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If you need any further information please contact us on:



Car parking is available at the Skydome car park at a concessionary rate of £1.10. Please bring your car park ticket with you for validation. There is additional pay and display car parking available on Watch Close and Spon Street.

Pulmonary Rehab ***Centre for Exercise and Health***



**‘All the staff are very friendly and helpful.
Best day’s work I ever did’ - M. Wilshire**

What is Pulmonary Rehabilitation?

It is a course to help with your breathing and make daily activities easier.

What will happen?

You will initially have an individual appointment to assess your general health and exercise ability. You will be asked to:

- Complete some questionnaires that tell us about your breathing.
- Do some walking so we can measure how much you are able to manage (there is no requirement on how far you need to walk).



Programme Information

The class runs on Monday and Thursday afternoons, 13:30-15:30. Most patients attend twice per week but there is some flexibility.

It is run in small groups and each session is split into 2 parts:

13:30—Informal discussions/talks on a variety of topics to help you learn more about your lungs, breathing, and treatment.

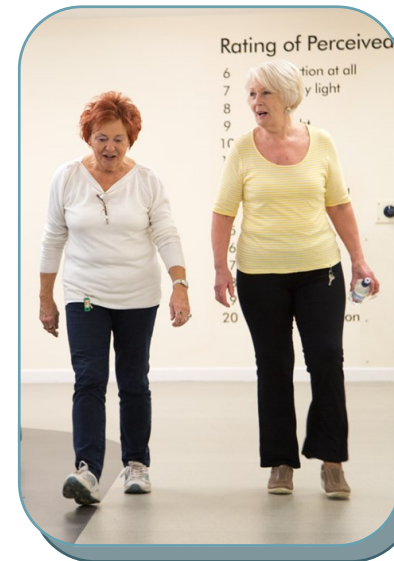
14:30—Exercise in a safe environment with health professionals on hand to help.

Once you have finished the course, we repeat the questionnaires and walking assessment to find out how much you have improved.

What will you achieve?

The course will help you:

- Feel less breathless and understand your condition better
- Improve your confidence and coping strategies
- Help you recognise and cope with chest infections
- Learn about your drugs and inhalers and ensure they are working for you .
- Improve your walking distance and stamina



For each visit:

- Wear comfortable clothing and flat, non-slip shoes.
- Bring your blue reliever inhaler (Salbutamol/Ventolin) and Oxygen if you use it.
- Make sure you've eaten beforehand.
- Bring your reading glasses if you need them.