

Hazel's Story

Proudly supporting
**WE ARE
UNDEFEATABLE**



This is Hazel.



Hazel has asthma and COPD, which are lung and breathing difficulties.



Hazel also broke her back seven years ago.



Physiotherapy has helped Hazel and means she can continue to live at home on her own.



My House



Hazel loves her dog.

Her breathing problems have made walking longer distances difficult.

Hazel takes her dog on shorter walks around the block four or five times a day.



Gardening makes Hazel happy, but as her illness got worse, she struggled to dig or lift heavy things.



Hazel found out about the Greenhouse Project at Witton Country Park.



Hazel thinks having something to look forward to and spending time with friends has helped her.