

BREATHING SPACE NORTHAMPTONSHIRE

CLINICAL AND SOCIAL SUPPORT GROUPS FOR THOSE
DIAGNOSED WITH COPD AND OTHER CHRONIC
RESPIRATORY DISEASES. CARERS ARE ALSO WELCOME

Registration must be completed prior to attending groups. This is to ensure the right support group is offered and medical details are logged in order to access consultations with the doctor.

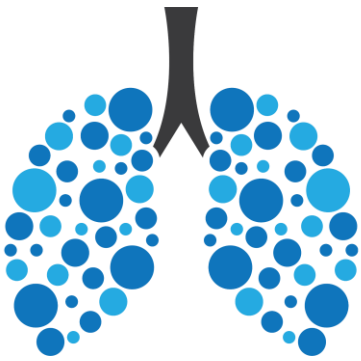
- REGULAR EXPERT MEDICAL ADVICE
- REDUCE ANXIETY AND ISOLATION
- MEET WITH OTHERS WHO UNDERSTAND
- LEARN TO MANAGE YOUR CONDITION
- FRIENDSHIP, EXERCISE, FUN ACTIVITIES

Appointments & clinics with Dr Gale

Respiratory nursing teams at groups

Guest speakers





BREATHING SPACE NORTHAMPTONSHIRE

BREATHING SPACE GROUP LOCATIONS

BREATHING SPACE GROUPS - LOCATED IN:

WELLINGBOROUGH, RAUNDS, CORBY,
NORTHAMPTON, MOULTON AND DAVENTRY

SINGING FOR LUNG HEALTH GROUPS - LOCATED IN:

WELLINGBOROUGH AND MOULTON

LONG COVID SUPPORT GROUPS - LOCATED IN: MOULTON
AND ON ZOOM

IMPROVE YOUR WELLBEING

One of our goals at Breathing Space is to improve your wellbeing and create a positive and welcoming atmosphere. Our sessions offer time to talk and share experiences with each other as well as a range of activities. these include simple seated exercises; breathing practices; arts & crafts; quizzes & games; tai chi; laughter yoga; holistic therapies, as well as meditation & relaxation practices.

CONTACT BREATHING SPACE:

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