

Healthy Living

These organisations help you to live a healthy lifestyle, such as stopping smoking, being more physically active and healthy eating:

- **Live Well Bristol:** <https://www.bristol.gov.uk/web/live-well-bristol> Facebook: Behaviour change for Bristol
- **Smokefree North Somerset:** Tel: 01275 546744 or <http://www.smokefreenorthsomerset.co.uk/>
- **North Somerset Health Trainers:** 01934 427661 – a free 12 week service to help people improve their health and well being. Facebook page: NSHealthTrainer
- **Smokefree South Gloucestershire:** Tel: 01454 865502 or www.southglos.gov.uk/smokefree
- **South Gloucestershire Wellbeing College:** offering some free courses to boost well-being. www.southglos.gov.uk/health-and-social-care/staying-healthy/mentalhealth-emotionalwellbeing/mental-health-emotional-wellbeing-support-adults-2/

General support

- **Age UK:** benefits advice, support with shopping, etc., 0117 9297537 or www.ageuk.org.uk/services/in-your-area/
- **British Red Cross:** support at home Tel: 0117 301 2601 and wheelchair and equipment hire Tel: 0117 3012606
- **Carers Support Centre:** information, support, advice and groups for carers: 0117 965 2200 or www.carerssupportcentre.org.uk or www.carersuk.org

- **Care and Repair:** a handyman service at a subsidised cost for home owners over 60 years and those with an illness or disability Tel: 0300 323 0700 or www.wecr.org.uk
- **North Somerset Council Online Directory** one stop shop for information on health and wellbeing, support groups, advice etc or <http://nsod.n-somerset.gov.uk>
- **Equipment and Demonstration Centre** - Weston-super-Mare – with demonstration areas to help you understand what adaptations and equipment is available Tel: 01934 888804 or www.wecr.org.uk/weston-super-mare

Benefits advice

- **Disability Living Allowance, Attendance Allowance:** 0800 7310122, www.gov.uk
- **Bristol North Advice Centre:** benefit advice and befriending Tel: 0117 951 5751
- **Bristol City Council Care Direct:** benefit advice, disabled parking, carers emergency card scheme Tel: 0117 922 2700 or www.bristol.gov.uk
- **North Somerset Council Care Connect:** a telephone helpline for support and information on social care issues such as housing, benefits and social services. Tel: 01275 888801
- **South Gloucestershire Advice Services:** for more information go to <https://talkingmoney.org.uk/wp-content/uploads/2016/07/South-Glos-advice-leaflet-v3.pdf>

Services to help with your respiratory condition



Help with your respiratory illness

The British Lung Foundation (BLF)

The BLF is the only UK charity looking after the nation's lungs. Website: www.blf.org.uk and Helpline: 03000 030 555.

They also run local Breathe Easy Support Groups in Weston, Southmead and Knowle West: Tel: 03000 030 555.

There is an independent support group in Coalpit Heath. Tel: 01454 311528.

Pulmonary Rehabilitation Courses

Combines a personalised activity plan with education and advice in a group setting for a number of weeks. It can be life changing.

Bristol: 0117 961 7159

North Somerset: 01275 546 555

South Gloucestershire:

Cossham: 0117 340 8546

Bradley Stoke: 0300 124 5909

My COPD®

This is an app that works on any computer or smart phone and provides help and advice on how to manage your COPD, ask your nurse or physiotherapist for more information.

Singing for Lung Health

A singing group to help your lung health and breathing, meeting Wednesdays at 1pm in the Greenway Centre, Southmead. For more information visit <https://lifeofbreath.org/> or email Jordan.Collver@bristol.ac.uk

Exercise for Lung Health

Exercises at the YMCA gym, Weston-super-Mare, meeting Tuesdays at 10am. Contact Norma on 07810 486 127, email: norma.barnes@hotmail.co.uk

Exercises at Bradley Stoke and Kingswood Leisure Centres. Contact: email: jim.rollo@circadiantrust.org or 01454 279972.

Help with your medication

If you're prescribed a medicine to treat a respiratory condition for the first time, you can get extra help and advice about your medicine over several weeks from your local pharmacist through a free scheme called the **New Medicine Service**.

Pharmacies offer **free medicines use reviews** for people who have been taking medicine for some time. You can have a private consultation with the pharmacist to ask any questions.

For more information go to: <https://www.nhs.uk/nhsengland/aboutnhsservices/pharmacists/pages/medicine-service-qa.aspx>

Right Breathe Application

For inhaler prescription information go to: <https://www.rightbreathe.com/>

Psychological support

If you are feeling anxious or depressed, the following NHS funded services can help:

- **Bristol Wellbeing Therapies:** Tel: 0117 982 3209 or <https://iapt-bristol.awp.nhs.uk/contact-us/>
- **North Somerset Positive Steps:** Tel: 0300 300 0834 or <http://positivestep.org.uk/contact/>
- **South Gloucestershire Talking Therapies:** Tel: 0117 378 4270 or <https://iapt-sglos.awp.nhs.uk/>

If you are over 50 and are feeling isolated or lonely you can get support from:

- **Bristol Community Navigators:** Tel: Laura in North Bristol on 0117 951 5751 extension 231, or Gemma in Central, East or South Bristol on 0117 440 9100 or <https://www.communitynavigators.org.uk>
- **North Somerset Community Connectors:** Tel: 01275 888803 or <https://www.curo-group.co.uk/independent-lives/whats-on-in-your-community/north-somerset-community-connect/>
- **South Gloucestershire Community Connectors:** Tel: 0300 1232464 or <https://www.curo-group.co.uk/independent-lives/whats-on-in-your-community/south-glos-community-connectors/>
- **LinkAge:** social activities for people aged 55+ in Bristol Tel: 0117 3533042 or www.linkagebristol.org.uk
- **Wellaware:** a database of more than 6,000 local and national organisations and services, go to: <https://www.wellaware.org.uk/>