

Community Partnerships

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

Spotlight on



Sussex Lung Disease Support Group

Sussex Lung Disease Support Group is for people living with chronic lung conditions such as COPD, Bronchiectasis and Interstitial Lung Disease.

Family members and carers of people living with these conditions are very welcome.

These lung diseases often mean that simple everyday activities are difficult to carry out, due to the breathlessness and other symptoms experienced. Drugs can help manage symptoms, and slow down disease progression, but are not a cure.

Sussex Lung Disease Support Group was formed in 2023 after several members completed a 6-week NHS Pulmonary Rehabilitation course. They realised that the camaraderie they had experienced and developed over this period was as beneficial as the exercises done with the nurses and physiotherapists, and they wanted to find a way to continue this mutual support.

Through some initial publicity, membership numbers have increased, and the group now has monthly meetings at **St Mary of the Angels RC Church**, Crescent Road, Worthing.

Meeting information:

The next four meetings in 2024 will be on Tuesdays at 1.30pm on the following dates:

16 April, 14 May, 11 June, and 9 July

Sussex Lung Disease Support Group meetings vary in format. Sometimes they have outside speakers to talk about subjects that might be helpful for the management of lung disease and general health. Other sessions are more of a general get together, for attendees to share experiences and to support one another.

There is often someone in the group with a tip as a possible solution to a lung health related problem that you are going through, as they have experienced a similar issue themselves at some point.



If you are interested in joining the group, please contact Maria Johnson.

Email: annamariaj17@gmail.com

Text/Call: 07876 776008

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.



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: cheryl.berry@healthwatchwestsussex.co.uk

w: healthwatchwestsussex.co.uk t: 0300 012 0122

f [healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

X [healthwatchws](https://twitter.com/healthwatchws)

@ [healthwatchws](https://www.instagram.com/healthwatchws)

healthwatch
West Sussex