



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences



Spotlight on Better Breathing East Grinstead's COPD Support Group

Better Breathing is a well-established peer support group for local people living with chronic obstructive pulmonary disease (COPD). It now operates as a social group, meeting monthly for lunch, and to:

- Provide mutual support
- Share information about available resources and services
- Talk about some of the challenges in a supportive environment
- Telephone and/or email support for anyone with queries about the condition

Members attend local exercise and specialist singing groups, and group walking sessions.

They also have a closed (private to the group) Facebook page, which is used to keep in touch and share information.



**To learn more or join,
telephone Loral on:**

**01342 302232 or
07910510068.**



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk

For help, advice, and information or to share your story



Healthwatch is your health and social care champion. If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences.

We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



Last year, we helped nearly a million people like you to have your say and get the support you need.



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