

Asthma and Lung UK

Asthma and Lung UK provide respiratory advice and guidance to help patients, carers, family members and friends manage their lung condition. Helping you to learn more about your lung condition, how to manage your symptoms, to improve your physical and mental wellbeing. Their support includes:

- Telephone helpline where you can speak to respiratory nurses, health care advisors and specialist nurses
- **Monthly support group** to help patients, carers, family members and friends manage their lung condition. Usually on the 3rd Thursday of every month between 1pm and 3pm at **Ray Gray Community Centre**
- information and advice about managing your lung condition, medication and treatments
- help to understand and accept your diagnosis
- learning how to manage flare-ups
- how to arrange oxygen for holidays abroad
- healthy eating and exercise advice
- benefits advice, fuel poverty and legal issues

They campaign for better care and fund research. Asthma UK and British Lung Foundation merged to create Asthma and Lung UK.

Last updated: June 15, 2022

Telephone: 0300 222 5800

Telephone note: Mon to Fri, 9am to 5pm

Website: <https://www.asthmaandlung.org.uk/>

Email: helpline@asthmaandlung.org.uk

Website 2: <https://www.blf.org.uk/support-in-your-area>

Twitter: <https://twitter.com/asthmalunguk>

Cost: Free

Address:

18 Mansell Street
London
E1 8AA

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