

Breathing

Space

Northamptonshire



FOR PEOPLE WITH:

**COPD & OTHER BREATHING CONDITIONS
OR CONTINUED PROBLEMS AFTER COVID-19
& THEIR UNPAID CARERS**

Call Northamptonshire Carers:
01933 677907 Breathing Space
(OPTION 5)

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

appointments &
clinics with Dr Gale
support groups via
zoom

respiratory nursing
teams at groups

regular phone
contact with
support workers

on-line peer
support

www.northamptonshire-carers.org



Northamptonshire Carers Charity No. 1058447

NHS
Northamptonshire Healthcare
Trust Association Ltd

NHS
Northamptonshire
Clinical Commissioning Group