

Do you want to know more about your lung condition and how to manage it?

Here are your local support groups for anyone with a lung condition. Bring along carers, friends and family. Join us for meetings, refreshments and/or gentle exercise.

Breathe Easy Support Groups - Leeds

Group Base	Meeting times
Breathe Easy Leeds West, Bramley <i>Trinity Methodist Church Hall, Upper Town Street, Bramley LS13 2ER</i>	Group Meeting - Second Wednesday of the Month at 10.30am -11.30am Easy Exercise Session <u>Every Wednesday</u> at 11.30am - 12.30pm
Breathe Easy Middleton <i>Middleton Elderly Aid Social Centre, Acre Road, Leeds, LS10 4LF</i>	Group Meeting - First Friday of the month at 10.30am - 11.30am Easy Exercise Session <u>Every Friday</u> at 11.30am - 12.30pm
Breathe Easy Gipton <i>Oakwood Lane Medical Practice, 2 Amberton Terrace, Gipton LS8 3BZ</i>	Group Meeting - First Tuesday of the month at 3.30pm -4.30pm Easy Exercise Session <u>Every Tuesday</u> at 4.30pm - 5.30pm
Breathe Easy Hunslet <i>Hunslet Methodist Church Hall, Telford Terrace, Leeds LS10 2HR</i>	Group Meeting -First Thursday of the month at 2.30pm -3.30pm Easy Exercise Session <u>Every Thursday</u> at 1.30pm - 2.30pm
Breathe Easy East Leeds, Seacroft <i>St Richard's Church Hall, Ramshead Hill, Seacroft LS14 1BX</i>	Group Meeting - First Tuesday of the month at 11.00am -12.30pm Easy Exercise Sessions on <u>2nd, 3rd and 4th Tuesday</u> each month at 11.00am-12.00pm
Breathe Easy Yeadon <i>Guiseley Methodist Church, 1 Orchard Way, Leeds, LS20 9EP</i>	Group Meeting -Last Wednesday of the month at 10.30am -11.30am Easy Exercise Session <u>Every Wednesday</u> at 11.30am -12.30pm
Breathe Easy Beeston <i>St Andrews Methodist Church Hall, Old Lane, Beeston, LS11 8AG</i>	Group Meeting -Last Monday of the month at 12.30pm to 1.30pm Easy Exercise Session <u>Every Monday</u> at 11.30am -12.30pm
Group Base	Meeting Times
Breathe Easy Harehills <i>Bellbrooke GP Surgery</i>	Group Meeting - Last Friday of the month at 10.00pm to 11.00pm

<i>Bellbrooke Avenue, Harehills, Leeds LS9 6AU</i>	Easy Exercise Session- <u>Every Friday</u> at 11.00am -12.00pm
<i>Breathe Easy Richmond Hill Richmond Hill Community Centre, Long Close Lane, Leeds LS9 8NP</i>	Group Meeting -First Wednesday of the month at 11.15am to 12.15pm Easy Exercise Session- <u>Every Wednesday</u> at 10.15am -11.15am
<i>Breathe Easy Osmondthorpe Osmondthorpe Resource and Adult Day Centre, Osmondthorpe Lane, Leeds LS9 9EF</i>	Group Meeting -Second Tuesday of the month at 11.30 to 12.30 Easy Exercise Session- <u>Every Tuesday</u> at 10.30am -11.30am
<i>Breathe Easy Allerton Bywater Allerton Bywater Youth and Adult Centre, Leeds Road, Castleford, WF10 2DP</i>	Group Meeting -Second Thursday of the month at 11.45pm to 12.45pm Easy Exercise Session- <u>Every Thursday</u> at 12.45pm-1.25pm

Monthly group meetings are free of charge - weekly exercise costs £2 per session

For more information please contact The British Lung Foundation Helpline on 03000 030 555 or email Breathe.Easy@blf.org.uk.

Registered Charity 326730