoom meetings, to Funding applications being completed (by you know who), to a Voluntary Sector Forum, and meeting Nick Ashill at Heaton Park. Also, the usual face to face meeting, canal boat trip and zoom meeting. Plus all the social media posts every day of September over Facebook, X, Instagram and Linked-In. Also this year, Clive's cousin Janet walked the Coast to Coast route from St Bees to Robin Hood's Bay in memory of Clive and raised £1290.

One day, everyone will know about Pulmonary Fibrosis!



Happy to Support TPFSG

FACE TO FACE MEETING



We held our September F2F meeting on Friday 18th. It was a very busy meeting with around 45 people attending. It was lovely to see so many of you there, some familiar faces and some new ones too.

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. 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.

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 September. The crew looked after us as usual, making sure everyone boarded safely.

As usual, it was the chippy run, and all food was paid for by TPFSG. We can do this because our amazing Barbara applied for funding and was successful, therefore we can pay for the food on all the trips this year. The last trip of this year will be on 9th October, and it is another fully booked trip.

BIRTHDAYS

We have 6 birthdays coming up in the next month, up to the next zoom meeting. We wish you both a very Happy Birthday and hope you each have a wonderful day!

David McG

Joyce S

Jason G

John B

Peter W

Steve C



Greenfield



Happy to Support TPFSG

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



The Beach Boys walk into a bar.

Round?

Round

Get a round?

I'll get a round . . .



😄 What's the difference between a hippo and a zippo?

One is really heavy, and the other's a little lighter.

I once stayed a night in the YMCA.

It was OK, but I wouldn't make a song and dance about it.



At any given time, the urge to sing "The lion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.



What do you call a parade of rabbits hopping backwards?

A receding hare-line.

Food for thought:

If a tin whistle is made out of tin . . . what is a fog-horn made out of??



**The next face to face meeting - 23rd October
12.30 to 2.30pm**

Next zoom meeting - 4th November at 2pm



Happy to Support TPFSG