

Nottingham Breathe Easy Groups



Do you have a lung condition?

Then come along to one of our support groups across Nottingham. Meet others who have similar experiences to share, care, learn and socialise.

We know the importance of exercise and how it can help with improving quality of life so we provide weekly specially adapted Respiratory exercise classes to help control breathlessness, boost confidence levels and well-being.

Please find your closest group below.

GEDLING

Exercise class

When: Mondays 2.15-3.15pm

Where: Daybrook Baptist Church Hall, 16 Mansfield Road, Daybrook NG5 6AA

Contact: Sara Davies on 07985 133966 or sara@theactivehealthcoach.co.uk

HUCKNALL

Support group

When: 4th Tuesday of the month 1pm-3pm

Where: Rolls-Royce Leisure Facility, Watnall Rd, Hucknall. NG15 6EP

Contact: Ken Willows ken.willows@outlook.com

ILKESTON

Support group

When: 3rd Wednesday of every month 1.30pm - 3.30pm

Where: Nottingham Road Methodist Church, Nottingham Road, Ilkeston,
DE7 5BB

Contact: 0300 222 5800 supportgroups@asthmaandlung.org.uk

NOTTINGHAM

Support group

When: 1st Wednesday of every month 12.30pm - 2.30pm
Where: Welbeck Hall, Welbeck Road, West Bridgford, NG2 7QW
Contact: Barbara Preston 0115 9235529 or Malcolm Ginever 07957 141525
Website: nottsbrateeeasy.weebly.com

Exercise Class

When: Mondays 11.45 a.m. to 12.45 on Zoom
Wednesdays 10.30am - 11.30am at Sir Julien Cahn Pavilion, West Park,
Loughborough Road, West Bridgford, NG2 7JE
Contact: Pauline Barrett on 07779386791 or tollertonpolly220@gmail.com

NOTTINGHAM CITY

Exercise class

When: Mondays 2.15pm to 3.15pm.
Where: Bulwell Tesco, community room, Jennison Street, Nottingham
NG6 8EQ.
Contact: iancruickshank1949@gmail.com Mobile: 07799 055714

NOTTINGHAM WEST

Support group meetings

When: 2nd Wednesday of the month 1pm – 3pm and Monday 7pm on Zoom
Where: Catholic Church hall, Hill Top, 280, Nottingham Road, Eastwood,
NG16 2AQ (park in church car park)

Respiratory exercise class

When: Thursdays 9.45am
Where: Plumtre Hall, Church St, Eastwood, Nottingham NG16 3BP

Breathe Easy Singing Group

When: Wednesdays 3 - 4pm
Where: Hill Top Catholic Church, 280 Nottingham Road, Hill Top, NG16 2AQ
Contact: tburg69@sky.com

“ I’ve met so many lovely people, all of us with a common condition – our lungs. I learnt more in the last year about my condition than ever before. ”

Together we’re fighting for lung health

AsthmaAndLung.org.uk/support-for-you

All groups can also be contacted via Asthma and Lung UK on 0300 222 5800 or supportgroups@asthmaandlung.org.uk