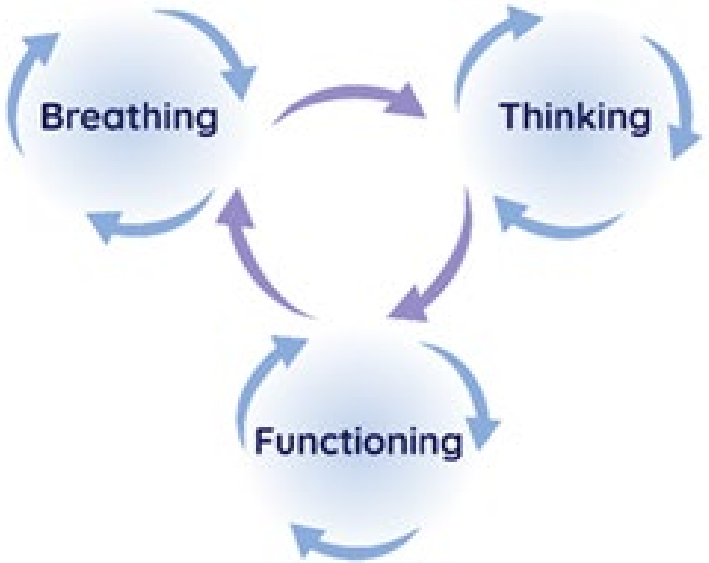
Functioning-Assessment and management – *Resources & References*



Together
Safe
Kind
Excellent

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@CamBTF

Resources

Asthma and Lung UK

Exercise Handbook

https://shop.asthmaandlung.org.uk/products/exercise-handbook-2

Home pulmonary rehabilitation videos

https://www.asthmaandlung.org.uk/living-with/keep-active-programme

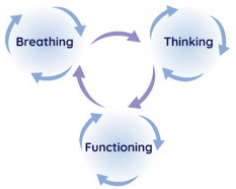
Online groups (Motivational Mondays (singing), Feel Good Fridays (chair based dance), mindfulness, harmonica, breathe easy, as well as disease specific support groups.

https://www.asthmaandlung.org.uk/groups-support

Cambridge Breathlessness Intervention Service

Leaflets and relaxation audio

https://www.cuh.nhs.uk/our-services/breathlessness-intervention-service/



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