

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://healthwatchesuffolk.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.ipswichandeastssuffolkformulary.nhs.uk/chaptersSub.asp?FormularySectionID=3>



Allergy UK - Advice on allergies with Asthma

<https://www.allergyuk.org/>



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](tel:03456037686)



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.citizensadvice.suffolk.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.

