

Sing 4 Breath

A local community singing group
set up to support people with
respiratory disease

Friendly, informal and fun



No previous singing experience needed. No music reading or auditions. The sessions are run by professional choir leader Hilary Davies who will have you joining in in no time!

Thursday mornings

10.00 - 11.30 (in term time)

Old Elizabethans Cricket Club
The Memorial Ground
Perdiswell Park
Droitwich Road
Worcester WR3 7SN

£5.00 per session

Contact Sheila 01905 621991

Research has shown that singing is highly beneficial for people with chronic breathing conditions. Worcestershire Community COPD Team set the group up and recommend it as a self-management option. It has already helped many patients.

Some of the many benefits of singing together:

- Breath control
- Better posture
- A feeling of well being
- Increase in confidence
- Meeting other people with respiratory issues
- Helps with anxiety and depression



Come along and give it a go - you are welcome to join at any time