



Every day makes a difference

Find out more about us

You can find out more about St Ann's Hospice on our website, or by e-mailing us:

website: www.sah.org.uk **e-mail:** enquiries@sah.org.uk

Textphone users please prefix any of the numbers below with 18001

St Ann's Hospice, Heald Green

(Administration centre)

St Ann's Road North, Heald Green,
Cheadle, Cheshire, SK8 3SZ

Telephone: 0161 437 8136

St Ann's Hospice, Little Hulton

Meadowsweet Lane, Little Hulton,
Worsley, Manchester M28 0FE

Telephone: 0161 702 8181

Neil Cliffe Centre

Wythenshawe Hospital, Southmoor Road,
Wythenshawe, Manchester M23 9LT

Telephone: 0161 291 2912

Other key telephone numbers

Charity shops FREEPHONE 0800 612 4679

Fundraising/donations 0161 498 3631

Lottery 0161 498 3642

Volunteering 0161 498 3653

Get more information

We have a wide range of information leaflets, available both in print and to download from our website. To get your copies, either go to our website or call one of the main hospice telephone numbers.



Comments and feedback

We welcome your feedback: go on line at www.sah.org.uk/feedback, talk to a member of staff or fill in a comments card (found near the red posting boxes around our sites). Formal complaints can be made in writing to our chief executive at our Heald Green address.

24-hour advice line

Patients, carers and healthcare professionals can get advice around the clock on 0800 970 7970 (Stockport area) and 0808 144 2860 (Salford and Trafford areas)

St Ann's Hospice is a registered charity, number 258085
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Helping people who suffer from breathlessness

Breathlessness management service

For those people who experience, or have worries about, breathlessness from both cancer and non-cancer conditions.



Every day makes a difference

"It doesn't stop me being breathless but it has helped me to recover quicker."

"I still lose my breath but I know how to help myself."

"I know the breathlessness will settle with the techniques I have learned."

"I'm not as frightened by breathlessness now."

"The square breathing technique has been really helpful."

"Learning how to settle my breathing has been really useful to me."

Coping with breathlessness

Do you suffer from breathlessness?

There are different reasons for feeling breathless: it could be as a result of cancer and non-cancer conditions. If breathlessness is stopping you from doing the things you want to, or even if the worry or fear of breathlessness is affecting your everyday life, our breathlessness management service may be able to help you. The service is designed to help you manage the symptoms of breathlessness, through individual sessions with a trained member of our team.

What happens in the sessions?

The sessions involve yourself and a member of our team meeting on a regular basis to focus on improving your breathing. Together we will look at how you breathe, what happens when you feel breathless and ways in which you can cope with everyday activities.



St Ann's Hospice can help you

How long does it last?

Each session lasts for around an hour; usually you will attend three or four sessions.

What about my other treatments?

The service runs alongside your other treatments and it does not involve any medicines. Our staff work very closely with those doctors and nurses who are involved in your care.

Where is the service provided?

The service is available at St Ann's Hospice at Heald Green and Little Hulton – and at the Neil Cliffe Centre (in the grounds of Wythenshawe Hospital).

How will I get there?

The service requires that you make your own way there if you can. However, please still contact us if you feel the service will benefit you but if transport is a problem – St Ann's Hospice has volunteers who may be able to help.

What do I do next?

If you feel that this service may be able to help you, please contact us by telephoning on one of the numbers on the back of this leaflet.



BREATHLESSNESS
ENQUIRIES

HEALD GREEN:
0161 437 8136

LITTLE HULTON:
0161 702 5416

NEIL CLIFFE CENTRE:
0161 291 2912

MORE ON OUR WEBSITE:
www.sah.org.uk