



## **Where we meet**

Meetings in Mansfield are held on the second Tuesday of every month 1:30pm-3:30pm

At the Towers Botany Avenue  
Mansfield, NG18 5NG

*Why don't you come along and join us?*

Other branches in the area include:

Nottingham:  
meet at Edwalton.

Nottingham West:  
They meet at the Catholic Church Parish Hall,  
Hill Top, 208 Nottingham Road Eastwood.

Nottingham North:  
They meet at Netherfield.

Nottingham City:  
They meet at Bulwell.

Ilkeston Group:  
They meet at Nottingham Road  
Methodist church.

South Normanton:  
They meet at the post Mill Centre.

If you wish to know more about any of the above Breathe Easy Groups, Contact the British Lung Foundation  
73-75 Goswell Road, London  
EC1V 7ER  
Helpline on 03000 030 555  
e: [breathe.easy@blf.org.uk](mailto:breathe.easy@blf.org.uk)  
w: [www.blf.org.uk](http://www.blf.org.uk)

# Breathe Easy

## Mansfield and Ashfield

Part of the British Lung Foundation

We are a local support group for those affected from long-term breathing problems?

Why not come along and join us

We can offer...

Support!

Friendship!

Information!

British Lung Foundation

Help Line 03000 030 555

[www.blf.org.uk/breathe-easy](http://www.blf.org.uk/breathe-easy)

## Who are we?

We are a group of like-minded people who all suffer from lung disorders, or know or care for someone with the same problems.

## What Are Our Aims?

The aim of Breathe Easy Mansfield & Ashfield support group is to provide a meeting place that gives people who suffer with a breathing problem, and their carers and friends, the chance to meet and discuss their everyday living difficulties.

We wish to promote and develop a feeling of well-being for those living with a breathing problem.

We aim to develop activities within the group that will foster mutual support and friendship. We provide information to all members that will give them a wider knowledge of the individual conditions.

We aim to support the British Lung Foundation and raise funds for medical research into all aspects of lung disease

Sometimes it just helps to know that there are others out there who understand because they themselves are going through something similar

## A little information about us

The group was set up in 1992 for people who all suffer from lung disorders, or know or care for someone with the same problems.

We are a social group where you can come and have a chat with others like yourself; we offer support and friendship and reduce the feelings of fear and isolation so there is never any need to feel alone.

We invite speakers to our meetings who speak on a very wide range of subjects, medical and otherwise.

We also take part in various fundraising activities for medical research and to support the activities of the group.

We have lots of information books and leaflets available on living with and managing lung disease all written by the British lung foundation, all supplied free of charge.

## Who Can Join

Anyone who lives in our area, and suffers from C.O.P.D. or any long term respiratory condition

Friends and carers are also most welcome.

## All meetings are free

