

Breathing Space: The 'GO TO' place within Primary Care, for patients with COPD & other related disorders.

What is Breathing Space?

Breathing space is a service for anyone in Northamptonshire diagnosed with chronic obstructive pulmonary disease (COPD) and related conditions and their unpaid carers. We are also inviting those with persistent lung/ breathing problems, post Covid 19. The service is provided by Northamptonshire Carers in partnership with Northamptonshire Healthcare NHS Trust and enables the voluntary care sector to work directly with health professionals from across the county, using a collaborative approach. It is commissioned and funded by Northamptonshire CCG.

How does Breathing Space support your patients?

Breathing Space provides a holistic approach to health & wellbeing. Our Empowered Patient programme, (EPP) currently delivered via zoom and social media gives our members a good understanding of all aspects of their condition, whilst our wellbeing practitioner's support with day to day problems, relaxation & mindfulness, Healthy eating advice, keeping active, emotional support and peer support network. No GP referral is required.

Covid 19

- During the Covid-19 pandemic and the absence of physical groups Breathing Space adapted its ways of working to give additional support to our members and carers.
- Telephone Support Calls – all members are given a support worker who made contact via telephone as often as members needed.
- Breathing Space Support line Monday-Fri 9-5pm.
- Our Breathing Space Website -updated for access to EPP and links to health and wellbeing sites. Links to leaflets produced by our BS GP Dr Robert Gale on all aspect of care needed by those with respiratory conditions.
- Dr Robert Gale – GP telephone support appointments for all non-urgent advice needed re COPD.
- We are now welcoming anyone with the symptoms of persistent lung/cough Post Covid 19.
- Zoom groups are now up and running for each of our BS areas.

Please do not hesitate to contact Breathing Space via any of the contacts list below for further information:

Breathingspace@northamptonshire-carers.org

Telephone: Penny Edwards Breathing Space Coordinator on **07540669727**

Visit our Website <https://www.northamptonshire-carers.org/Pages/Category/copd-breathing-space>