



WARM HOMES FOR YOUNG LUNGS

The NHS, Public Health and Breathe Buddies have come together to help children with respiratory issues in St Helens.





The NHS will invite parents of children who have been prescribed several salbutamol inhalers in the last 12 months and who have been identified as being at an increased risk of becoming unwell to a clinic led by a Specialist Paediatric Respiratory Nurse. In the clinic, medication, inhaler technique and care plans will be reviewed, and advice will be given to parents.

During the appointment, other factors impacting on respiratory health will be considered and if appropriate and agreed to, referrals are made to relevant agencies for their support.



Left: Sarah Southern, Specialist Paediatric Nurse
Right: Laura Connolly, Admin Coordinator

Outcomes for families after visiting the clinic have included:

-  Access to the Healthy Air for Healthy lungs project with an air quality monitor and advice and guidance about improving air quality.
-  Peer support and group support from Breathe Buddies which offers a fun way for children to learn to use their inhalers and also helps them to learn about taking deep breaths which helps with any future assessments. Breathe Buddies also supports parents with worries about their children's health.
-  Access to the Warm Homes funding, over £22,000 has been received by parents who have been part of this project (if eligible).
-  Access to support for insulation and damp proofing (dependent upon eligibility)



Left: Tracy Booker, Volunteer Coordinator for Breathe Buddies

The NHS will contact you if your child is eligible to make an appointment for the clinic.

Please take up this opportunity as it will benefit the health and wellbeing of your child.