



BreatheEasy
DARLINGTON

Affiliated with



Are you breathless?
(Even just a little bit)

Do you have a lung condition?
(it doesn't matter how severe)

Don't be alone!

Come along to our free to join group to enjoy friendship, support & information.

RUN BY, AND FOR, PEOPLE WITH RESPIRATORY DISEASE

Every Wednesday, 11.45-1.45 BEActive (Breathe Easy Active) sessions at Eastbourne Sports Complex, Bourne Avenue, Off Hundens Lane, Darlington, DL1 1LJ – for members and carers.



Breathe Easy Darlington Active. October 2021

Vic of Vixi Wellbeing Support, was trained to Asthma + Lungs UK standards by Breathe Easy Darlington & takes us through various types of exercise, Yoga Nidra, Tai Chi, Dance relaxation & mindfulness, specifically tailored to meet your individual needs. If you need to sit down to get your breath back, you do.

There's a small cost involved to cover room hire, equipment etc.

Prior to taking part, a completed medical form is required. It is wise to bring a note of your medications & contact details to your 1st session.



Social & Christmas Lunch at Copper Beech 2021

Please call Vic (07931546442) prior to your first visit. Thank you

Every First Tuesday of month 12-30-3.00. Social, Function Room, The Copper Beech, Neasham Rd
Bar meal or just a drink, chat, laugh and speaker at 2pm (Respiratory professionals, local history etc)

Every Second Tuesday of in month (May to Sept), Walk in South Park, 11-00. Meet by the clock tower. Tea or coffee and natter at café to finish. **Trips out at** various times in months of finer weather (Teesside Princess, Hamsterley Forest, Bowes Museum & many other venues)

Vic is a Qualified Level 4 Exercise Therapist specialising in respiratory fitness. Through membership of 'Think Tree' Vic is also GP referable. She has over 7 years' experience of working alongside Breathe Easy Darlington, also working with patients with Parkinson's, Diabetes, Coronary heart problems, MS & Cystic Fibrosis. Classes are designed to follow on from NHS Pulmonary Rehabilitation courses, which we highly recommend prior to joining BEActive. Vic aims to help you to benefit from improved lung capacity and breathing technique, cognitive coordination and balance.



Tel. – Gill on 07734993188, Louise on 07552684500

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