
Contact us:



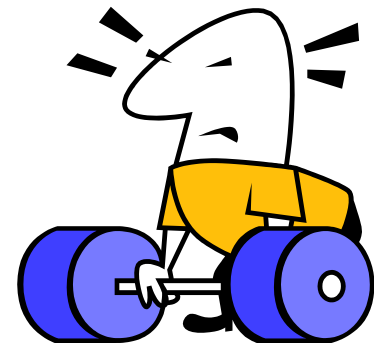
All Correspondence:

Gasp!
C/- Springvale Community Rehabilitation
Services
P O Box 90
Springvale 3171

Pulmonary Rehabilitation Support Group

“Promoting health, wellbeing and independence”

GASP!



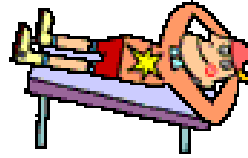
Who are we?

Like you, we suffer from a chronic pulmonary illness of some description.

Our aim is to support each other, share information, organise relevant (and not so relevant) speakers, and have a cuppa and a biscuit.

We also undertake regular exercise, called maintenance rehabilitation. To join this group, you must have undertaken the pulmonary rehabilitation program which runs for approximately seven weeks.

You need a referral from your doctor to participate in the program. □



When do we meet?

The group meets every Friday (except public holidays) *after* completion of the rehabilitation maintenance program at 2pm. We congregate in the meeting room, which is right outside the physiotherapy room.

Each meeting runs for around one hour – sometimes less, depending on what we have planned.

How much does it cost?

We have a joining fee of \$5 - which was implemented to help cover our running costs. There is also a weekly fee of \$1 which covers incidentals such as biscuits, postage and printing. (The weekly fee is only payable when you are present. Carers who join in are not charged a separate fee.)

* Please note: the joining fee is a one-off and NOT a recurring fee—subject to change if deemed necessary



Anything else I should know?

Once a month we publish our own newsletter which keeps our members up to date with forthcoming events, anecdotes, member stories and other information.

Contributions from members are encouraged.



How can I join?

If you have completed the initial pulmonary rehabilitation program, you are eligible to join. Speak to Sue or Diane in the physiotherapy department for referral to the support group.

We look forward to meeting you!