

Patient feedback

- “I feel that I have a new lease of life.”
- “The programme has been really enjoyable.”
- “Helped me to feel stronger.”
- “Although challenging at the beginning, my stamina and energy soon improved and I was looking forward to the next sessions. All expertly run by the friendly, professional team. Thank you.”
- “It changed my life. I’m fitter at 75 than I was at 55.”
- “I feel like a new person.”

Important point of contact

If you have any issues or concerns or require more information about all services please contact the following number:

North Staffordshire Team

Tel: 0300 404 2997

(option 2, or ext 4548)

Monday to Friday: 9.15am – 4pm

South Staffordshire Team

Tel: 01785 221020

Mon to Thurs: 8.45am – 2.45pm

Fri: 8.30am – 4.50pm

Staffordshire & Stoke-on-Trent Pulmonary Rehabilitation Service



A service guide for
community patients

Who are the Pulmonary Rehabilitation Team?

We are a team of healthcare professionals that work with chronically breathless patients to help them manage their symptoms and improve their quality of life.

What to expect from the Pulmonary Rehabilitation Team

We will work with you to help build up and strengthen your muscles so that they use oxygen more economically. This will help you to feel fitter and stronger, but most importantly it will help to make you feel less breathless and improve your overall quality of life.

Our education programme that runs alongside the exercise programme will also provide you with a better understanding of your condition and help you to manage your symptoms more effectively.

How will Pulmonary Rehabilitation help me?

There are many benefits including:

- Increasing your muscle strength
- Increasing your exercise capacity
- Reducing your breathlessness
- Increasing your energy levels
- Increasing your confidence to self manage your symptoms.

How to join the programme

We receive your referral from GPs, consultants and practice nurses.

Our team will then contact you to arrange an initial telephone assessment.

You will then be invited to attend a clinic appointment where you will meet a member of the team. You will be asked to complete a walking test or “sit to stand” test to assess your current level of fitness.

Along with your appointment letter you will receive a questionnaire. Please complete and bring it to the appointment with you.

We will aim to make you feel as relaxed as possible during the assessment and will discuss the various exercise programmes so that you can choose the programme that suits you best.

Group sessions

Group exercise sessions are held twice weekly for 7 weeks in community venues across Stoke-on-Trent and Staffordshire.

Each exercise session lasts one and a half hours but don't worry, you won't be exercising for all that time, we give you lots of opportunities to rest in between each exercise.

During the sessions we will also discuss various techniques to help you to control your breathing and manage your breathlessness.

Alternative venues

We have developed some alternatives to our group face to face sessions. These include online exercise sessions supported by our team and a booklet of exercises with telephone support. We will discuss the options available to you during your initial assessment.

It is really important to us that our treatments are accessible!

Where are our venues?

We have venues all over North and South Staffordshire and Stoke-on-Trent.

Times and days of group sessions vary from venue to venue but this information will be provided to you at assessment.

For more information, please visit

www.mpft.nhs.uk/services/respiratory-service or scan the QR code.

