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## **PRESS RELEASE**

People with respiratory conditions and the medical team who help them are taking part in a sponsored walk to raise cash for a local charity.

The pulmonary rehabilitation team from The Dudley Group NHS Foundation Trust and their patients will be walking a combined 120 miles in Mary Stevens Park, Stourbridge, in aid of the Breathe Easy Charity on Friday 21<sup>st</sup> June.

One of the nine-strong team, respiratory nurse Sue Robertson, will be going even further with a 500 mile walk spread over two fortnights. Sue will be meeting up with husband Stephen, who is walking from John O'Groats to Land's End plus taking on the Three Peaks of Ben Nevis, Scafell and Snowdon – a total of 1,180 miles.

Stephen's two-month walk is in aid of Macmillan Cancer Support but Sue will be walking for Breathe Easy.

She said: "We do a lot of walking but haven't done anything on this scale before. I'll be joining Stephen to walk from Inverness to Glasgow, and then from Weston-Super-Mare to Land's End, plus the Three Peaks. Because one of the stages falls in Pulmonary Rehabilitation Week I decided I would walk for Breathe Easy and support my colleagues who will be doing their walk at the same time."

Acting team leader Laura Van den Heule said: "Breathe Easy has been going for about 20 years but asthma nurse Liz Sadler and I took it over a couple of years ago, along with member of the public Denise Benson.

"It supports anyone in the area with respiratory conditions and we meet once a month. Many of the patients we work with on rehabilitation attend and we are expecting about 40 patients and Breathe Easy members to take part in the walk."

They hope to raise £1,000 for the charity.

The team, based at Stourbridge Health and Social Care Centre, run six-week programmes for people with chronic lung conditions who have either been in hospital or referred by their GP. They meet twice a week at four community locations across the Dudley borough, with exercise and education to help people manage their conditions and improve their day-to-day exercise tolerance.

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For more information, please call Alison Ashmore, Communications Officer for The Dudley Group NHS Foundation Trust, on (01384) 456111 extension 4414 or email [alison.ashmore1@nhs.net](mailto:alison.ashmore1@nhs.net)

Approved by: