

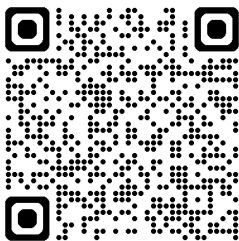
Pulmonary Rehabilitation



**Information for people in our care, families
and carers**

Telephone: 0300 124 5909

Opening times: Monday - Friday, 9am - 5pm.



Service provided by

Sirona
care & health

Pulmonary rehabilitation

Pulmonary Rehabilitation (PR) is aimed at people who have breathing difficulties caused by a lung condition that affects their ability to do normal activities. Pulmonary Rehabilitation is an exercise and education programme designed to help you live with your breathing problems.

Your age and the severity of your condition will not stop you from taking part in PR, or from seeing an improvement. Completing a course of PR is a good way to learn how to increase your activity levels and exercise at the right level for you, in a safe and sociable environment.

Research tells us that PR leads to improvements in your ability to walk further and quality of life. PR should help you to feel less breathless doing day-to-day activities, such as walking up stairs, shopping, and dressing.

It helps you by:

- Helping you to manage your breathlessness.
- Making you fitter.
- Reducing anxiety and depression.
- Improving your quality of life.

It does this by:

Exercise – the exercises are designed to strengthen your muscles and therefore improve your fitness and help your breathing.

Education – this covers a wide variety of topics, helping you to understand how to live with and manage lung disease.

Support – Pulmonary Rehabilitation gives you a chance to meet others in a similar situation and share experiences. There is access to a range of healthcare professionals who specialise in breathing problems.

How to access Pulmonary Rehabilitation

Any Health Professional can refer you to PR. The Integrated Respiratory Specialist Team (IRST) currently provides Pulmonary Rehabilitation across Bristol, North Somerset & South Gloucestershire.

Courses in Bristol, North Somerset and South Gloucestershire

LEEP (Lung Exercise and Education Programme) – runs at Cossham Hospital on Monday and Friday afternoons. The course is for six weeks and each session is 2 hours long. You need to attend both sessions.

Sirona Pulmonary Rehabilitation Programme – runs in locations all across Bristol, North Somerset & South Gloucestershire. The course is for six weeks and each session is two hours long. You need to attend both sessions.

You can attend whichever programme is best for you. Following referral you will be invited to an 'opt-in' session – this is a group session aimed at giving you information about the programmes before you decide to attend. Following Opt-in an individual assessment, you will be booked for clinic.

Contact details

LEEP – Lung Exercise and Education Programme Respiratory Specialist Team North Bristol NHS Trust

Physiotherapy Department Cossham Hospital, Lodge Road, Kingswood
Bristol, BS15 1LF

Telephone: 0117 414 2010

Email: LEEP@nbt.nhs.uk **Website:** www.nbt.nhs.uk/respiratory/

Sirona Pulmonary Rehabilitation Community Respiratory Specialist Team

Sirona Care & Health CIC, New Friends Hall, Heath House Lane, Bristol,
BS16 1EQ.

Telephone: 0300 1245909

Website: sirona-cic.org.uk/nhsservices/adult-services/respiratory/

Let us know what you think and get involved

Telephone: 0300 124 5300* **Email:** sirona.hello@nhs.net

Website: Link to Sirona website (sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

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Registered Office

Sirona care & health CIC,
Badminton Rd Office, 2nd Floor,
Badminton Rd, Yate, BS37 5AF
Company Number: 07585003



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