

June 6th, 2014

Help for lung disease sufferers

Shoppers in Gateshead's Trinity Square will be able to find out more on Thursday, June 12th, about a free programme to help local people with lung disease to improve their quality of life.

South Tyneside NHS Foundation Trust's community pulmonary rehabilitation team, which is led by occupational therapists, will have an information stall outside the Tesco store from 10am to 3pm.

The team's rehabilitation programme for people with Chronic Obstructive Pulmonary Disease (COPD) is available at five leisure centres across the borough. It is tailored to each individual's needs and abilities and is aimed at increasing fitness and tolerance to exercise and promoting people's self-management of their condition through exercise and education.

Following on from the programme, the team review individual progress and there is also an opportunity for people to continue to work towards their goals with the same exercise instructors.

Sue Easthaugh, Respiratory Occupational Therapist, said: "COPD, which is one of the most common respiratory diseases in the UK, causes breathing difficulties and can affect people's lives in many ways. However, simple steps such as keeping healthy and being as active as possible can help to reduce its impact. We aim for everyone to enjoy our rehabilitation programme and really have fun. Some of those who attend go on to meet up afterwards to socialise and offer each other support."

To find out more about the community pulmonary rehabilitation programme in Gateshead, ring 0191 4455226.

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Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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