

Lung Friendly Salisbury

Music for Wellbeing CIC & Healthy Lungs for Life



Lung Friendly Salisbury 5 - 13 May

A week of lung friendly events, aimed at people with lung conditions and breathlessness in Salisbury, but open to all

We are acutely aware, that due to the ongoing restrictions that Covid is still bringing, people with lung health conditions and breathlessness in South Wiltshire are feeling the impact. People are feeling socially isolated and are losing physical conditioning, which in turn is having an effect on their lung health condition.

Music for Wellbeing already runs online singing for lung health courses and a regular singing group, and has partnered with health professionals in the past. After seeing the Healthy Lungs for Life opportunity, the idea of 'Lung Friendly Salisbury' was born. We envisaged a week of events to support people with lung conditions to start getting back to activity, hear from health professionals and meet people in similar situations.

All, of course, over Zoom!

10

EVENTS

spanning the week, from talks to tai chi, fitness to singing

77

PARTICIPANTS

signed up for the live events; 29 were completely new to Music for Wellbeing

8

LEGACY VIDEOS

from the events will be used as part of our continued outreach and education work



Creativity & Activity

Dance, singing, fitness and Tai Chi for lung health



Information & connectivity

Talks and support from a range of health professionals



Legacy

A YouTube playlist of films from the week created as a legacy resource:

https://youtube.com/playlist?list=PLcrrvGUJu81BWxwY0tjRgVuVPfxwjor_R

The events and their impact

Lung Friendly Salisbury supported #BeSmokeFree and #TakeTheActiveOption

For the £900 grant, we wanted to encourage people to try new activities that supported them to be active, even with a lung condition, as well as linking with other local organisations and professionals who work with people with lung health conditions.

The dance, tai chi and singing sessions were particularly well supported and enjoyed, and our overall feedback suggests that people would also like regular fitness classes that are suitable for them. We also ran information events about Asthma (especially as the week was launched on World Asthma Day), COPD, Respiratory Physiotherapy and linked up with Wiltshire Health Trainers and their Smoking Cessation team. Verbal feedback at the end of the events indicated that people didn't think they would learn anything new, but in fact they had!

The aggregate feedback from the events found that 84% of attendees thought the events were excellent and 16% very good, with nothing less than very good! The overall feedback showed us that there is a need for 'lung-friendly' events,

Lung Friendly Salisbury: Schedule

May 5th – 13th 2021 (all events online via Zoom)

All tickets are free, but must be booked in advance from <https://www.tickettailor.com/events/musicforwellbeingcic>

5 th May	Launch Day: 7pm	Find out why Music for Wellbeing are passionate about lung health.
6 th May	Let's Get Active: 11:30am With Alex Taylor, Girls Love Fit	Lung Friendly fitness for people already moderately active
6 th May	Live and Breathe, Asthma: 4pm With Rose Maylin, Parish Nurse	How to live well with Asthma and look after the whole self
7 th May	Respiratory Physiotherapy and lung health: 10:30am With Caroline Wade-Smith, Harnham Physiotherapy	Respiratory physiotherapy for breathlessness management, pacing and airways clearance
8 th May	Tai Chi: 11am With Samantha Meredith	Experience the benefits of Tai Chi for lung health, including meditation and relaxation
10 th May	Let's Get Active: 11:30am With Alex Taylor, Girls Love Fit	Seated mobility fitness for people who need to be gentler with their exercise
11 th May	Stop smoking and improve your lung health: 11am With Wiltshire Health Improvement Coaches	Learn how Wiltshire Health Improvement Coaches can support you to make changes and improve your health
11 th May	Singing for Lung Health: 2:15pm With Frankie Simpkins and Music for Wellbeing CIC	Improve your lung health through singing – no previous experience necessary!
13 th May	Dance for lung health: 10:30am With Emily Jenkins, Founder of Move Dance Feel	Move and dance creatively, whilst connecting with and improving your breath. Suitable for all ability levels
13 th May	Live and Breathe, COPD: 4pm With Rose Maylin, Parish Nurse	How to live well with COPD and look after the whole self

fitness and other support for people with lung conditions in south Wiltshire. There have been requests to run a support group as well as set up regular fitness and creative dance classes, and many participants have also gone on to join the regular Tai Chi class online. We are currently exploring partnerships with the session facilitators to set up regular classes from September.

“I really enjoyed the range of activities during Lung Health week and from my point of view, the movement classes complemented the singing sessions.” (participant)

Additionally, we have recruited people to take part in our next singing for lung health introductory course off the back of Lung Friendly Salisbury.

PRESS AND AWARENESS

As well as our own social media posting, online articles were shared by the following websites:

[My Salisbury](#), [Wiltshire Council](#), [Wiltshire Parent Care Council](#), as well as offline/print publications, the Salisbury Journal and the New Valley News.

We also featured on BBC Radio Wiltshire when they interviewed a participant for Lung Friendly Salisbury.

