

# COPD Passport

North and West Bristol

## Welcome!

Being diagnosed with COPD can feel overwhelming, but you're not alone.

Chronic Obstructive Pulmonary Disease (COPD) is a condition that affects your breathing over time, making it harder for air to move in and out of your lungs. Although it is ongoing, there are many ways to ease symptoms. With the right treatments and supportive local services, you can build confidence, stay active, and learn practical steps to manage your health day by day, with ongoing community encouragement too.



Find out what support is available



Know who to contact



Feel more in control of your condition

# This passport is a friendly guide to help you feel supported and confident in living well with Chronic Obstructive Pulmonary Disease.

We created this passport checklist to make sure you're getting the best care.

Please tick all the statements you agree with.



I understand my COPD and where to find information, advice and emotional support, if I need it.



I get support to manage my care.



If I smoke, I know where to find support and treatment to stop.



I know it's important to keep active and eat well.



I know what all my medicines and inhalers are for and when to take them.



I know what to do if my symptoms get worse.

We can help you learn about support that's available to you.

Join us at one of our COPD information sessions.

Contact us at:



[COPDProgramme@icareimove.com](mailto:COPDProgramme@icareimove.com)



0800 054 1118

# Where to get help if you need it

Help needed	Who to contact
Debt, welfare benefits advice	<b>North Bristol Advice Centre (NBAC)</b> Call: 0117 951 5751 Email: team@northbristoladvice.org.uk
Warm home & energy	<b>Centre for Sustainable Energy (CSE)</b> Call: 0800 082 2234 Email: home.energy@cse.org.uk
Stop smoking support	<b>Smoke Free Bristol</b> Call: 0800 772 3437 - Text: QUIT to 66777 Email: smokefreebristol.s4h@nhs.net
Counselling, mental health	<b>Talking Therapies (Vita Health Group)</b> Call: 0333 200 1893
Carers support	<b>Carers Support, Bristol &amp; South Gloucestershire</b> Call: Carers Line 0117 965 2200
Diet and healthy eating	<b>Solutions 4 Health</b> Call: 0118 200 8000 Email: info@solutions4health.co.uk <b>BeeZee</b> Call: 03308 186308 Email: hellobristol@maximusuk.co.uk Web: <a href="https://bri.maximusuk.co.uk/beezeeadults/">https://bri.maximusuk.co.uk/beezeeadults/</a>

## Housing

### **Bristol City Council – Housing Advice / Homelessness Prevention**

**Call:** 0117 352 6800

**Web:** [bristol.gov.uk/residents/housing](http://bristol.gov.uk/residents/housing)

## COPD health support

### **Sirona Care & Health – Community Respiratory Team / Pulmonary Rehabilitation**

**Call:** 0300 124 5909

**Web:** [www.sirona-cic.org.uk/nhsservices/adult-services/respiratory/](http://www.sirona-cic.org.uk/nhsservices/adult-services/respiratory/)

### **North Bristol NHS Trust – Respiratory (Southmead/ Cossham)**

**Call:** 0117 414 2009

### **Physical Activity Referral Scheme - North Bristol**

#### **Henbury Leisure Centre**

**Email:** [kerriegarty@everyoneactive.com](mailto:kerriegarty@everyoneactive.com)

#### **Horfield Leisure Centre**

**Email:** [tracycharles@everyoneactive.com](mailto:tracycharles@everyoneactive.com)

### **NHS COPD information**

**Web:** [www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/](http://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/)

### **Asthma + Lung UK**

**Web:** [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)



### **Chronic Obstructive Pulmonary Disease Programme**

North and West Bristol



\*If you need this in a different language or format, please contact us on 0800 054 1118