

Support for Living Well with Respiratory Conditions

Moray

Living with a long term health condition

can affect many parts of your life. You might struggle with everyday tasks that once felt easy, or feel cut off from others. However, staying active within your limits can boost your wellbeing and help you regain confidence in what you can do.

This leaflet contains

a helpful list of local and national services designed to support people living with long-term respiratory conditions. These services go beyond medical care and can assist with every-day such as emotional wellbeing, staying active, or connecting with others.

Whether you're looking for

practical advice, community groups or support at home, this guide can help you find the right resources to live well and feel more in control of your health and wellbeing.

Chest Heart and Stroke Scotland (CHSS) Services



Through our Community Healthcare Support Service

we provide support to the 1 in 5 people in Scotland living with a chest, heart or stroke condition or Long Covid.

Every day people in Scotland feel

scared and alone after having a stroke, heart attack or being diagnosed with a chest or heart condition or Long Covid. But our amazing team, support coordinators and volunteers are here to make sure you don't have to recover alone.

We're making sure

you get the help you need to manage your condition and live life to the full.



Moray Sport and Leisure

Our aim is to provide a support network that helps participants exercise safely and experience the benefits of physical activity in managing their condition and overall health. Our Physical Activity for Health Programme offers specialist classes across Moray designed for people living with a range of health conditions.

Contact Us:



http://www.moray.gov.uk/moray_standard/page_146092.html



Grampian Cardiac Rehabilitation Association (GCRA+)

Would you like to become more active and exercise at a level that's right for you? Would you like to meet new people and have fun? Anyone who has a long term health condition or wishes to improve their general well-being can join our exercise classes and become a member. A spouse, partner or carer of a member is also welcome to exercise with the class.

Contact Us:



<https://www.gcra.org.uk>



Healthpoint

NHS Grampian Healthpoint is your one stop health information point, offering free confidential information, advice and access to reputable services, in a friendly welcoming environment.

Contact Us:



<https://www.nhsgrampian.org/your-health/healthpoint/>



NHS Inform

As part of Better Health, Better Care, NHS Grampian works with [NHS Inform](#), a national service where you can find reliable information about respiratory conditions.

Other Activities and Groups

The services above represent some of the main providers of additional support available to help people live well with lung conditions but there are a range of other activities and wellbeing services that can help you.

Below are some examples of the other types of activity or groups that could be beneficial and that may be more accessible and local to you:

- Chair based exercise classes
- Chair based yoga
- Tai Chi
- Singing Groups
- [Walking Scotland](#)

Psychological Support

- [Mind Yer Mind](#)
- Silver Cloud (GP Referral Required)