


# Space to Breathe

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A five-week self-management programme held at our Selly Park site for people with a life-limiting condition who would like to learn strategies to manage breathlessness. Sessions are held in a group setting and include education, exercise and relaxation.

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Do you experience breathlessness as a result of your condition? Is it limiting your activities of daily living and stopping you from being active?

Would you like to learn a range of strategies to manage breathlessness?

Birmingham Hospice hold a five-week face-to-face programme called Space to Breath which is aimed at people with a life-limiting condition who experience breathlessness.

The programme will run on five consecutive Mondays at our Selly Park site.

The session will be two hours long and include education, exercise and relaxation in a group setting and be delivered by a range of healthcare professionals.

Carers who would like to learn how to support their loved ones in the management of breathlessness are welcome to attend the group.

Patients are expected to arrange their own transport to and from the hospice. In exceptional circumstances we may be able to support with transport.



**Birmingham**  
Hospice

### Find out more

More information can be found on our website:

[www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)

Or call our Selly Park switchboard on 0121 472 1191 and ask to speak to a member of the Therapies Team who will be happy to help.

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Birmingham Hospice is the new name for Birmingham St Mary's Hospice and John Taylor Hospice.