

Chrisp Street COPD One Stop Shop

On Tuesday 26th September, Chrisp Street Practice hosted a **COPD One-Stop-Shop Event**. We had experts in COPD care sharing their top tips for living with a lung condition. Our specialist nurse, physiotherapist, dietitian, pharmacist, smoking advisor and psychologist all shared pearls of wisdom on lung health and living well. Feedback was overwhelmingly positive from all those who came along:

'It is nice to know support is out there for people with COPD'

'It was very interesting. It opened up a few things: I didn't realise how to breathe out and in slowly. I have been doing it since...and it seems to help to get you back in the rhythm'

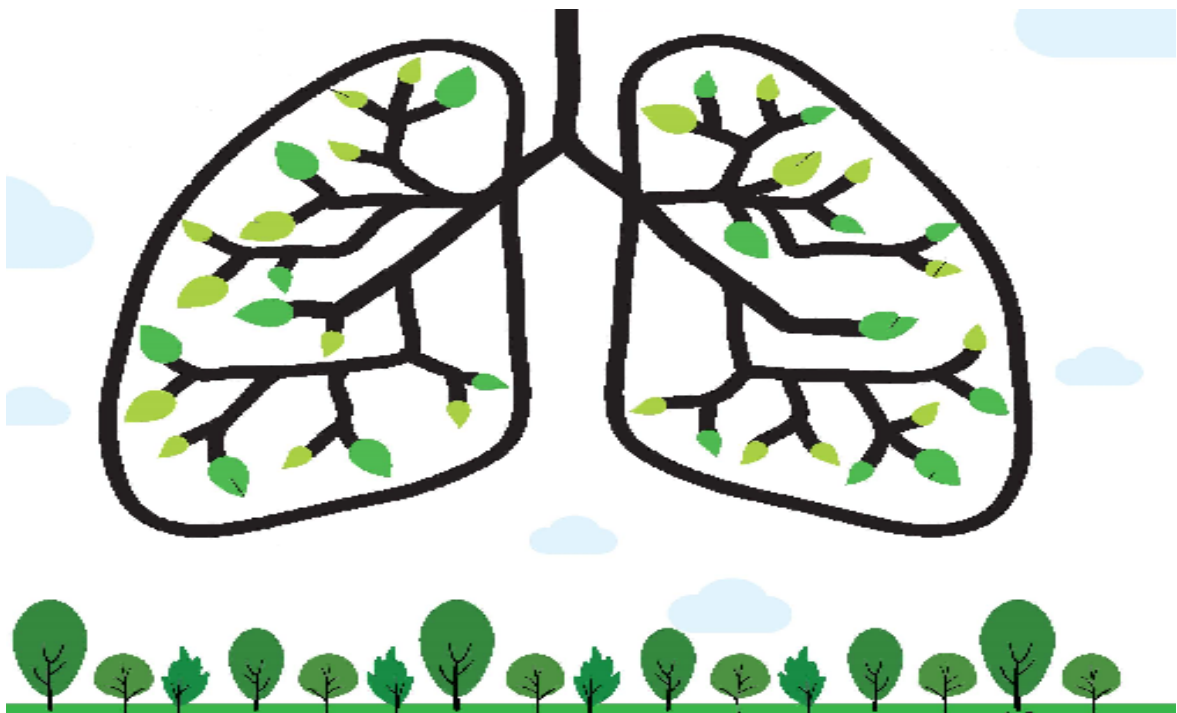
'It was very useful, I learnt a lot. The reading is good. I have modified my breathing due to finding out more'

'I found it very entertaining, not stuffy like many events can be. I've tried to breathe more deeply since'

'Very, very helpful overall, I picked up some tips'

'Well worthwhile'

'I really enjoyed the event'



If you missed it or would like to see similar events in the future – let us know! We would love to hear your feedback and ideas.