



‘Lung Friendly Salisbury’ week launches

Music for Wellbeing CIC have been awarded a grant from Health Lungs for Life, run by the European Lung Foundation and European Respiratory Society, to deliver a series of online events following World Asthma Day on 5th May.

The week-long programme involves activities, workshops and talks to support people living with lung health conditions and breathlessness to become more active and improve their lung health, and perhaps kickstart a new hobby along the way!

Co-Director of Music for Wellbeing and local resident Liv McLennan is delighted to receive the grant and says:

“This grant from Healthy Lungs for Life will enable us to bring together expert professionals in different fields who are very experienced in working with people with lung conditions. The week will showcase the different approaches to managing lung health and breathlessness, from respiratory physiotherapy to Tai Chi, Parish Nursing to singing. There are also lung friendly exercise classes as well as talks from Wiltshire Health Improvement Coaches and a creative dance class. We are so excited to be able to offer people of Salisbury and Wiltshire with lung conditions information and strategies to help manage their breathlessness.”

All the events are live online via Zoom and are free to attend. The whole programme of events can be viewed and booked [here](#). They are also suitable for people without lung health conditions who just want to try something a little different to support their lung health.

Music for Wellbeing have been running Sing and Breathe Wiltshire, 6-week introductory courses and the Salisbury Breathless Singers, a weekly ‘maintenance’ singing group for people with lung conditions for the last four years, which help people to manage their breath through singing.

More information about Music for Wellbeing and singing for lung health in south Wiltshire can be found on their website [here](#), and if you would like to talk with Liv about Lung Friendly Salisbury, she can be contacted on sing.breathe.wiltshire@gmail.com or 07446 902118.

ENDS



Notes to editors:

For more information, interviews, or to arrange to see the singing classes in action, please contact **Liv McLennan**, 01722 741025 or 07446 902118, livmclennan@yahoo.com

About Music for Wellbeing CIC

Established in 2016 and based across Wiltshire and London, Music for Wellbeing CIC provides participatory music workshops to improve health and wellbeing, particularly focusing on people with longer term health conditions (such as dementia and respiratory conditions), adults with learning disability and also pioneers intergenerational music projects. Music for Wellbeing also provides training and mentoring to people who wish to use participatory music in their work. For more information, see

<https://musicforwellbeingblog.wordpress.com>

About Liv McLennan

Liv is a community musician, workshop facilitator and trainer specialising in music and movement with people with dementia, respiratory conditions, intergenerational projects, and families with children aged birth – 5 years. As well as being one of the directors of Music for Wellbeing, she is also currently studying for a PhD at Guildhall School of Music and Drama, researching intergenerational music in care homes.

About Healthy Lungs for Life

Healthy Lungs for Life is a global public awareness campaign. It raises awareness of the importance of lung health through a range of events, projects and promotional activities. The Healthy Lungs for Life campaign is run by the European Lung Foundation (ELF) and the European Respiratory Society (ERS). The campaign is aimed at everyone whether you have a lung condition or not. More information can be found here

<https://europeanlung.org/en/projects-and-campaigns/healthy-lungs-for-life/>