

# Newcastle Healthy Lungs Programme

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## What is the Newcastle Healthy Lungs Programme?

Many people with a lung condition become short of breath whilst carrying out their every day activities. Being short of breath can be very frightening and subsequently some people reduce the amount of activity they do. However, avoiding these activities can lead to decreased fitness and even more breathlessness.

The Newcastle Healthy Lungs Programme is designed to help you manage your breathlessness, improve your fitness and your ability to carry out daily activities. It also helps to increase your confidence, improve your knowledge and understanding of living with a lung condition.

## Who will benefit from the Newcastle Healthy Lungs Programme?

The Newcastle Healthy Lungs Programme is aimed at people

who have been diagnosed with a chronic lung condition and experience breathlessness in their daily life.

It is essential that individuals are motivated to take part in the programme to gain the full benefits.

## How can I take part?

To take part in the Newcastle Healthy Lungs Programme you would need to be referred to the pulmonary rehabilitation service. The easiest way to be referred is to contact your GP who can refer you directly to us.

## Healthy Lungs Programme

A Healthy Lungs Programme is a six-week programme of exercise and education, led by a respiratory physiotherapist or nurse. After an initial assessment appointment, you will be required to attend twice-weekly exercise sessions, each lasting two hours. There are a maximum of 16 people in each

group, providing a supportive and friendly atmosphere.

The sessions include:

- A graded exercise programme tailored to your individual needs
- An information and support talk covering all aspects of your lung condition

## The exercise programme

The exercise programme consists of different exercises which are designed to improve upper and lower limb strength, endurance and cardiovascular fitness.

Additionally, a home exercise programme is provided to allow you to continue the exercises in your own home.

## The information and support session

The information and support component covers various topics including:

- Breathing control

- Panic and anxiety management
- How the lung works and lung disease
- The benefits of exercise
- Managing activities of daily living
- Relaxation
- Medications
- Nutrition

## Where do the courses take place?

St Teresa's Church Hall  
Heaton Road,  
Newcastle Upon Tyne, NE6 5HN

Westerhope Community Centre  
Hillhead Road, NE5 1NE

Carnegie Building, Atkinson  
Road Benwell, NE4 8XS

If you have any questions or queries, you can contact us on 0800 012 1858.

If you require this leaflet in another language, braille or audio tape please contact us on 0800 012 1858.

**BOC Healthcare**  
**Newcastle Healthy Lungs Programme**  
**Priestley Road, Worsley, Manchester M28 2UT, United Kingdom**  
**Tel 0800 012 1858, [BOC.ClinicalServices@nhs.net](mailto:BOC.ClinicalServices@nhs.net)**  
**[bocclinicalservices.co.uk](http://bocclinicalservices.co.uk)**

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