



Are you living with long-term heart or lung conditions?

Come along to the surgery and get some ideas designed to help and support *you* live with your condition. An event organised by members of the **Patient Participation Group**.

When: Date: 8th May Time: 6.30-7.45pm

Where: York Medical Practice Reception waiting area

Marian Jennings from Ruils, a local Charity which supports people to live independently, will talk about this service.

Nurse Glyndwr Whitworth from the Practice will speak about dealing with the practical problems arising from your condition

Hannah Brown from the Richmond and Hounslow Respiratory Care Team, will tell us about keeping active and self-managing respiratory conditions

Dr Phil Summers and **Nimo Omer** from Richmond Wellbeing Service will discuss difficulties related to living with a long term condition

There will also be a 20-minute question and answer session at the end.

Please let the practice reception team know if you will be attending or email patientgroup.yorkpractice@nhs.net

