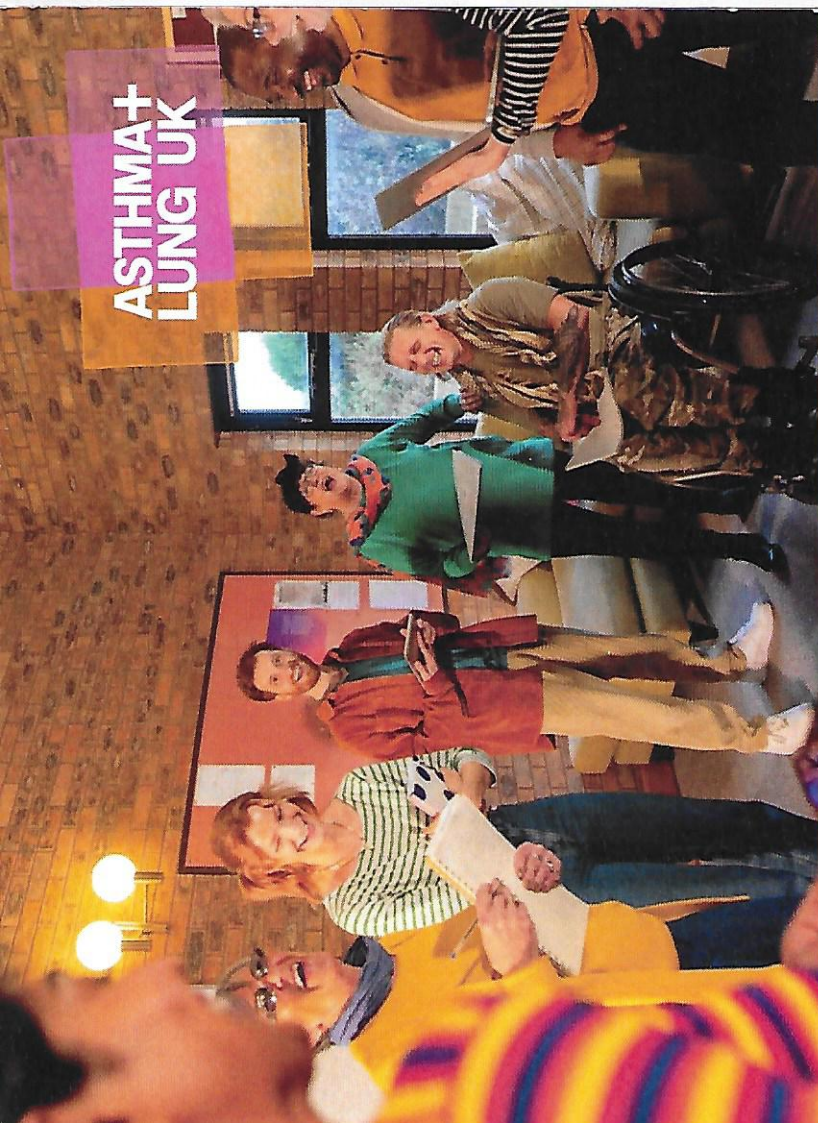




FOR SINGING LUNG HEALTH

Singing can help you feel healthier and more positive—and has been shown to improve quality of life if you're living with a lung condition.

An evaluation of our Singing for Lung Health programme concluded that participants were seeing an 'improvement in respiratory health-related quality of life and a reduction in healthcare utilisation. Singing for Lung Health has potential economic and health benefits.¹ More generally, our Support Groups are also helping to reduce the burden on health services.

Research has also found that after six months of attending our Support Groups, there was a 42% reduction in unplanned GP visits and a 57% reduction in unplanned hospital admissions². The research estimated that for every £1 invested in these groups, there is a £4.36 return to the NHS, through better health of participants.

We believe that we're only at the beginning of discovering the many benefits that singing has on lung health.



Stoke Singing for Lung Health group - Village Voices

Meets Mondays at 10.30am - 12.15pm at The Community Room, West End Village, London Road, Stoke.

For more information contact Kate Barfield on 07594 572772 or email boatband@yahoo.co.uk

Sessions cost £4 non-residents and £3 for residents

References

1 A Lewis, P Cave, NS Hopkinson, Singing For Lung Health: service evaluation of the British Lung Foundation Programme, 2018, p1
2 www.asthmaandlung.org.uk/sites/default/files/integratedBreatheEasy-061216a.pdf

Asthma + Lung UK
18 Mansell Street, London E1 8AA
Email: supportgroups@asthmaandlung.org.uk
A+LUK Helpline (open Monday-Friday, 9am-5pm): 0300 222 5800

Asthma and Lung UK is a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.

“ There's increasing evidence that singing regularly as part of a group is good for your general health and wellbeing.”