

# ‘Breathe better, do more’

## Pulmonary Rehabilitation (PR) after a hospital stay

This leaflet is for people who have recently had a flare-up of their lung condition and have been in hospital.

It explains what the ‘Breathe better, do more’ PR programme is and how it can support your recovery.

- Coming home from hospital can feel like a relief, but also uncertain.
- You might be wondering how long recovery will take, what will happen, and how to feel more like yourself again?
- PR is the next step to help you regain your strength and confidence.

## Why does this matter after a flare-up?

- A flare-up (also called an exacerbation) is when your lung condition suddenly becomes worse.
- Even after treatment, your body may feel weaker and daily tasks can feel harder.
- Starting this programme **within four weeks of leaving the hospital** can help you recover faster and stop you from needing to go back.

## How can it help?

- We will work with you to help you feel more confident in managing your breathlessness.
- You will learn to notice the warning signs of a flare-up, so you can get help quickly.
- We will share practical tips for **managing your energy levels** while you are recovering.

Scan to watch a video  about PR:

[Pulmonary Rehabilitation in north east London - YouTube](#)



## What is ‘Breathe better, do more’?

- It is a free group exercise programme that is tailored to help people manage their lung condition and feel more confident every day.

- You will be supported by specialist physiotherapists who run the programme, with help from specialist nurses.
- You will have a full assessment before you start. This helps make the programme fit your needs and deals with any of your concerns.
- In this time, we will work with you to plan the sessions to suit your goals and your ability.
- It focuses on your **whole wellbeing**, not just your lungs. The goal is to help you feel safer, stronger, and more in control of your health.
- The free programme is for **six weeks, two sessions a week** and each session last for 90 minutes.
- The team can discuss what works best for you based on any other commitments you may have.
- You will also hear advice and tips from professionals and others in the group about living well with a lung condition.

**Many people feel unsure about joining a group, but they often leave feeling more hopeful, stronger, and understood.**

## Where and when?

<b>Whittington Hospital</b> Magdala Avenue, London, N19 5NF 020 7272 3070 <b>Bus Routes:</b> 143, 210,263, 310, W5	<b>Hornsey Central</b> 151 Park Road, London, N8 8JD 020 3074 2799 <b>Bus Routes:</b> W7
---	---

## Next steps

Speak to the Respiratory Team (Doctor, Nurse or Physiotherapist) about:

- Any concerns or queries you may have in taking part.
- Getting referred to the programme.

## Get this information in other languages

(اردو، বাংলা, Italiano, Polski, Af-Soomaali)

This link will take you to our PR web page, which has the option to automatically translate into different languages:



For more information visit: [Pulmonary rehabilitation \(PR\) | Asthma + Lung UK](#)



## Contact our service

Call us: 0203 074 2563 or email: [whh-tr.pulmonaryrehab@nhs.net](mailto: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](mailto: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](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

**020 7272 3070** | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk) | [x.com/WhitHealth](https://x.com/WhitHealth) | [facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

## Document information

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

© Whittington Health NHS Trust. Please recycle.