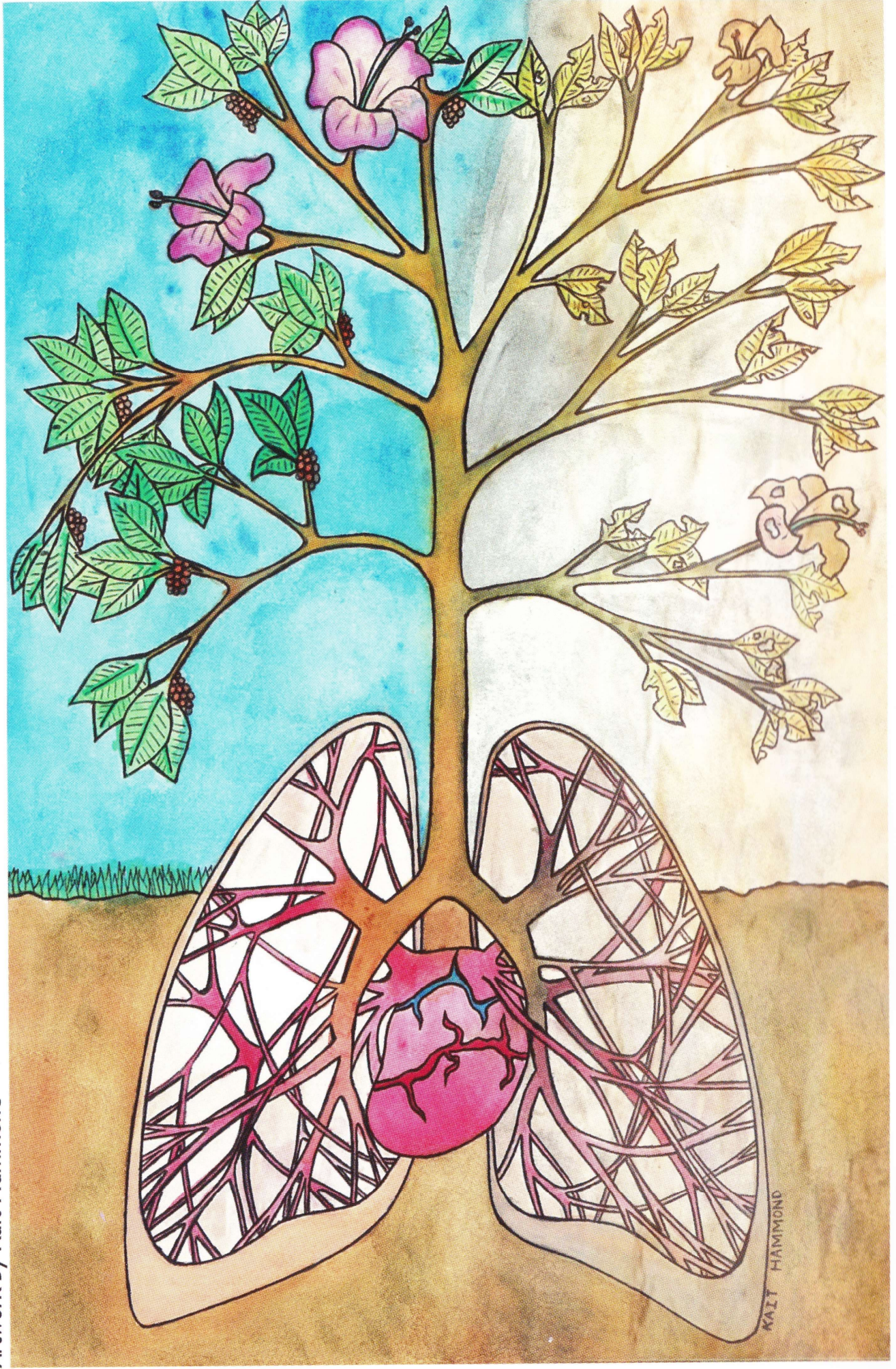


"Sue's Booklet"

A Guide to Helpful Services for Patients with COPD



www.breathers.org.uk



About the group

The Liskeard and South East Cornwall Breather's Group was founded on 26th May 2006 by seven people who had been together on an NHS pulmonary rehabilitation course and were anxious to keep the benefits once the course was finished. So they decided to set up a group where people with COPD and other long-term conditions could get together and share experiences and take some gentle exercise. The group would be entirely independent of the NHS and would take the motto: Started by Patients, Run by Patients, For Patients. The group received the backing of the NHS, started to gain members and began to look for funds for various projects. One of the most important of these is the schools project, where members of the group visit local schools to give talks on COPD and the importance of not smoking. One of the schools estimated that the proportion of young people smoking in the school had fallen from 25% to 15% after the talk. Another major project was to buy a quantity of nebulisers which were supplied to local surgeries and hospitals for use by their COPD patients.

We meet every Tuesday afternoon at the Liskerrett Centre in Liskeard, where we chat, drink tea, perform gentle exercises and receive talks from health professionals who explain new ideas and thinking about our conditions and give helpful hints and tips. The group has made videos of the group exercises for use outside the meeting, which are also available for anyone with similar conditions at <http://www.youtube.com/user/BreathersGroup>

The group has also started up additional groups in the surrounding area, such as Looe, Saltash, Torpoint, Pensilva, Newquay, Hayle, St Ives, Falmouth and, just recently, Wadebridge.

The group received its ultimate accolade on 17th September 2013 when we received the Queen's Award for Voluntary Service, which was presented by the Lord Lieutenant of Cornwall, Colonel Edward Bolitho.

If you are a sufferer from COPD or another long-term condition and you live in the Liskeard area, please come and join us. You will find a friendly welcome and the company of people who understand exactly what you are going through.

David Cogger (age 92) – My COPD

In my early years everybody around me was puffing away. Everywhere I went there was a cloud of smoke.

In 1938 I was in the London Fire Brigade training to be a fireman. War broke out in 1939 and I was there in the auxiliary fire service. All the men smoked.

3 years later I joined the RAF and everybody was smoking. It meant I was breathing in smoke filled air nearly all the time – they call it passive smoking.

I am now an old, old man struggling to breathe, struggle, struggle, struggle.

All caused by other people smoking.

A word from Sue

Before her tragic death (see back cover) Sue wrote of her experience of joining our group. A précis of this is presented here:-

“About 5 years ago I was diagnosed with COPD and Graves disease. I attended a respiratory rehab group run by the NHS and at the end of this I was encouraged to join a local voluntary community group and I chose Liskeard and South East Cornwall Breathers.

At the meetings everyone is offered tea or coffee and newcomers are welcomed and updates on recent events are given, followed by exercises for those who feel well enough. Over the year there are various events; Christmas parties, short walks along the coast, fundraising events. There have been conferences where consultants and nurses give information on the latest treatment options, followed by a lively Q & A session.

What I find particularly special about the group is the fact that everyone in the group either has COPD or is a carer for someone who has. That means that when you talk to anyone in the group about any aspect of the condition, they know exactly what you are talking about. Just talking to people who understand in itself can make you feel better. Another aspect of the group that is really good is that if any group member comes up with a suggestion for activities or other things, these are welcomed and acted upon, which helps give a feeling of ownership within the group. It's not surprising that so many people make the effort to attend and feel better for doing so.”

Sue's friend Gillian Brown, who pre-deceased her by only a month, specified that the money from her funeral collection (over £600) should be put into the fund for this booklet. We would like to express our thanks for this generous gift.

A word from the professionals

Mike Thynne



Hi, my name is Mike Thynne.

I have been a respiratory physiologist at Derriford Hospital's Chest Clinic for over 10 years now. I am able to perform a variety of diagnostic tests related to breathing and sleep-disordered breathing. I also provide advice and support to patients that need it, and I have worked closely with John Palmer's ventilation team who provide excellent care and treatment to those with damaged lungs or poor sleep quality.

Patient care is at the forefront of my job and it is very rewarding when we are able to a smile on a patient's face and make them feel better about themselves and life in general. I plan on doing what I do for many more years to come.

Respiratory Nurses

The Respiratory Nursing Team support people with a respiratory condition or received oxygen therapy across Cornwall and the Isles of Scilly. The team will see you if you are an adult patient with any of the following respiratory conditions:

Chronic Obstructive Pulmonary Disease
Restrictive Airways Disease such as
Pulmonary Fibrosis

Asthma

Bronchiectasis

Respiratory Pulmonary Hypertension



East Cornwall Respiratory Nursing Team

What does the Respiratory Nurse Team provide?

If you are referred to the service, the Respiratory Nurse Team will meet with you to assess your condition. Clinics are provided from some of our Community Hospitals, but the nurses will also visit you at home if this is more appropriate. They will also give you advice and guidance on the types of actions you could take to help alleviate your symptoms.

With you, the nurses will identify problems you may be experiencing with your day to day activities. They are able to refer you to other healthcare experts and onto other organisations including social care. The Respiratory Nurse Team also teach other people, including other healthcare professionals about the management of respiratory conditions and the management of patients on oxygen therapy.

Oxygen Therapy

The respiratory nurses assess and manage patients on oxygen therapy either in your own home or a community clinic. These clinics are run in conjunction with the Royal Cornwall Hospital and Derriford Hospital.

Oxygen clinics are available at:

Liskeard Community Hospital

St Austell Community Hospital

Camborne and Redruth Community Hospital

Bodmin Community Hospital

If you require Long Term Oxygen you will be seen by the nurses at regular intervals.

Home oxygen supply

Information supplied by Evan Williams of Air Liquide

Under the correct circumstances a sufferer of COPD can be prescribed home oxygen treatment to make their breathing easier. Air Liquide currently supply oxygen to patients throughout the South West. Home oxygen for a COPD patient needs to be requested by a health professional, who will fill in a HOOF (Home Oxygen Order Form) with the oxygen prescription that tests show the patient needs.

The patient will receive a concentrator for home use, which is a device that filters nitrogen out of the air to deliver a supply of 95% pure oxygen, plus liquid oxygen or a small compressed oxygen cylinder for outdoor use. They will also receive a large oxygen cylinder for use if the concentrator fails or if there is a power cut. A broken concentrator should be repaired or replaced within 4 hours of a fault being logged. The electricity cost of using a concentrator is repaid quarterly.

For holidays, the patient can call customer services and they will arrange delivery of their normal prescription to the destination. Holidays abroad are more problematic as the oxygen will not be free and Air Liquide cannot arrange it, but the Department of Health may be able to provide contact numbers. You will need to check with your GP or respiratory nurse if you are fit to fly.

The Patients Association

Every day we hear from people who need a helping hand when it comes to understanding complex health and social care systems.

The Patients Association helpline is here to help. You can call us confidentially five days a week 9.30am — 5.00pm, no matter where you are in the UK or how simple or complicated your enquiry is.

We can provide information and advice on areas including:

- Concerns about your care or treatment
- How to access your medical records
- Making a complaint
- Finding a dentist or GP

If we cannot answer your query, we will do our best to signpost you to an organisation that will be able to help.

Contact us at helpline@patients-association.com or 020 8423 8999

Self Help Groups

Patient-Led groups

Falmouth Huffa Puffas, 01326 375238, trisheashe@yahoo.co.uk
Hayle Breezers, 07767 838620
Liskeard & S E Cornwall Breathers, 01579 346028, huffandpuff@outlook.com
Looe Breathers, 01503 265125, dam.powell@btinternet.com
Newquay Breathers, 01637 874228, daspaddy@rocketmail.com
Pensilva Breathers, 01579 345989
Saltash Breathers, 01752 844402
St. Ives Wheezers, 01736 794097, jeanlea@talktalk.net
Torpoint Breathers, 01752 813613
Wadebridge Breathers

British Lung Foundation Breathe Easy groups

Helston, 03000 030 555
Launceston, 03000 030 555
Plymouth, 03000 030 555

Singing for Breathing groups

Breathing Space Singing, Pip Wright, various locations, 01736 740833

Walking groups

Eden Project COPD Walking group, 01726 811911

NHS Services

Hospitals

Bodmin Hospital, Bodmin, 01208 251300
Camborne Redruth Community Hospital, 01209 318000
Cornwall Partnership NHS Foundation Trust, Bodmin, 01726 291000
Derriford Hospital, Plymouth, 01752 202082
Duchy Hospital, Truro, 01872 226100
Edward Hain Memorial Hospital, St Ives, 01736 571300
Falmouth Hospital, 01326 430000
Fowey Hospital, 01726 832241
Health & Community Hospital, Helston, 01326 430200
Launceston General Hospital, 01566 761000
Liskeard Community Hospital, 01579 373500
Newquay Hospital, 01637 834800
Royal Cornwall Hospital, Truro, 01872 250000
Saint Austell Community Hospital, 01726 873000
Saint Barnabas Hospital, Saltash, 01752 679000
St Michael's Hospital, Hayle, 01736 753234
Stratton Hospital, Bude, 01288 320100
West Cornwall Hospital, Penzance, 01736 874000

Respiratory Teams

Belinda Thompson, (St Austell, Roche, Fowey, Par, Polruan) 07990 792734
Chris Casley, (Penzance, Marazion, Hayle, St. Ives, Scilly) 07789 948655
Hannah Braun, (Falmouth, Penryn, Roseland) 07557 860589
Julie Reynolds, (Newquay, St Agnes, Perranporth) 07768 711436
Matt Jones, (Redruth, Camborne, Pool, Helston, Lizard) 07881 500162
Rachel Williams & team, (Liskeard Hospital & East Cornwall) 01579 373527
Sally Evans, (Bodmin, Wadebridge, Boscastle, Port Isaac) 07789 948652

Advice

Health Complaints Advocacy, 0300 3435719
NHS England, 0300 3112233
Patient Advice and Liason Service, 01752 439884
Patients Association Helpline, 020 8423 8999
The Stop Smoking Service, 0870 6063666

Doctors Surgeries

Alverton Practice, Penzance, 01736 363741
Bodriggy Health Centre, Hayle, 01736 753136
Bottreaux Surgery, Boscastle, 01840 250209
Brannel Surgery, St Austell, 01726 822254
Bridge Medical Centre, Wadebridge, 01208 812342
Callington Health Centre, Callington, 01579 382666
Camborne Health Office, 01209 714876
Camel Estuary Practice, Wadebridge, 01208 862545
Camelford Medical Centre, Bodmin, 01840 213894
Cape Cornwall Surgery, Penzance, 01736 788306
Carnewater Practice, Bodmin, 01208 269988
Carnon Downs Surgery, Truro, 01872 863221
Chacewater Surgery, Truro, 01872 562200
Clays Practice, Roche, 01726 890370
Clinton Road Surgery, Redruth, 01209 216507
Coombe End Surgery, Kingsand, 01752 829003
Devoran Surgery, Devoran, 01872 562200
Dr F Mackinnon, St Columb Major, 01637 880359
Dr P McEleny, Torpoint, 01752 813277
Falmouth Health Centre, 01326 210090
Fowey River Practice, Fowey, 01726 829272
Grampound Surgery, Grampound, 01726 882521
Gunnislake Health Centre, 01822 832641
Harris Memorial Surgery, Redruth, 01209 842449
Helston Medical Centre, Helston, 01326 572637
Homecroft Surgery, Redruth, 01209 843843
Lander Medical Practice, Truro, 01872 272266

Lanner Moor Surgery, Redruth, 01209 218882
Launceston Medical Centre, 01566 772131
Lizard Surgery, Lizard, Helston, 01326 290415
Lodgehouse Surgery, Torpoint, 01752 812152
Lostwithiel Medical Centre, 01208 872589
Marazion Surgery, Marazion, 01736 711447
Medical Centre, Camelford, 01840 213894
Meneage Street Surgery, Helston, 01326 558714
Mevagissey Surgery, Mevagissey, 01726 843701
Morrab Surgery, Penzance, 01736 363866
Mount Hawke Surgery, 01209 890999
Mullion & Constantine Group Practice, 01326 340666
Mullion Health Centre, Mullion, 01326 240212
Narrowcliff Surgery, Newquay, 01637 854433
Neetside Surgery, Bude, 01288 270580
Newquay Health Centre, Newquay, 01637 850002
Oaktree Surgery, Liskeard, 01579 335320
Old Bridge Surgery, Looe, 01503 266960
Padstow Medical Centre, 01841 532346
Par Health Centre, Par, 0844 499 2767
Penalverne Surgery, Penzance, 01736 363361
Pendeen Surgery, Penzance, 01736 363361
Penryn Surgery, Penryn, 01326 372502
Pensilva Health Centre, Pensilva, 01579 362249
Perranporth Surgery, Perranporth, 01872 572255
Petroc Group Practice, Padstow, 01841 532346
Petroc Group Practice, St Columb, 01637 880359
Phoenix Surgery, Camborne, 01209 714876
Polkyth Surgery, St Austell, 01726 75555
Polruan Surgery, Fowey, 01726 829272
Pool Health Centre, Redruth, 01209 717471
Port Isaac Surgery, 01208 880222
Port View Surgery, Saltash, 01752 840115
Porthleven Surgery, Helston, 01326 562204
Portscatho Surgery, Portscatho, 01872 580345
Praze Surgery, Camborne, 01209 831386
Probus Surgery, Probus, 01726 882745
Quay Lane Surgery, Saltash, 01503 230088
Rock Surgery, St Minver, 01208 862545
Rosedean House Surgery, Liskeard, 01579 343133
Saltash Health Centre, Saltash, 01752 842281
St Day Surgery, Redruth, 01209 820518
St Mawes Surgery, St Mawes, 01326 270241
St. Agnes Surgery, Pengarth, 01872 553881

Stennack Surgery, St Ives, 01736 793333
Stillmore House Surgery, Bodmin, 01208 72489
Stithians Surgery, Truro, 01209 860170
Stratton Medical Centre, Bude, 01288 352133
Sunnyside Surgery, Penzance, 01736 363340
The Surgery, St Columb, 01726 860236
Threemilestone Surgery, Truro, 01872 243700
Tintagel Medical Centre, Tintagel, 01840 770214
Tregony Surgery, Truro, 01872 530483
Trescobeas Surgery, Falmouth, 01326 315615
Trevithick Surgery, Camborne, 01209 716721
Veor Surgery, Camborne, 01209 611199
Wadebridge Surgery, Wadebridge, 01208 812222
Westover Surgery, Falmouth, 01326 212120
Wheal Northey Surgery, St Austell, 01726 626840
Woodland Road Surgery, St Austell, 01726 63311
Woodlane Surgery, Falmouth, 01326 212120

Cornwall Council Services

Adult support and social care, 0300 1234 121
ALFI Lifeline Service (personal alarm system), 01872 224 521
Blue Badge disabled parking, 0300 1234 121
Carers support, 0300 1234 131
Home support, 0300 1234 131
or for all of the above go to www.cornwall.gov.uk/health-and-social-care/
Kernow Carers Service, 0800 5878191

Mobile Services

Meal Deliveries

Bude Meals on Wheels, 01288 682150
Community Meals Delivery, West Cornwall, 07872 464661
Launceston Meals on Wheels, 01566 776195
Oakhouse Foods, 0333 370 6700
Royal Voluntary Service (inc. books, CDs, DVDs), 01209 705159
Wesley Meals on Wheels, Cambourne, 01209 612786
Wiltshire Farm Foods, 0800 077 3100

Hairdressers

4 C's, Saint Austell, 01726 852416
5th Avenue Hair Design, St Austell, 07512 258515
Affordable Kuts, Torpoint, 07894 264348
Amanda Jane, St Columb, 07792 763368
Boud Chantelle, Gunnislake, 07963 550373
Cherie Mobile, Redruth, 01209 218226
Dannielle Speed, Falmouth, 07920 163611
Deborah's, Bude, 07505 294563
Fresh Hair, Newquay, 07841 201990
Hair By Tabitha, Redruth, 07869 664967
HairXcellence, Saint Austell, 07722 588445
Jenna's, Truro, 01872 263696
Jo Gilbert, Callington, 07583 982883
Karen, Kelly Bray, 01579 383161, 07810 147465
Kathryn Elizabeth, Looe, 07889 556537
Krissy Drennan, Falmouth, 07548 151828
Lily Truth's, St Columb, 07801 371619
Lisa's, Looe, 07527 111615
Maddie's, Newquay, 07720 806462
Nurture, Truro, 07846 034603
Pretty Princess, Newlyn, 07443 457013
Rebecca Langdon, Helston, 01326 573556
So Buff, Longrock, 07553 346857
Sophie's Shear Perfection, Saint Austell, 07816 912912
T.L.C, Redruth, 07845 263277
Tranquility, Gunnislake, 07748 942470
Trish's, Camborne, 01209 713262
Wavelength, Saint Austell, 01726 65942

Manicurists

Alice's Mobile Nails, Saint Austell, 07788 400606
Just Because, Newquay, 07411 660495
Sugar'n'Spice, Penryn, 07969 906644

Cleaners

Callington Diamond Home Support, Gunnislake, 01822 835989
CCS Professional, Hayle, 01736 755038
Charlie's Angels, Camborne, 07919 934757
Claire's Cleaning Services, Redruth, 07399 132241
Clean & Go Cornwall, Hayle, 07964 043106
Cleaner Cornwall, Newquay, 01637 499334
Cornish Cleaners, Porthcurno, 07789 327562

Cornwall Clean, Penzance, 0800 014 8082
Cornwall Cleaning Company, Newquay, 0114 360 3608
Cornwall Superclean, Newquay, 07454 247299
Cornwall Supplies Cornwall, Saint Austell, 01726 813839
Daisy Cleaning Company, Camborne, 07828 067072
DFL Cleaning Services, Wadebridge, 01208 895676
Diane's Home Cleaning, Hayle, 01736 752543
Duchy Cleaners, Penzance, 01736 365177
Heaven Scent, Saint Austell, 01726 821394
KGA, Probus, 07827 494416
Logical Cleaning Solutions, Saint Austell, 0800 612 9221
Nellie Neat Cleaning, Bodmin, 01208 831089
Newquay Cleaning Services, Newquay, 01637 872647
North Cornwall Domestic Cleaning, Camelford, 01840 938368
Perfect Example, Wadebridge, 01208 895216
Prestige Professional Cleaning Services, Callington, 01752 424873
R and M Cleaners, Camborne, 01209 719862
Selclene West, Newquay, 01637 852292
ServiceMaster CS, Dobwalls, 01579 321756
Sparkles Cleaning, Redruth, 01209 480248
Squeaky Clean, Newquay, 01637 873103
Summers Cleaning Services, Redruth, 07541 028208
The Big Clean, Newquay, 01637 498114
The Smarter Cleaning Company, Redruth, 01326 352372
Tralin Cleaning Services, Bodmin, 01208 841324

Gardeners

Atlantic Coastal Gardening, Padstow, 01841 521247
Bosbigal Garden Services Ltd, Truro, 01872 863325
Bray Eric & Jeff, Helston, 01209 831300
CGS Contractors South West, Penzance, 01736 788344
Chris Summers Gardening, Helston, 07511 240011
Cornish Garden Services, Redruth, 01209 782772
Cornish Garden Team, Wadebridge, 07815 195795
Cornish Gardeners, St Columb, 01637 880579
Cornish Lawns, Bodmin, 07803 146342
Cutting Edge Tree & Gardening Services, Saltash, 07934 474860
D. Murphy Gardening Services, Truro, 01209 891354
D.P. Norton Garden Maintenance, Redruth, 01209 210390
Dandylyons Gardening, Newquay, 07749 605191
Dave Dunnett, Wadebridge, 07443 639860
Falmouth Gardening Services, Falmouth, 07534 770825
G.K. Gardening Services, Liskeard, 07702 292045

Garden Magic, Saltash, 01752 956671
Garden Rangers, Redruth, 01209 822355
Gardening Goddess, Falmouth, 01326 376117
General Gardening Services, Bodmin, 01208 850635
Grasshopper Garden Services, Truro, 07849 876481
Green Man Gardening Services, Penzance, 01736 366749
Green Space Garden Service, St. Ives, 01736 796821
Greenfingers Garden Maintenance Services, Bodmin, 07773 492296
Greens Grounds & Trees, Camborne, 01209 613489
J.C. & Sons, Saint Austell, 01726 824498
James King Gardening, Liskeard, 01579 340566
Johnson's Gardening Services, Newquay, 01637 878761
Jonny's Garden Services, Helston, 07816 334025
Juniper Gardens Cornwall, Redruth, 07814 584289
Kennerley Stuart, St. Ives, 07716 385764
Lawn Order Garden & Grounds Maintenance, Saltash, 07585 352391
Martin Ashley & Son Garden Services, Launceston, 01566 772070
Martin Lucas Gardening Services, St. Ives, 01736 798665
Mawgan Gardeners, Redruth, 07967 118083
Mid Cornwall garden Services, Saint Austell, 07543 332220
Mid Cornwall Gardening & Property Care, Bodmin, 01208 77776
Mike Hunter Gardening Services, Callington, 07800 500520
Muddy Wellies Gardens, Falmouth, 07850 321338
Mullion Handyman, Mullion, 01326 241872
Nelsons Handyman & Gardening Services, Helston, 07549 226132
Oaklands Gardening Services, Redruth, 01209 204383
Outback Gardener, Hayle, 07508 797100
Peter Gardening Services, Camborne, 01209 718394
Ross The Gardener, St. Blazey, 07971 776593
Simple Maintenance, Saint Austell, 07880 896078
Steve Jose Garden Services, Bude, 01288 352405
The Eco Gardener, Falmouth, 07929 037135
The Gardener's Touch, Hayle, 07722 412298
Thorn Garden Services, Liskeard, 01503 263316
TMC Garden Services, Redruth, 07447 419508
Toto Garden Maintenance & Care, Bodmin, 07575 304591

Handymen

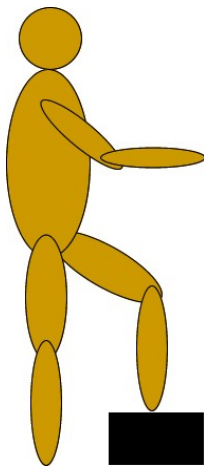
AKK Handy Co, Bodmin, 07708 887892
Andrew Blundell, Falmouth, 01326 375068
Bowmans Interior and Property Maintenance, Helston, 01326 569850
Cornwall Handyman Service, Penzance, 07805 165772
Cornwall Handyman Services, Padstow, 07534 300037
Cranston Improvement Ltd, Saltash, 01752 846645

D.P. Willoughby, Hayle, 01736 759216
East Cornwall Handyman, Liskeard, 07854 190781
FG Cole, Gunnislake, 01822 834153
Fixed Right Handyman Services, Penzance, 07909 623168
George Bateman, Launceston, 01566 773752
Gordon The Gardener Handyman, Truro, 07909 587428
Handy Saltash, Saltash, 07530 800411
Handyandycornwall, Helston, 07837 076197
Handyman Dan, St. Columb, 07989 727911
Handyman Services & Property Maintenance, Penzance, 01736 711469
Handyman Services, Penzance, 01736 351273
Handyman Southwest, Par, 01726 812360
Handysam, Fowey, 01726 833486
Hany Man, Liskeard, 07966 934287
Harmony Home Maintenance, Redruth, 01209 712169
Headlands Handyman Services, Falmouth, 07971 467652
Helping Hands Service, Bodmin, 07714 500529
Home Solutions Handyman Services, Wadebridge, 07426 794284
J. Brown Home Maintenance Services, Bude, 01288 359041
Jared's General Maintenance, Camborne, 01209 715763
Jim Thompson Handyman Services, Camborne, 07967 776653
John The Handyman, Camborne, 01209 717974
Just Jobs Handyman, Castle-an-Dinas, 07525 379945
JustinTime Handyman, Helston, 07456 523250
Kalm Solutions, Redruth, 01209 219033
Looe Handyman Services, Looe, 01503 220545
Mark Pickering Building, Saint Austell, 01726 850286
Medlands Handyman Services, Saltash, 01752 847590
P.A. Builders, Lostwithiel, 01208 873764
P.J. Thompson Property Maintenance, Wadebridge, 07472 536879
PPM Property Maintenance, Saint Austell, 01726 435625
Property Maintenance in Cornwall, Redruth, 01209 311301
PWP Maintenance, Redruth, 07791 850935
Restormel Property Services, Lostwithiel, 01208 873254
T. Bennetts, Redruth, 01209 212943
Tall, Dark & Practical, Hayle, 07880 833617
The Handyman Can Kernow, Camborne, 07919 023709
Treleavons, Wadebridge, 01208 862562
Triplsss-services, Marazion, 07950 417085
VJ's Handyman Services, Truro, 07904 143099
West Penwith Handyman, Penzance, 01736 741309
Westcountry Property Services, Truro, 01872 262107
YDIY Handyman Services, St Blazey, 01726 815231

Exercises

All exercise can help with both breathing and heart problems, but it is essential that you consult with your doctor before starting any new exercise programme. These are the exercises that we perform during one of our Breather's group sessions. Each person will do the exercises at different speeds and for different lengths of time, according to their abilities.

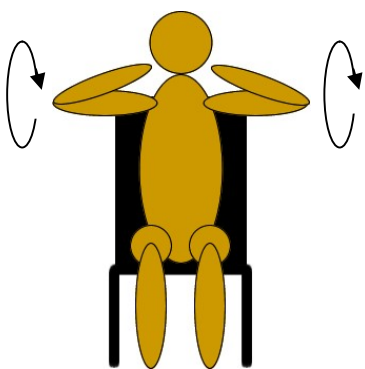
If you believe that an exercise regime will help you, why not ask your doctor or respiratory nurse to put you on to a rehab course. The contact numbers of all doctors surgeries and respiratory nurse teams are listed in this booklet.



Step Ups

Stand in front of a step or the bottom of some stairs and step on to it with one foot and then raise the other foot so you are standing on the step. Step back down to the ground.

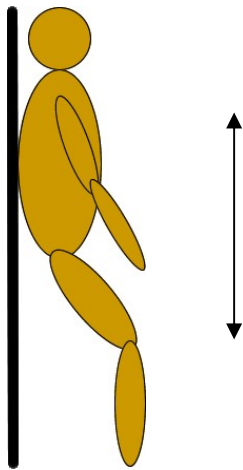
Repeat for one minute at a rate that you can manage, alternating the foot that you step up with. You may need to hold on to a support while doing this. This strengthens legs and improves balance and stability.



Arm Circles

Sitting on a chair raise the arms to place your hands on your shoulders and then circle your elbows for 30 seconds forwards and then 30 seconds backwards.

This strengthens the arms and shoulders and keeps them flexible.



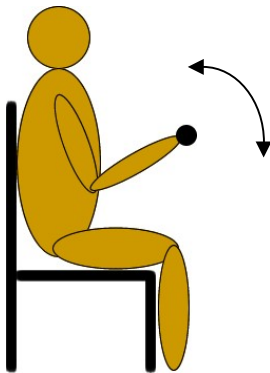
Wall Slide

Rest your back against a wall or other flat surface.

Bend your legs as far as you can so your body slides downwards, then push upwards to return to the vertical.

Repeat for one minute at a rate that you can manage.

This strengthens the leg muscles and improves circulation.



Bicep Curl

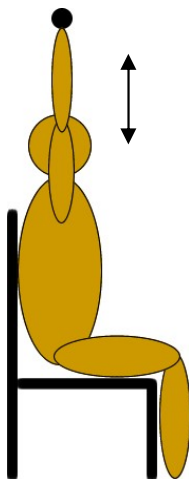
Sitting down holding a light weight curl the forearm up to the chest then back down to your lap.

Repeat for one minute at a rate that you can manage.

Repeat with the other arm.

If you don't have any weights, a tin of beans or similar will work.

This strengthens the shoulder and arm muscles.



Arm Stretch

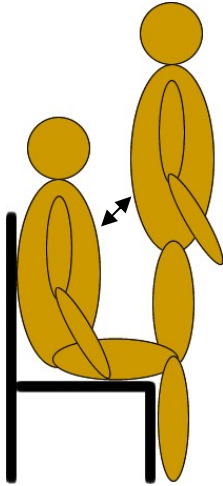
Sitting down holding a light weight stretch your arm out straight above your head then back down.

Repeat for one minute at a rate that you can manage.

Repeat with the other arm.

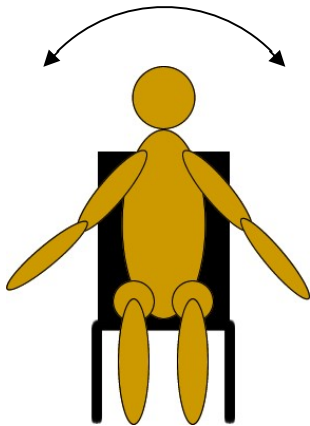
If you don't have any weights, a tin of beans or similar will work.

This strengthens the arms and keeps them flexible.



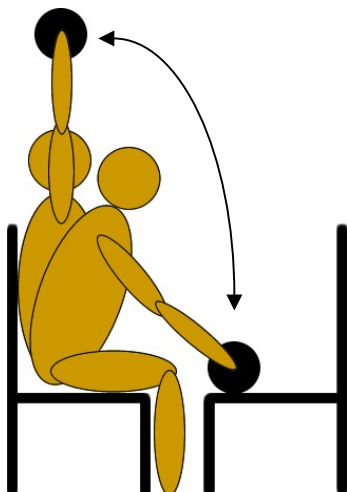
Sit-to-Stand

From a seated position on a chair stand to a vertical position, then sit back down. Try not to use your hands. Repeat for one minute at a rate that you can manage. This strengthens the thigh muscles and improves balance and stability.



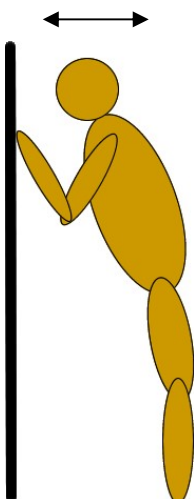
Waist Bend

Sitting on a chair lean to one side, pushing the arm towards the floor. Return to upright then lean to the other side. Repeat for one minute at a rate that you can manage. This increases core strength and improves flexibility.



Ball Stretch

Sitting on a chair place another chair or stool in front of you with a football on it. Lean forward to pick up the ball then lean back raising the ball over your head. Lean forward and replace the ball. Repeat for one minute at a rate that you can manage. This strengthens the arms and core and improves flexibility.

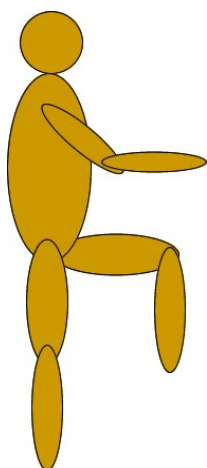


Wall Push

Stand a medium step away from a wall. Place your hands on the wall at shoulder height and a shoulder's width apart. Bend your arms until your nose nearly touches the wall and then straighten them.

Repeat for one minute at a rate that you can manage.

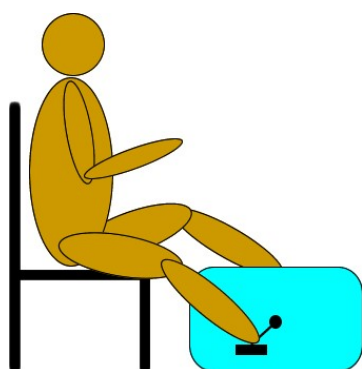
This strengthens the arm and shoulder muscles.



Marching

March on the spot or, if preferred, around the room as fast as you are able for one minute.

This increases leg strength and improves stability and flexibility.



Exercise Bike

Using a foot bike or exercise bike pedal as fast as you are able for one minute.

This strengthens the legs and core and improves flexibility.

Miss Me – But Let Me Go

When I come to the end of the road
And the sun has set for me
I want no rites in a gloom-filled room
Why cry for a soul set free.

Miss me a little – but not too long
And not with your head bowed low
Remember the love that once we shared
Miss me – but let me go.

For this is a journey we all must take
And each must go alone
It's all a part of the Master's plan;
A step on the road to home,

When you are lonely and sick of heart
Go to the friends we know
And bury your sorrows in doing good deeds
Miss me – But let me Go



Suzanne Caley ('Sue') had been a member of the Liskeard and South East Cornwall Breathers Group for several years when she came up with the idea of this booklet of helpful information for Cornish sufferers of COPD and other long term conditions. After getting the go-ahead from the group she threw herself into the project with great enthusiasm. She obtained a grant from the Lottery Foundation to publish it and started to collect some of the information for it. Sadly Sue died of her illness in 2016 before the booklet was published and never saw the results of her labours. She will be sadly missed.

