



Breathing Space

Where Next?

Below is a list of potential places to go for further information, support and exercise groups.

Location	Day	Time	Meeting place*
Irlam & Cadishead Moss Health Walk	Monday	10.00am - 11.00am	Various points (Contact Jo Bennett for info)
Boothstown Health Walk	Monday	2.00pm - 3.00pm	Boothstown Community Centre
Monton Green Health Walk	Tuesday	10.00am - 11.00am	Monton Unitarian Church
Swinton Age UK, Heritage Heath Walk	Wednesday	11.00am - 12.00pm	Swinton Age UK (Every other Wednesday)
Walkden, Blackleach Country Park Health Walk	Thursday	10.00am - 11.00am (30 min walk option)	Visitors Centre
Clifton Country Park Health Walk	Thursday	10.15am - 11.15am	Visitors Centre
Broughton Trust Health Walk	Thursday**	10.30am - 11.30am	Broughton Trust, Heath Avenue, Lower Broughton
Worsley Woods Health Walk	Friday	10.00am - 11.00am	Worsley Court House - bus stop
Charlestown/Lower Kersal 'Walk & Talk' Health Walk	Friday*	12.00pm - 1.30pm	Energise Centre, Douglas Green, Charlestown/Lower Kersal
Monton Green Health Walk	Sunday	10.00am - 11.00am	Monton Unitarian Church

The Can-Move Programme

A free 12 week structured Exercise and Physical Activity Programme for anyone having or recovering from cancer treatment. Delivered by exercise specialists from The Active Lifestyles Team.

- ✿ Exercise in a relaxed atmosphere, delivered to you individually or in a group setting, providing support and encouragement
- ✿ Includes supervised gym sessions and specialist Can-Move Circuit classes
- ✿ Wider activities of Health Walks, Allotment sessions, Tai Chi, Yoga, Pilates and Swimming
- ✿ Patient led, tailored and supported programme of prescribed exercise/activity
- ✿ Regular follow ups and ongoing support from peers and instructors
- ✿ Opportunity to exercise in a Salford Community Leisure Centre nearest to you

Referral to the programme can be made through your Cancer Nurse Specialist / GP / Practice Nurse or self-referral is possible. For more information, contact a member of our Active Lifestyles Team by calling **0161 778 0542** or **0161 778 0577**. You can also email us at activelifestyles@scll.co.uk (link sends e-mail).



Healthy Hips and Hearts

Classes are gentle, chair based exercise sessions targeting older people to reduce ill health, reduce falls, increase social interaction, improve balance and improve overall wellbeing.

Classes are led by Healthy Hips and Hearts mentors, trained volunteers who offer weekly classes in community centres, sheltered accommodation schemes, day centres and care homes across the city. Our community classes are open access for all to attend.

For further information on Healthy Hips & Hearts classes or if you would like to train to be one of our mentors, please contact the team:

Louise Ashworth, West Salford	0161 778 0542 or 07928 522 308	louise.ashworth@scll.co.uk (link sends e-mail)
Ibrat Naeem, East Salford	07928 521 837	ibrat.naeem@scll.co.uk (link sends e-mail)

Breathing Better Programme (Pulmonary Rehab)

6 week programme, attend twice a week. Incorporates education and exercise.

In Eccles, Walkden & Broughton

Self-referral or by health professional.

Salford Home Oxygen Therapy Service (HOTS) – 0161 206 0865

Websites

The following websites have further advice, videos & information

Cambridge Breathlessness Intervention Service - cuh.nhs.uk/breathlessness-intervention-service-bis

Macmillan cancer support website – macmillan.org.uk

British Lung Foundation – blf.org.uk

Roy Castle Lung Foundation – roycastle.org

MND Association – mndassociation.org

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