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

https://youtube.com/playlist?list=PLcrrvGUJu81BWXwY0tjRgVuVPfxwjo8R
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, 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.