

IMPACT STATEMENT

COPD Community Connectors

The Community Connectors programme is designed to gain a deeper understanding of the lived experience of people with Chronic Obstructive Pulmonary Disease when accessing support and living a healthier life.

“Living and learning together”



Community Connectors and South Essex Homes

The COPD Community Connectors and South Essex Homes recently held a series of workshops for the residents to discuss the enablers and barriers of life living with COPD. This led to sessions around the benefits of being active, with some seated exercises thrown in for fun and a Pharmacy Technician from Southend East PCN helping residents improve their inhaler technique.

“The session had a bit of everything, we were given information and then we had an opportunity to talk about ourselves.”

“I didn’t know how to use my inhaler properly or the procedure about rinsing my mouth after steroids so that has helped me.”

“We should have more talks like this as it helps us understand the services that are available to us and the exercise was great fun!”



For more information please email connectors@savs-southend.co.uk or call 07944 056547