

**PRESS RELEASE – 20 November, 2018**

**Sunderland health team steps in to support British Lung  
Foundation**

A new team which supports people in Sunderland living with, or at risk of developing, a long-term medical condition is putting its best foot forward to raise money to fight lung disease on World COPD Day.

South Tyneside NHS Foundation Trust's STEPS to Health fundraising event for the British Lung Foundation will be held **on Wednesday November 21<sup>st</sup> from 11am in the café at Silksworth Community Pool, Tennis & Wellness Centre in Sunderland**. As well as a sale of homemade cakes, scones and biscuits, there will be a prize raffle.

The STEPS to Health health and wellbeing programme was established by South Tyneside NHS Foundation Trust to help patients with respiratory conditions such as COPD (Chronic Obstructive Pulmonary Disease), and other long-term conditions including diabetes, heart disease and musculoskeletal problems, to enjoy the best quality of life possible. It is led by a multi-disciplinary team of specialist nurses, exercise practitioners, an occupational therapist and healthcare assistants.

A clinical member of the team carries out an initial assessment, either face-to-face or by telephone, to establish needs and goals. Patients are then offered a programme designed to give them the support needed to help them to manage their condition and guide them through changes to their lifestyle to enable them to enjoy a better quality of life.

STEPS to Health includes::

- Face-to-face specialist clinical advice with the diabetes, respiratory and cardiology specialist nurses
- A 12-week supported, class-based or gym-based physical activity programme, held at various sites across Sunderland
- Educational programmes
- Home exercise programme
- Specialist occupational therapy assessments
- Signposting to groups around the city offering physical activities such as walking and cycling, and social activities to help people to maintain their improved health and well-being following the programme.

If you are registered with a Sunderland GP and think STEPS to Health can help you then ask your GP about the programme.

**Ends**

**Notes to editors**

- COPD, or Chronic Obstructive Pulmonary Disease, describes a group of lung conditions that make it difficult to breathe, often making everyday tasks a challenge. Millions of people across the UK have COPD and do not even know it, leading to a lower quality of life as their condition progresses quickly because they are not receiving treatment.

Issued by **Kay Jordan**

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