

Relaxation, Breathing & Singing for Better Health

Join our **FREE** singing sessions for people with Long Covid

Tuesdays from 11:30 to 13:00 at Sharrow Community Forum

8 FREE sessions - Dates: 2nd, 9th, 16th and 23rd May & 6th, 13th, 20th and 27 June

(We recommend you come to as many sessions as you can)

Helen Lyle is a professional community choir leader and 'Singing for Lung Health' facilitator who will lead the sessions. The sessions can help you to:

- **Breathe more comfortably**
- **Reduce stress**
- **Meet other people with Long Covid**
- **Have Fun with Singing**

You do not need any experience or be a 'good singer'!

Each session will include:

- A welcome drink and time to chat
- A gentle warm up to increase awareness of the body, breath and voice
- Learning about how the way we breathe can affect our health
- Opportunities to practice different ways of breathing
- Simple musical exercises and games
- 20 minutes of singing with easy-to-learn songs

Sharrow Community Forum (Room 1, Ground Floor) is based in the Old Junior School on South View Road, Sheffield S7 1DB

- Free car parking on site (on the old playground) or on nearby roads (2 spaces for blue badge holders)
- Welcoming reception
- Easy access to toilets and wheelchair accessible toilet.
- If you are hungry afterwards, FoodWorks café is based on site serving home-cooked food (pay what you like from £1 - cash only)
- We are seated during the session and there's a rest break halfway through.

How do I book my place?

To book and/or answer any of your questions, please contact **Mir Jansen, Arts Coordinator for Sheffield Teaching Hospitals** by

TEXT – 07776567029

EMAIL – mir.jansen@nhs.net

(Please note that her working days are Tuesday, Wednesday and Thursday, 9am to 5pm)

These sessions are funded by Sheffield Hospitals Charity and Arts Council England

Some comments from participants in the current cohort:



"I value the support of the group, the vocal exercises and harmonies we create are amazing".


"A nice place to come to. I feel that I am among people with similar issues who understand what I'm going through".

"Lovely supportive group and facilitators".

"I enjoy the group and meeting people as well as the breathing and relaxation exercises".

WHERE TO FIND US





The Old Junior School
South View Road
Sheffield, S7 1DB