

Singing for Breathing

(South West)



Singing workshops for people with breathing difficulties

A series of 4 **singing workshops** designed to help those living with lung conditions:

- Make the most of lung capacity
- Learn good breathing habits
- Keep active and reduce anxiety
- Learn beautiful songs in a relaxed atmosphere

All welcome - low voices, high voices, haven't sung for years (or ever!) voices.

Pilot in March 2015

Friday afternoons 2.15 - 3.45pm

@ Penzance Leisure Centre

(Free parking, Good access)

Book your place now!

Numbers limited - to book a (free) place on the 6th March try out session
contact:

Chris Moore on **chriskernow12@gmail.com** or **01736 740833**

Subsequent sessions £3 (or what you can manage)

The Team behind the ***Singing for Breathing (South West)*** pilot is: **Pip Wright** (singing leader),
Chris Moore (retired nurse teacher) and **Chris Casley** (local specialist respiratory nurse).



Singing for Breathing (South West)

Singing workshops for people with breathing difficulties (COPD, Asthma ...)

4 session Pilot in March 2015 - *Book a place now!*

Recent research* has demonstrated that singing can significantly improve the quality of life for those living with breathing difficulties. It is also a social, health-giving activity which reduces stress and can lower heart rate.

Singing for Breathing (South West) is offering a pilot series of 4 singing workshops designed to help you to:

- Make the most of your lung capacity;
- Learn and practise good breathing habits;
- Keep active and reduce the anxiety of living with breathing difficulties;
- Make friends and produce beautiful harmonies in a relaxed atmosphere.

This pilot is being offered in the hope that we can work towards providing an on-going *Singing for Breathing* service for the local area from Autumn 2015. Participants will be asked for their feedback to help us make the case.

Each session will be tailored to participants' needs with the overall goal of improving breath control and confidence. Warm-up exercises will lead into easy songs and rounds followed by simple unison and harmony songs - taught by ear, no need to read music or have previous singing experience. Throughout the session the focus will be on having an enjoyable sing together while developing good breathing techniques.

All voices are very welcome, high voices, low voices, 'never sung in my life' or 'haven't sung for years' voices.

When: **Friday afternoons 2.15 - 3.45pm, throughout March 2015**
6th March- no obligation try out session (needs to be booked)
Then on the following dates: **13th March; 20th March; 27th March**

Where: **Penzance Leisure Centre** (St Clare, TR18 3QW) which has good access and free parking

Cost: Suggested contribution **£3 per session** (or what you can manage)

To book: Numbers limited - to book a place on the 6th March try out session contact **Chris Moore** on:
chriskernow12@gmail.com or **01736 740833**

The *Singing for Breathing* (South West) pilot will be facilitated by Pip Wright who works with local community choirs, with 'Singing for the Brain' and runs regular 'Find your own Voice' courses. Pip is a member of the 'Natural Voice Practitioners' Network' and has attended training sessions and conferences on Singing for Breathing.

The Team behind the *Singing for Breathing* (South West) pilot is: **Pip Wright** (local singing leader),
Chris Moore (retired nurse teacher, living with COPD) and **Chris Casley** (local specialist respiratory nurse).

* ***Singing for Breathing (South West)*** is following in the footsteps of the ground-breaking 'Singing for Breathing' programme pioneered by the Royal Brompton and Harefield Hospitals and draws on research carried out by 'Sidney de Haan' Institute which is part of the University of Kent (Canterbury). We are also in touch with the British Lung Foundation and hope to participate in their 'Singing for Lung Health' training programme.