

Singing for Lung Health Instance

New singing programme designed for people with long-term respiratory and lung conditions across Newcastle.

Join us for weekly singing sessions, led by a trained facilitator. We'll practise simple and fun vocal exercises and sing together.

This group is for you if you want to:

- improve respiratory strength
- learn ways to manage symptoms of breathlessness
- feel part of a community and meet new people
- have fun in a supportive and friendly environment

All voices and singing abilities are welcome, no previous experience needed.

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