

Managing Breathlessness



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Helping to manage
breathlessness



For you and your carers to learn gentle exercises and breathing techniques, and receive advice on relaxation techniques and psychological strategies.

For more information about **Managing Breathlessness**, please contact physio@pth.org.uk or **01252 729422**.

For information about **Living Well**, call **01252 913040**

Living
Well



Managing Breathlessness

what are these groups?

If you are struggling with shortness of breath, this group is aimed at you. Your carer is also welcome to attend.

what are the benefits?

Improved management of breathlessness and quality of life.

what happens in these sessions?

The programme will teach you methods to help manage your breathlessness, including controlled breathing techniques, gentle exercise, advice on activities of daily living, relaxation techniques and psychological strategies.

is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

when are the groups held?

Groups run over a period of four weeks, at the Hospice in Farnham and Beacon Centre in Guildford.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.