

2020 Canterbury Community Respiratory Support and Exercise Groups

Location	Group	Contact
Amberley	The Amberley Breathers	Maree (03) 314 8477
Rangiora	Rangiora Keep Breathing Group	Amanda (03) 310 3101
Bishopdale	City North Better Breathing Coffee Group	Gary (03) 359 5493
New Brighton	New Brighton Better Breathing Coffee Group	Tarihira (03) 389 6728
Linwood	Salvation Army Hall, Linwood Ave	Pauline (03) 381 0547
New Brighton	Snap Fitness Gym, Bower Ave	Violet 0211 513790
St Albans	St Albans Respiratory Relief Society	Pauline (03) 374 6399
Edgware	Edgware Better Breathing Coffee Group	Pauline (03) 381 0547
Phillipstown	Phillipstown Better Breathing Coffee Group	Pauline (03) 381 0547
Spreydon	Spreydon Respiratory Relief Society	David (03) 332 4471
Templeton	Templeton Respiratory Exercise	Margaret (03) 347 8033
Ashburton	Ashburton O2Go Class	Bruce (03) 308 5570



Summer 2020/21

Living Positively with Airway Diseases

This
Newsletter
is produced by

The Better Breathing Consumer Working Group

Kia Ora fellow Better Breathers!



Wow, I feel like a new man since I attended a Better Breathing Programme at Hei Hei. My doctor suggested the programme may help my breathlessness.

My energy levels have increased and I rarely use my Ventolin inhaler. I can even play golf 2-3 times per week!

I still get puffed at times, but I have learned that is OK. I recover a lot quicker with the breathing techniques I have learned from the program.

Meeting new people with the same problems makes you feel you are not alone. I have made new friends and we meet up after class for a walk or a coffee.

Continue from the previous page...

I would recommend this course to anyone with COPD. If you put the effort into the exercises you will not be disappointed.

Keep moving, keep breathing!

Paul Mottram

AND WAIT, THERE'S MORE!



I am Trish Clarke and I attend the O2GO group in Ashburton. I use oxygen 16 hours a day, but this has not stopped me exercising and socialising at o2GO. Since coming to this class I have met new people who have similar issues. It is comforting to share and receive support from other group members. It is an enjoyable class with lots of laughs. Come along and meet us!

Greetings from the Consumer Group Chair

Christmas is just around the corner folks.

Our Better Breathing programme is slowly coming to an end. To everyone who has completed your 8 week course, congratulations to you all.

The Trex (Templeton Respiratory Exercise) group had their Christmas dinner today (24/11/20). A great turn out by all at the exercise session. The attendance numbers are up to 25+ each week!

Keep up the good work guys and have a wonderful summer.

- Mac Renata

A Special Thank you to Karen Stevens



Karen Stevens is the pioneer and founding member of TRex exercise and support group at Templeton. Her time and effort to make the group a success has been instrumental in its success. People are fitter and better connected to others because of Karen's dedication. All of TRex wish Karen well.

TRex also acknowledge other long-term members who have played a crucial role in the on-going success of this group. A huge thank you to everyone!

Kate Shaw-Secretary TRex

(Photo from left to right: Margaret B, Kate S and Karen S).

Let's keep doing the right things!

- If unwell STAY AT HOME and contact your general practice if you're concerned.
- Hand hygiene and cover your coughs/sneezes using your elbow.
- Clean surfaces and equipment before and after use.
- Keep a contact tracing registry.

Recommended links:

www.covid-19.govt.nz

www.healthinfo.org.nz