Asthma - Guidance and useful information

QUIT SMOKING

Feel Good Suffolk	www.feelgoodsuffolk.co.uk/stop-smoking

HOW TO MANAGE ASTHMA

How to use inhalers	https://www.transformationpartners.nhs.uk/resource/london-asthma-toolkit/pharmacy/inhaler-technique/
Example asthma plan	https://www.asthmaandlung.org.uk/conditions/asthma
Healthwatch - Useful information	https://healthwatchsuffolk.co.uk/signposting/cypasthma/
Education for under 12's (blue)	https://www.suffolk.gov.uk/asset-library/asthma-blue-inhaler-digital.pdf
Education for under 12's (brown)	https://www.suffolk.gov.uk/asset-library/asthma-brown-inhaler-digital.pdf

USEFUL WEBSITES

Beat Asthma - Education and support for those caring for children with Asthma	https://www.beatasthma.co.uk/
Asthma + Lung UK - Get advice on your medicines, symptoms or travelling with a lung condition.	https://www.asthmaandlung.org.uk/conditions/asthma Telephone: 0300 2225800 Email: helpline@asthmaandlung.org.uk WhatsApp: 07999 377775
Moving on Asthma - co-designed by and for teenagers with Asthma	https://movingonasthma.org.uk/
For Carers	https://www.nhs.uk/conditions/asthma/
Free Asthma training - for carers youth workers, schools, clinical leads	https://www.e-lfh.org.uk/programmes/children-and-young-peoples-asthma/
For Clinical Professionals - Paediatric Asthma Formulary	https://www.ipswichandeastsuffolkformulary.nhs.uk/chaptersSub.asp?FormularySectionID=3
Allergy UK - Advice on allergies with Asthma	https://www.allergyuk.org/

Moving on Asthma · Asthma + Lung UK · beat asthma · AllergyUK · feel good Suffolk · healthwatch Suffolk · Proud to be part of CAN DO Health & Care, Suffolk & North East Essex Integrated Care System · NHS Suffolk and North East Essex

HOUSING ADVICE AND SUPPORT

Housing Conditions and Repairs
(For information on everything from reporting an issue with your heating and hot water, damp and mould or electrical safety through to repair grants and eligibility for financial support)
To find out who your local District or Borough Council is, you can use the Postcode Checker at GOV.UK

Stepping Home
Designed to help people home from hospital or prevent admissions, tackles all and any housing issues that place residents at risk
www.eastsuffolk.gov.uk/housing/energy-efficiency-and-warm-homes/stepping-home/
Tel: Stepping Home West 07768 526085
Tel: Stepping Home East 07468 715529
Email: steppinghome@eastsuffolk.gov.uk

Housing in East Suffolk
www.eastsuffolk.gov.uk/housing
Tel: 0333 016 200
Email: housing.needs@eastsuffolk.gov.uk

Housing in Ipswich
www.ipswich.gov.uk/housing
Tel: 01473 432000
Email: environmental.health@ipswich.gov.uk

Housing in Babergh and Mid Suffolk
www.babergh.gov.uk/housing
Tel: 0300 1234000
Email: customer.services@baberghmidsuffolk.gov.uk

Housing in West Suffolk
www.westsuffolk.gov.uk/housing
Tel: 01284 757053
Email: customer.services@westsuffolk.gov.uk

Safe Suffolk Renters
Free resources and advice for private tenants in Suffolk
www.safesuffolkrenters.org

Under 18 years old
If you need emergency accommodation call 0808 800 4005 to speak to Suffolk County Council Customer First or the Emergency Duty Team (evenings and weekends).

KEEPING YOUR HOME WARM

Warm Homes, Healthy People
Suffolk's Warm Homes Healthy People project helps vulnerable people and families make their homes warmer and cheaper to heat, improving health and wellbeing.
www.eastsuffolk.gov.uk/housing/energy-efficiency-and-warm-homes/warm-homes-healthy-people/
Tel: 03456 037 686
Email: whhp@eastsuffolk.gov.uk
Online referral for yourself or someone else here:
www.warmhomessuffolk.org/contact

Warm Homes Suffolk
Set up by councils in Suffolk to help households implement measures that reduce their fuel bills
www.warmhomessuffolk.org
Tel: 03456 037 686

HOME ADAPTATIONS

Independent Living Suffolk
Support service, provided by Suffolk County Council in partnership with district and borough councils, to enable people to live safely, comfortably and independently in their own home.
www.suffolk.gov.uk (put Independent Living Service into the search on the homepage)
Tel: 0800 121 7711
Email: ILS@suffolk.gov.uk

OTHER SUPPORT

Cost of Living Support
www.suffolk.gov.uk/community-and-safety/communities/healthier/cost-of-living-support/helpful-resources

Fire safety in the home
www.suffolk.gov.uk/suffolk-fire-and-rescue-service/fire-safety-in-the-home
Suffolk Citizens Advice
www.citizensadvicesuffolk.org.uk

Legal
Charity offering free legal advice to those in need in Suffolk
www.suffolklawcentre.org.uk

Air Quality Advice and Information
Breathing polluted air can trigger asthma symptoms
www.healthysuffolk.org.uk/airquality

Feel Good Suffolk
Information and support to help you make healthy changes for your health and wellbeing
www.feelgoodsuffolk.co.uk

Healthy Suffolk Health Finder Tool
Suffolk specific health information
www.healthysuffolk.org.uk

Adult Social Care
www.suffolk.gov.uk/care-and-support-for-adults

Suffolk Infolink Directory
An A – Z of activities, services, groups and support in Suffolk
https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page

Applying for housing and help with homelessness: Visit the borough and district council housing pages for information specific to where you are.