

Free six week gym membership

to support your respiratory condition

Do you have a diagnosed respiratory condition such as COPD (Chronic Obstructive Pulmonary Disease)?

Our free six week gym membership programme, run by NHS professionals, has been proven to improve exercise tolerance, functional ability and quality of life. It can also help to reduce hospital admissions and breathlessness levels.

The programme focuses on exercise and education to support your condition and is available at the following venues:

- Dorothy Hyman Sports Centre, Syndale Road, Cudworth, Barnsley S72 8LH.
- Hoyland Leisure Centre, West St, Hoyland, Barnsley S74 9EH.
- Dearnside Leisure Centre, Goldthorpe Rd, Goldthorpe, Rotherham S63 9EN.
- Recovery College, 33 Gawber Road, Barnsley S75 2AH.
- Penistone Fire Station, Sheffield Road, Penistone, Sheffield S36 6HN.

To refer yourself, call your local NHS pulmonary rehabilitation service on 01226 719781.

Before starting the exercise programme, you'll need to give the NHS pulmonary rehabilitation service consent to contact your GP practice to confirm that you have been diagnosed with a respiratory condition.



With **all of us** in mind.