

Singing for Wellness

A FREE 12-session singing group for people diagnosed with Chronic Obstructive Pulmonary Disease (COPD).

Regular singing in a friendly group can help manage the symptoms of COPD, improve breath control, build confidence, have fun and meet new people.

No experience is necessary to join the group – just come along to breathe, laugh and sing together.

Brixham Theatre
Mondays 10:00 - 11:30am
30th Oct 2017 – 29th Jan 2018

For more information and to book a place, contact the Programme Manager on

0845 557 1286

"I really look forward to the sessions"

"I've asked for the breathing exercises to do at home - it's given me a boost"

"I enjoyed the challenge of singing the part with the long note - never thought I could do it but it felt really good to achieve it"



Choir led by Hugh Nankivell and Emma Welton



Supported using public funding by
ARTS COUNCIL ENGLAND



Torbay and South Devon **NHS**
NHS Foundation Trust

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Singing for Wellness is part of an Arts Health and Wellbeing programme supported by Arts Council England Lottery Fund, The Health Foundation, Torbay Medical Research Fund and Great Place Scheme and delivered in partnership with Torbay Culture Board, Torbay Arts and Culture Network (Torbay CAN), South Devon and Torbay Clinical Commissioning Group (CCG), Torbay and South Devon NHS Foundation Trust, Public Health Torbay and Torbay Community Development Trust.