

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on Singing for Lung Health

Singing for Lung Health groups have been set up to help people with lung conditions such as COPD, Asthma, Bronchiectasis, Pulmonary Fibrosis, etc. Using the same techniques employed in singing, the aim is to help control and use the breath efficiently whilst having fun.



Researchers have found that there are major benefits of singing for people with lung conditions:


1. Developing awareness of postural and breathing patterns.
2. Improving respiratory muscle strength and co-ordination.
3. Building vocal and physical stamina and increasing the strength of your voice.
4. Learning to breathe more deeply and slowly than before (in both obstructive and restrictive disease) by extending outbreaths through sung phrases, strengthening the muscles used to control the breath. Improving the sense of control over your breathing can reduce anxiety and the feeling of panic.
5. Improving confidence and gaining a sense of achievement.

Professor Stephen Cliff, Director of the Sidney De Haan Research Centre for Arts and Health, following a study on Singing for Better Breathing said "Regular group singing can help people to focus on their breathing in a positive way, improving management of breathing difficulties. Group singing is also supportive and fun and people can have an enjoyable time. More and more singing for breathing groups are starting across the country and the NHS needs to seriously consider the idea of singing on prescription".

More information about Singing for Lung Health groups can be found here: [www.blf.org.uk/support-for-you/breathe-easy](http://www.blf.org.uk/support-for-you/breathe-easy).

In addition to improving the physical symptoms caused by lung diseases, singing is fun! The groups are relaxed, sociable and informal with no previous singing experience required.

 [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

 Or call on 0300 222 5800

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)

## For help, advice, and information or to share your story



**Healthwatch is your health and social care champion.** If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences.

We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



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