

Partnership Working RIPPLE

A community respiratory project



The RIPPLE Project

- Led by COPD Consultant and Chaplaincy department at UHCW
- Funded by the Health Foundation and Regional NHS Innovation Fund
- Building strong community connections to help people stay well and out of hospital whilst also feeling better about themselves

The Partners

Community Respiratory Team

Age UK Coventry

People Point

Grapevine



The Format

Community “clinic” - informal
run in a city centre faith centre
COPD Physio, nurses and lead
consultant present – not clinically

Talks, games, quizzes, food and
exercise



Age UK Coventry

- Took referrals direct from RIPPLE Team and community Respiratory Team – for support at home
- Provided exercise prescription for individuals based upon current health and goals.
- 1 to 1 support at home
- Also provided a weekly gentle exercise session to the community “clinic”
- Range of activities – gentle exercise, Yoga, Sports (bowls, quoits etc.)

Case Study – Helana

- Severe COPD, Stroke, oxygen therapy, not left home in number of years, very low mood, confined to one room due to severity (out of breath standing)
- Husband is carer but still works also (nights)
- 1:1 exercises at home to work on building strength and mobility, coping strategies for breathlessness but also wanted to get her out of the house and doing something within the community.
- Not keen on the clinic as “full of sick people”
- Introduced her to our bowls4fun sessions. Set up in partnership with Stoke Bowls Club, CSWSport and Bowls Development Alliance.

18 month later

