

'Breathe better, do more' programme

For Pulmonary Rehabilitation (PR)

What is Breathe better, do more?

- This is a free group exercise and advice programme to help people with long-term lung problems, like chronic obstructive pulmonary disease (COPD) or asthma.
- Specialist Physiotherapists run the programme, with help from specialist nurses and psychologists.
- A full assessment is completed with you before you start so that the programme can be personalised to your situation and needs.

How will the programme help?

The team will support you to:

- Better understand your lung condition and feel in control.
- Cope more confidently with breathlessness (which can be scary).
- Build strength and stamina at your own pace.
- Use your inhalers the right way.
- Know how to look out for chest infections/ flare ups and know how to manage them safely.
- Get back to everyday things you enjoy.

How does the programme work?

- The programme takes place at different centres. You can pick the one that suits you best.
- The programme lasts for six weeks. You must attend twice a week.
- The team can talk with you about what works best for you and your other commitments.
- Each session lasts around an hour and a half.

What do our patients say?

“I was nervous of joining a group, but everyone was very friendly, and the staff were really helpful.”

“I was struggling to walk to the local shops but last week I went for a long walk on the beach with my grandchildren. It felt amazing.”

“Now I exercise every day and can do my own housework.”

“No one had ever explained what my lung condition was and why I sometimes struggle. I feel so much more confident now the team have explained everything to me.”

“I was initially unsure but my advice to any one is just give it a go. It really makes a difference”

Where to find us

Whittington Hospital The Whittington Hospital, Magdala Avenue, London, N19 5NF 020 7272 3070 Bus Routes: 143, 210, 263, 310, W5.	Hornsey Central 151 Park Road, London, N8 8JD 020 3074 2799 Bus Routes: W7.
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Get more information about Pulmonary Rehab

<https://www.whittington.nhs.uk/mini-apps/service/ServicePage.asp?ServiceID=480>



<https://www.asthmaandlung.org.uk/living-with/keeping-active/pulmonary-rehabilitation>



You can watch a video about the programme on this website:

<https://northeastlondon.icb.nhs.uk/service/pulmonary-rehabilitation/>



Contact our service

Call us: 0203 074 2563 or email: whh-tr.pulmonaryrehab@nhs.net

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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Document information

Date published: 09/01/2026 | Review date: 09/01/2028 | Ref: ACS/CORE/BBDMPPfPR/01
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