



Partnership Stories

Breathing Space

Northamptonshire
Health and Care Partnership



Empowering better health and wellbeing for people with respiratory illness

Breathing Space is a service for anyone in Northamptonshire diagnosed with chronic obstructive pulmonary disease (COPD) and their unpaid carers.

Fortnightly Breathing Space groups are held at venues around the county, with the aim of empowering their members to take control of their health and wellbeing.

As well as giving people regular access to clinical advice from a GP or specialist nurse, the groups provide support with relaxation, healthy eating, getting active, self-management and the practicalities of everyday living.

There's also the chance to benefit from emotional support plus opportunities to share experiences with others and enjoy fun social activities.

The positive effects of Breathing Space have been demonstrated with reduced hospital admissions and GP appointments being seen among members.



Image credit: Carers Trust



Watch our Breathing Space
video online at:
[www.northamptonshirehcp.co.uk/
partnership-stories](http://www.northamptonshirehcp.co.uk/partnership-stories)



Who's involved?

Breathing Space is a county-wide service provided by Northamptonshire Carers in partnership with Northamptonshire Healthcare NHS Foundation Trust. It is commissioned and funded by Northamptonshire CCGs and Breathing Space groups are held in Corby, Daventry, Moulton, Raunds / Wellingborough and Upton.

Breathing Space: "It's like one great big family"

For the people who use the service, Breathing Space isn't just about helping them to manage their respiratory illness – it's about wellbeing, friendship and mutual support. This is what some of them had to say about the difference Breathing Space makes to their lives.



Stephen Barnes, Daventry

"It's like one great big family. That's what's so good about it.

"We've met plenty of people who've been in the same boat and made so many good friends.

"It makes me a little bit more outgoing in some ways. I'm quite a shy person but it helps me to open up, which has helped me in a lot of ways.

"I'd definitely say give it a try. If you don't try you'll never know. We tried it and we love it!"



Peter Green, Corby

"My doctor introduced me to Breathing Space six months ago and I've been doing it ever since.

"They're really friendly in Corby and we all get on well. I bring my guitar sometimes and we have a sing-along!

"It's made me more mindful and got me out meeting people. It gets me out of the house and I could do more after that because it spurs you on to do other things."



Susanne Lucas, Northampton

"It's absolutely wonderful. I can actually breathe and I feel so happy – it's such a relief.

"It's made my life complete! You can't praise the staff enough and the camaraderie – I've never had so many friends! We all look after each other and we're there for each other.

"My four children have noticed that I'm so much better than I ever was. If anybody needs help with this awful illness please come along to Breathing Space."

Northamptonshire Health and Care Partnership is made up of key local health and care organisations working together in our county.

We are not a new organisation, but a new way of working in partnership to improve health and care for the 741,000 people living in Northamptonshire.

Our vision is for a positive lifetime of health, wellbeing and care in our community – and we can only achieve this by working together.



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