

RESPIRATORY SUPPORT (if you require any further information, please contact your nurse, GP or Kennet surgery website - www.kennetsurgery.co.uk)

SMOKING CESSATION

Local stop smoking information

website <https://www.smokefreelifeberkshire.com/>

telephone: 0800 622 6360 / 01189525400 smoke free life Berkshire. Text QUIT 66777

The national smoking helpline is NHS smoking hotline 0800 022 4332.

COPD

The local website for support for people with COPD is:

<https://www.berkshirehealthcare.nhs.uk/our-services/adult-healthcare/respiratory-service/>

There is also the local talking health service which is aimed at promoting well being with a long term condition such as COPD.

0118 976 9120

There is a national resource useful links providing further information and resources to people with COPD:

www.lunguk.org www.nhs.uk/Conditions/Chronic-obstructive-pulmonary-disease/Pages/living-with.aspx

There is also a national charity is called the British Lung Foundation. This has a host of information and includes fundraising and updates on research.

<https://www.blf.org.uk>