



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Breathe Easy support groups - British Lung Foundation (North Region)

Breathe Easy groups provide support and information for people living with a lung condition, and for those who look after them.

We hold regular group meetings, usually monthly. You can meet and talk to others, share your experiences and learn from each other. Regular speakers can also share information about living with their condition and coping with the emotional aspects of having a lung condition.

The groups help to raise awareness locally about lung conditions, their group and the British Lung Foundation.

Every group is different, but many make sure there are lots of opportunity to have fun and socialise – and perhaps have the odd day out.

When is it on?

Time of day Afternoon

Who to contact

Telephone 03000 030 555
E-mail hello@blf.org.uk
Website <https://www.blf.org.uk/.../support-in-your-area>
Notes Charity number 326730

Where to go

Name Various Venues

Other details

Referral and availability notes People with lung disease and their families and carers.

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and

suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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