

IMPACT STATEMENT

“COPD Drop In” at Shoebury Youth Centre

The “COPD Drop In” is an opportunity for people who have Chronic Obstructive Pulmonary Disease or a lung condition that makes breathing difficult, to come together in a safe space to share experiences, make friends and have a cuppa!

The group is run by volunteers who have a wealth of experience and offer a listening ear.



Clinical Health Psychologist

The group welcomed Dr Katy Watts who is the Clinical Health Psychologist based within the Respiratory Department at Southend Hospital. She explained how she works closely alongside other healthcare professionals and that her role is multifaceted. She supports both inpatients and outpatients living with respiratory conditions such as COPD, through the delivery of psychological interventions. These interventions aim to support those with COPD to adjust to living with their condition, and help improve their quality of life wherever possible.

Asthma & Lung UK and Therapy for You offer practical advice and support. Click on the links below for more information about breathlessness and panic attacks.

[How can I manage my breathlessness](#)
[Panic Attacks](#)



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