

Support living with Respiratory conditions



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

[Asthma and lung UK](#)

This is a charity who supports anyone affected by lung conditions.

Services include:

- A range of face-to-face and online support groups. Search using your postcode to see which options are closest to you or scroll down to view online support groups.
- They run many support groups which may run in your area, you can search your postcode to see which options are closest to you.
- Condition specific online support groups and research webinars
- Online information and activity sessions including: Singing for lung health, Lift your lungs choir, Feel good Fridays, Breathe easy late, Mindfulness for lung health.
- Information about different lung conditions and advice to support people to live well with respiratory conditions.
- You can subscribe to their newsletter to keep up to date with the charity's activity.
- A free helpline: 0300 222 5800
- [Click here to visit the website.](#)

[Action for PF](#)

This is a national charity providing expert support, information, education, and raising support for pulmonary fibrosis. People living with pulmonary fibrosis (scarring of the lungs), their loved ones and the professionals caring for them are at the heart of everything they do.

They facilitate support groups where people living with pulmonary fibrosis can come together to support and educate each other. The nearest in-person support group in the Aneurin Bevan area and based at Newport. They also offer an online support group for all of Wales.

You can sign up to their newsletter to keep informed about their latest work.

Visit their patient friendly website to find out more: <https://www.actionpf.org/>

Support line: 01223 785 725

[Pulmonary Fibrosis Trust](#)

This trust was founded by patients and aims to provide personal support to people affected by Pulmonary Fibrosis, whether you are living with fibrosis or have a loved one with pulmonary fibrosis. You can sign up to their pulmonary fibrosis community which provides a platform to raise awareness and provide peer support. People often share their stories, experiences and tips within this community via the Trusts' newsletter.

The trust offers emotional support via telephone, email or social media and provides understanding and a listening ear.

The Pulmonary Fibrosis Trust can provide funding for essential equipment to support people in gaining their independence, for example, batteries for portable oxygen concentrators, wheelchairs, mobility scooters and stairlifts.

Excitingly, they offer short breaks at their caravan in Great Yarmouth for people living with pulmonary fibrosis at a reduced price of £25 per night.

Visit their website to find out more: <https://pulmonaryfibrosistrust.org/about/>

Call **01543 442 191** or email info@pulmonaryfibrosistrust.org

[Asthma Hub App](#)

This is a self-management app where you can manage, monitor and learn about your asthma.

This app features a personalised asthma plan, space for symptom monitoring and recording, advice and support, and educational videos.

Visit <https://healthhub.wales/astmahub/>

[COPD Hub App](#)

This is a self-management app where you can manage, monitor and learn about your COPD.

This app features a personalised COPD plan, space for symptom monitoring and recording, advice and support, and educational videos.

Visit <https://healthhub.wales/copdhub/>

[Physiotherapy for Breathing pattern disorders](#)

This website provides information and self-help resources to support people who experience breathlessness, difficult breathing, or changes in their breathing

pattern.

The resources are created by specialist physiotherapists and are designed to help you better understand your breathing and learn simple techniques to support calmer, more efficient breathing.

The resources include short explanatory videos, guided breathing and relation videos and downloadable self-help leaflets.

Visit: <https://www.physiotherapyforbpd.org.uk/resourcesandmedia.html>

Breathing Matters

This website provides information and guidance covering interstitial lung disease, bronchiectasis, tuberculosis, pneumonia and COVID-19.

They pioneer research to support pulmonary fibrosis and lung infections. You can sign up to receive their latest research updates and news via email.

Visit <https://www.breathingmatters.co.uk/about-us/>

Breathing Thinking Functioning (BTF) Resources

The 'BFT' model has been developed by the Cambridge Breathlessness Intervention service. It provides information about breathlessness and different factors that can contribute to breathlessness, and provides support with the management of long-term (chronic_ breathlessness.

The Cambridge university hospital have designed a range of leaflets based on this approach designed to help you better understand and manage your breathlessness. These leaflets are patient friendly and printable. They cover a range of topics including breathing techniques, positions of ease, exercise and managing thoughts about breathlessness.

Visit <https://www.cuh.nhs.uk/patient-information/?department=&service=202&keyword=>

Please note this are all external organisations. This information is correct as of April 2026. Please check the organisation's external websites for up to date information.