

Sing Your Lungs Out; Te rōpū kai manawa:

A singing group for patients with chronic lung disease.

This community-based choir, run by volunteers, was started in October 2014.

Patients were enrolled as graduates of the Wellington Hospital Pulmonary Rehabilitation programme.

Quantitative and qualitative studies are on-going, measuring physiological, symptom and psychosocial outcomes.



TOP Tips : How to set up and run a community singing group for patients with COPD and other chronic lung diseases

1. The singing director needs to be first and foremost a people person; a facilitator. Their most essential qualities are: enthusiasm, patience, good communication skills and a vibrant personality.
2. Breathless people can't keep to strict time; directing and accompanying can be very challenging for musicians.
3. Keep the group for breathless people; mixing able-lunged and breathless people in a choir does not work
4. Have a trained respiratory nurse present, and a first aid kit to keep it all safe for these patients.
5. Start small; grow from grass root beginnings
6. Communicate regularly to keep the choir in touch with you and with each other.
7. Try to organise occasional non singing events to augment the social development of the group e.g. film night, Christmas lunch
8. Allow time either before hand or after, for the choir to chat to each other and maybe enjoy a drink and biscuit
9. Try to plan for a public performance. This will be motivating and give the choir something to aim for. The inevitable warm reception will be confidence boosting. It can be as simple as a performance for family friends.
10. Try and keep a track of important events e.g. birthdays etc. to allow the group to celebrate with each other.

Please feel free to contact us with any questions, we'd love to help.

Dr Amanda McNaughton, Dr Sarah Aldington, Gayle Williams RN

<https://www.facebook.com/pages/Sing-Your-Lungs-Out/279477085595109>

The SYLO Choir's Christmas Concert was covered by TVNZ

<http://tvnz.co.nz/national-news/breathless-choir-sings-good-health-6208680>

Radio NZ Morning Report 6 October 2015

<http://www.radionz.co.nz/national/programmes/morningreport/audio/201773417/emphysema-sufferers-sing-their-way-to-better-health>