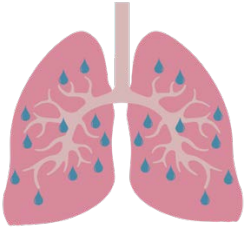


# Asthma and COPD Focus Groups

for people with learning disabilities, autistic people and their family carers



Asthma is a breathing problem which means you might take medication or use an inhaler.



COPD means Chronic Obstructive Pulmonary Disease. It is when you have a problem with your lungs which makes it hard to breathe.



If you or someone you care for has Asthma or COPD, the NHS want to hear from you!



The NHS want to make Asthma and COPD information and support for people with learning disabilities and autistic people better.



**To tell them how to make things better you can join an online meeting:**

**Monday 19<sup>th</sup> April 11am**  
**Tuesday 20<sup>th</sup> April 5:45pm**  
**Thursday 22<sup>nd</sup> April 4pm**

To get involved send an email with your name, age, which date you want (just one) and if you have a learning disability, are autistic or if you are a carer to:



**register@speakup.org.uk**

