

# NHS Highland

## Respiratory Resource Hub

What is the Respiratory Resource Hub?	
<p>The Respiratory Resource Hub aims to bring together links to trusted sources of information about respiratory conditions, symptoms, wellbeing, managing your condition and more. You will find the Respiratory Resource Hub at: <a href="https://tam.nhsh.scot/respiratory-resource-hub-for-patients-and-carers/">https://tam.nhsh.scot/respiratory-resource-hub-for-patients-and-carers/</a></p>	
Helplines	
 <p><b>0808 801 0899</b></p>	<p><a href="#">CHSS's advice line</a> – Chest Heart Stroke Scotland's advice line is staffed by nurses, and provides support and information for people living with lung disease, their family and carers. <b>You can request booklets and factsheets</b> to be sent to you – ring 0808 801 0899 between 9:30 am and 4:00 pm</p>
 <p>Speak to our helpline 03000 030 555</p>	<p><a href="#">BLF's helpline</a> - British Lung Foundation's helpline can help with information about many aspects of living with lung conditions - ring 03000 030 555 between 9:00 am and 5:00 pm</p>
Websites	
	<p><a href="#">Asthma UK</a> - UK wide 3rd sector organisation which provides support and advice, funds research and campaigns to improve the quality of care for people with Asthma <a href="http://www.asthma.org.uk">www.asthma.org.uk</a></p>
	<p><a href="#">Breathlessness Intervention Service (BIS)</a> – from the Cambridge University Hospitals - patient leaflets, audio and video about managing breathlessness <a href="http://www.cuh.nhs.uk/our-services/breathlessness-intervention-service">www.cuh.nhs.uk/our-services/breathlessness-intervention-service</a></p>
	<p><a href="#">British Lung Foundation (BLF)</a> - UK wide 3rd sector organisation which provides support and advice about all lung diseases, funds research and campaigns for clean air <a href="http://www.blf.org.uk">www.blf.org.uk</a></p>
	<p><a href="#">Chest Heart Stroke Scotland (CHSS)</a> - Scottish 3rd sector organisation supporting people and their families across Scotland with chest (respiratory), heart and stroke conditions <a href="http://www.chss.org.uk">www.chss.org.uk</a></p>
	<p><a href="#">LGOWIT</a> - Highland 3rd sector partnership which aims to raise awareness of the difficulties of living with all long term health conditions and helps people self-manage their conditions through training, education &amp; fun <a href="http://www.lgowit.org.uk">www.lgowit.org.uk</a></p>
	<p><a href="#">My Lungs, My Life</a> - a website created by a partnership including BLF, CHSS and NHS Scotland with information and advice about asthma and COPD <a href="https://mylungsmylife.org">https://mylungsmylife.org</a></p>
	<p><a href="#">NHS Inform</a> - Scotland's national health information service with information about all health conditions <a href="http://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways">www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways</a></p>
Additional help lines in case you need emotional support	
 <p><b>0800 83 85 87</b></p>	<p><a href="#">Breathing space</a> – a confidential phone line for anyone in Scotland over the age of 16 who is feeling low, anxious or depressed - ring 0800 838587 - Monday to Thursday 6:00 pm to 2:00 am, Friday 6:00 pm to Monday 6:00 am</p>
 <p><b>0808 802 6161</b></p>	<p><a href="#">Cruse bereavement care Scotland</a> - national helpline (and online webchat) - ring 808 802 6161 - Monday to Friday 9:00 am to 8:00 pm, weekends 1:00 pm to 4:00 pm</p>

## Respiratory Resource Hub

The Respiratory Resource Hub (RRH) has been developed as an information resource for people living with respiratory symptoms or conditions and their carers, by bringing together links to information from trusted sources, mostly third sector organisations (such as health charities) and the NHS. Visit: [bit.ly/RRH-home](https://bit.ly/RRH-home)

### Welcome



This section provides a welcome to the Respiratory Resource Hub and some tips about how to use it effectively. Visit: [bit.ly/RRH-welcome](https://bit.ly/RRH-welcome)

Introduction	Key sources of information
How to find the information you want	How to give feedback
Recommended resources	

### My respiratory condition



This section provides links to information about the most common respiratory conditions. Visit: [bit.ly/RRH-conditions](https://bit.ly/RRH-conditions)

Asthma	Pulmonary fibrosis (and other ILDs)
Bronchiectasis	Sleep apnoea
COPD	Other respiratory conditions

### My symptoms



In this section you will find links to information about common respiratory symptoms and help with managing them. Visit: [bit.ly/RRH-symptoms](https://bit.ly/RRH-symptoms)

Action plans and self-management plans	Breathing and chest clearance techniques	
Breathlessness	Chronic cough	Fatigue and tiredness
Depression, stress and anxiety	Managing COPD exacerbations (flare-ups)	

### My wellbeing



This section will help you learn how small changes can make a big difference to your wellbeing and help you live as full a life as possible. Visit: [bit.ly/RRH-wellbeing](https://bit.ly/RRH-wellbeing)

Self-management: learn to live with your condition	Keeping active	Living with COPD
Looking after your mental health	Eating for health	Smoking
Coping with depression, stress and anxiety	Medication	Vaccinations

### My journey with the NHS



This section will give you some information to help you understand and navigate your own journey through NHS services. Visit: [bit.ly/RRH-journey](https://bit.ly/RRH-journey)

Respiratory team roles	Specialist respiratory nurses	When to call an ambulance
Healthcare appointments	Primary care	What to expect as an inpatient
Breathing & lung tests	Secondary care	Planning for the future
Pulmonary rehabilitation – treatment and education for people with lung conditions		

### My wider support network



We all need a support network and this can be even more important if you have a respiratory condition. The links in this section suggest some ways that you may be able to enhance your own support network. Visit: [bit.ly/RRH-support](https://bit.ly/RRH-support)

Key support organisations	Peer to peer support
Relationships	Shared experiences
Social care and occupational therapy	

### My life, work & environment



Respiratory conditions can impact on all aspects of your life and can be affected by anything from air quality and the weather to your housing. Here we bring together links to a range of relevant topics. Visit: [bit.ly/RRH-life](https://bit.ly/RRH-life)

Air pollution	Housing
Financial support	Weather
Holidays and travel	Work

### For carers



If you are a carer you will find links to information which is relevant for both you and the person you care for throughout this Respiratory Resource Hub, but this section is specifically for you. Visit: [bit.ly/RRH-carers](https://bit.ly/RRH-carers)

Support for carers	Living with grief and loss
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### Learning events



We hope to be able to provide online open learning events each month, to give people who have respiratory symptoms and conditions the opportunity to hear a talk from an expert and to have their questions answered. This section provides information about our current plans and how to join the learning events. Visit: [bit.ly/RRH-events](https://bit.ly/RRH-events)