

Pulmonary Rehabilitation Frequently Asked Questions

1. Where are your venues based?

- Broadheath, Altrincham
- Urmston
- Partington
- Old Trafford

Please note: Partington and Old Trafford do not run all year round, please contact us on 0161 549 6750 for details.

We will allocate you to the nearest venue based on your home address and current venue waiting times, if you wish to discuss changing venues, please contact our department on 0161 549 6750.

2. Which days are the venues on?

- Broadheath classes run Monday and Friday mornings
- Urmston classes run Tuesday and Thursday afternoons

Please contact the department if you wish to discuss Partington and Old Trafford class times.

3. Who is the programme delivered by?

The team consists of:

- Physiotherapists
- Occupational therapist
- Patient support worker
- Administrator

4. Is there parking at the venues?

All 4 venues have dedicated parking near the entrance to the building.

5. How long will I have to wait until I am seen?

Waiting times vary between venues. If you contact the department with your desired class location, we will be able to provide you with an accurate timescale.

In some cases, we may contact you if we have a late cancellation and we will try to fill the available slot. Please contact us on 0161 549 6750 for waiting time enquiries and if you would like to be considered for late cancellations.

6. Do you provide transport?

Unfortunately, we do not. However, all our venues are accessible via public transport.

7. Can my partner/carer come with me?

Your partner/carer can attend the initial face-to-face assessment and the education sessions.

However, we do not allow partners/carers to attend whilst the exercise classes are on unless it is deemed necessary.

8. What will I be doing in the sessions?

You will be supervised and provided an individualised exercise programme to work on strengthening and building endurance (stamina) in your muscles.

There is also an educational element which includes discussion around:

- Breathing techniques
- Exercise
- Chest infections
- Medicine
- Wellbeing
- Learning about your lung condition

9. Will it benefit me?

A lot of research has demonstrated the many benefits of pulmonary rehab programmes, the therapist will discuss this in more detail during your assessment.

10. How will exercise and education improve my breathing?

In summary, we will improve how efficient and effective your muscles are currently working so you can perform activities around the house and keep active with less shortness of breath.

Education is provided to improve your confidence managing your breathlessness and improving your self-management of your overall lung condition and wellbeing.

11. What happens at the end of the programme?

We will discuss the multiple options available in the community we can refer or signpost you to so you can continue the progress you have made with us. This could be a in a similar exercise class, gym membership, dance class, singing or walking group for example.

12. How long is the programme?

You will be offered 2 sessions a week, for 6 weeks (12 sessions).

13. I cannot exercise due to my breathlessness, is the programme suitable for me?

You will be assessed before starting the programme and this is the opportunity for the therapist and yourself to ensure this programme is or is not suitable.

14. I suffer from anxiety, what support is there?

Our therapists will guide you through the programme, providing a thorough assessment and supervision during each class. We can refer to supporting services if needed.

We can also provide anxiety management in education sessions and further individual strategies can be explored with our occupational therapist.

15. How many people are in the class?

Our class numbers vary from 8-12 people and there will be 2-4 staff members present throughout.

16. What do I wear?

Suitable footwear and comfortable attire are fine. You will be advised to bring your reading glasses (if needed) to the face-to-face assessment

17. I can only attend one class a week due to work/carer commitments, is this okay?

We will offer you 12 sessions, over 6 weeks with sessions at different venues if alternative days/times suit your needs.

18. I've received notification that I have been added to your waiting list, what happens next?


Our team will contact you by phone and letter once you reach the top of the waiting list to arrange your assessment.


19. I no longer wish to participate in this programme, how do I leave?

If we do not hear from you within two weeks of receiving our opt-in letter, we will assume you do not want an appointment and will discharge you from the service.

Pulmonary Rehabilitation Contact Information

Be Active Urmston (Formerly George H Carnall Leisure Centre)
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Scan the QR code to visit our Service Webpage

