



ASTHMA+
LUNG UK

BREATH
IS LIFE

SfLH Survey Responses 2025

These answers have come from the SfLH network across the UK. The leaders were asked to share the survey with their attendees and we received 26% back.

SfLH groups across the UK

- There are currently 78 Singing for Lung Health groups across the UK, with 85 meetings available.
- The groups reach approximately 1000 people per week.
- This is a mixture of in-person and on-line attendance.



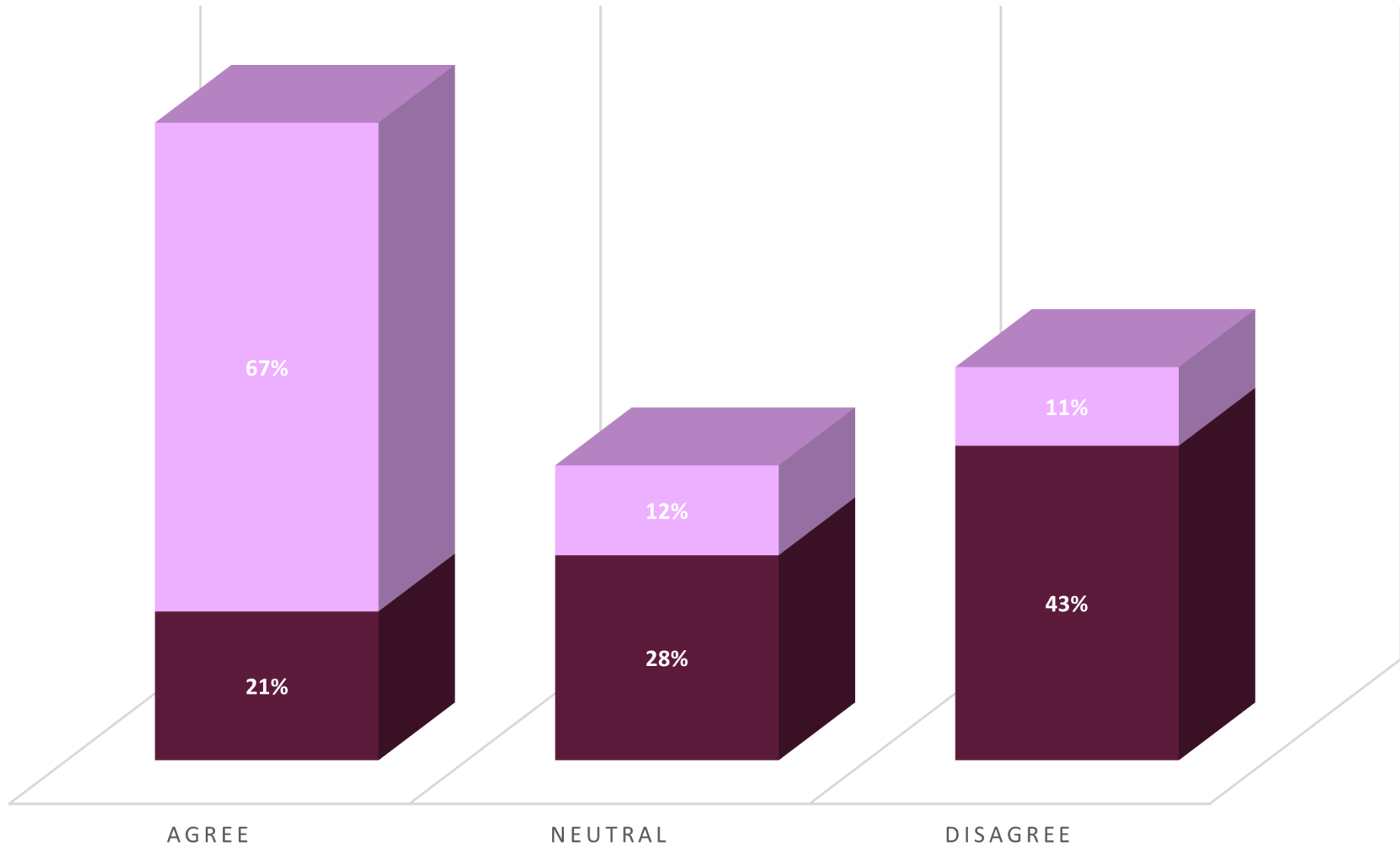
We asked people to think about how they were before starting the group, and since attending the group.

We then asked them to agree or disagree with the following statements.

- **I know how to manage my breathing / breathlessness**
- **I know how to manage my breathing / breathlessness**
- **I allow myself time to relax**
- **I feel part of a community**

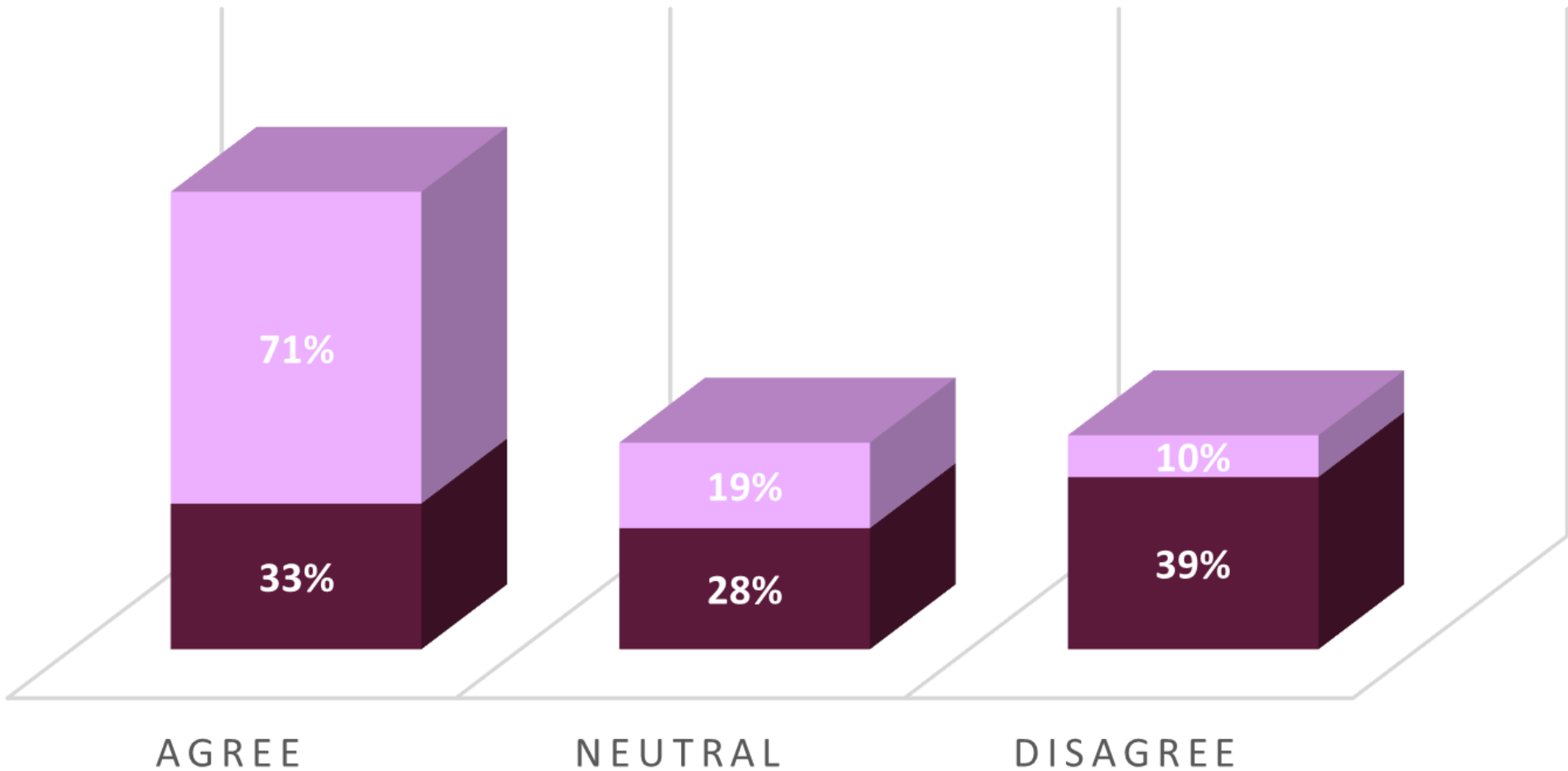
I KNOW HOW TO MANAGE MY BREATHLESSNESS

■ Before ■ After



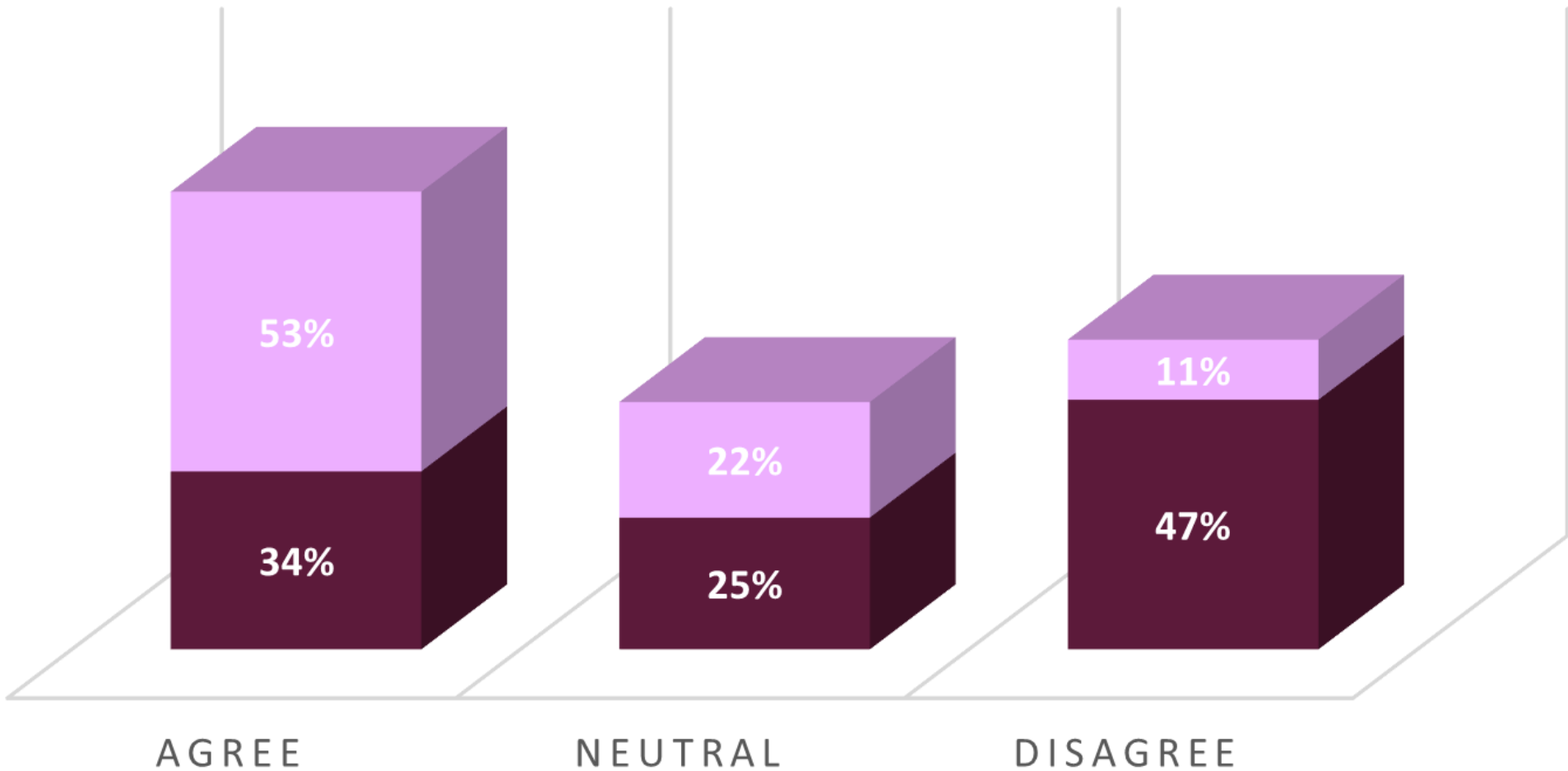
I KNOW HOW TO RELAX

■ Before ■ After



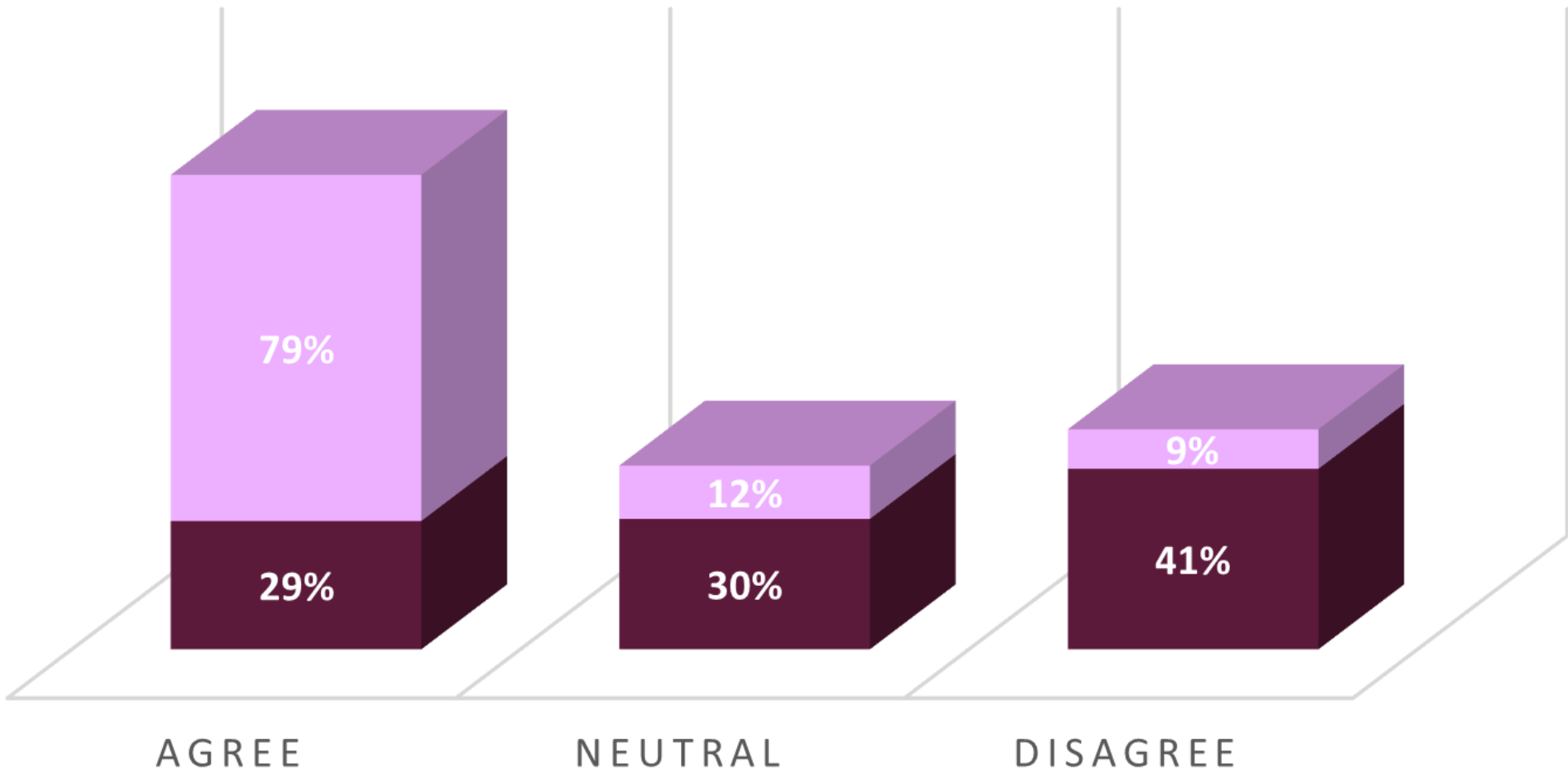
I ALLOW MYSELF TIME TO RELAX

■ Before ■ After

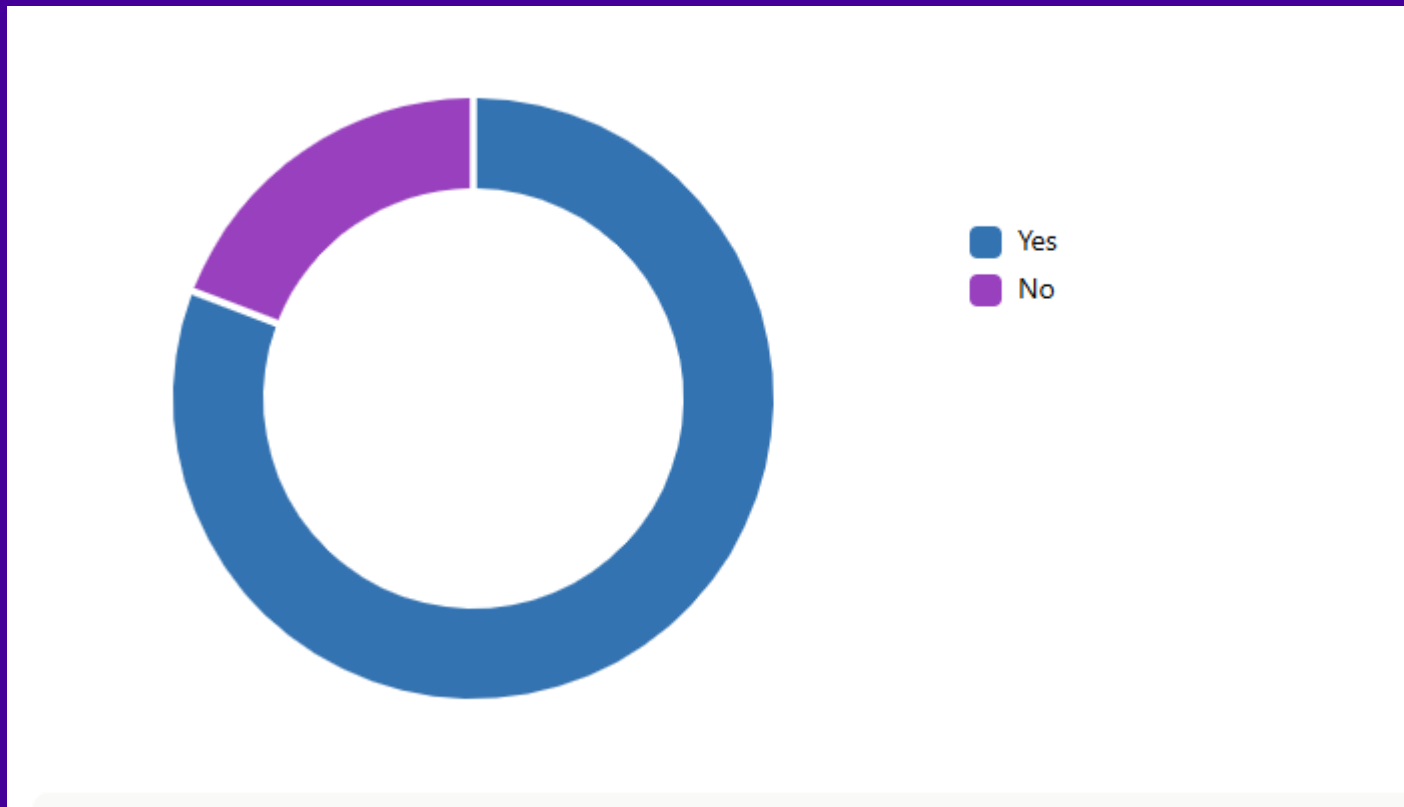


I FEEL PART OF A COMMUNITY

■ Before ■ After

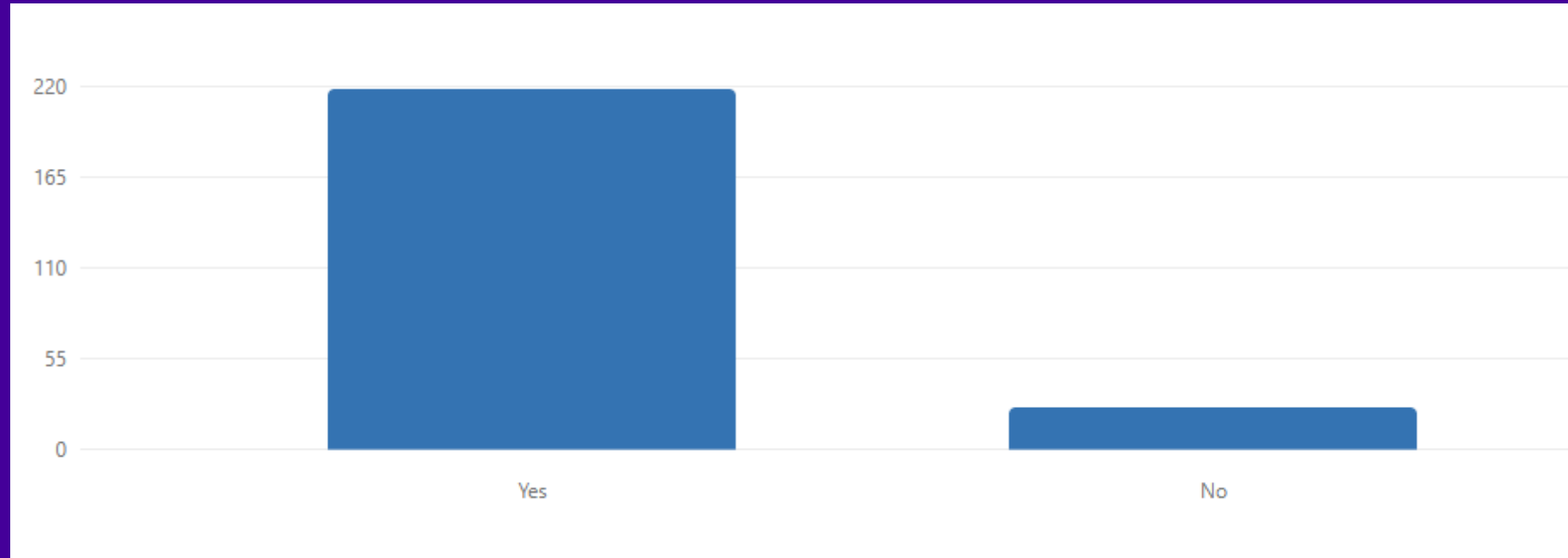


Changes in Daily Life due to Breath Control



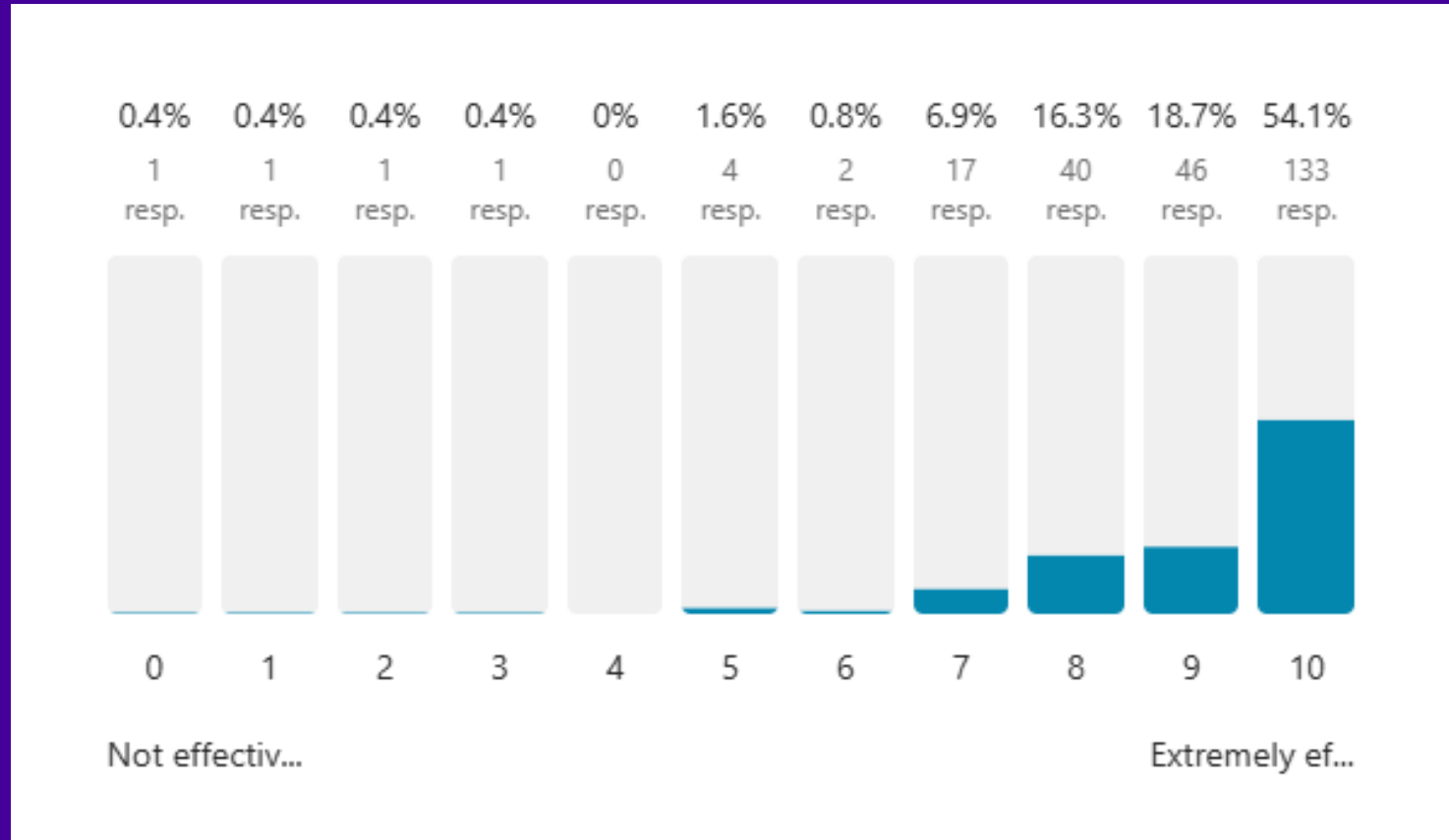
- 81% noticed daily life changes from improved breath control.
- 19% did not notice any changes.
- Breath control improvements widely recognised.

Mindset Changes from Singing Participation



- 219 participants experienced mindset changes.
- Only 26 did not notice mindset changes.
- Mindset changes are a common outcome.

How effective do you think singing is for supporting lung health and wellbeing?



- Majority rate singing effectiveness as 9 or 10
- Majority attending over 12 months find singing highly effective.

Three words to describe your experience of singing for lung health



Quotes

- “Companionship and banter with other members together with regular exercising for breathing. All improves my well being especially mental health.”
- “I breathe with my abdomen not my chest. When I had whooping cough last winter abdominal breathing stopped my airways collapsing”
- “I am able to walk further before getting out of breath, then I manage my breathing better.”
- “I have a better outlook on life. I don’t panic as I am able to control my breathing much better”
- “I have been able to control my allergic asthma with just anti-allergy OTC medication and have given up my strong steroid inhalers. This has meant that I have been able to play bowls for 2 hours without getting tired or breathless. I am also able to go shopping once a week rather than having everything delivered. I can also walk my dogs for an hour on the beach every day. I couldn’t do any of this before.”
- “I am under Papworth Hospital and the physio there said they cannot give me any better help than what I'm getting at the group”

The logo for Asthma+ Lung UK features a stylized cross shape composed of four overlapping rectangular blocks. The top and bottom blocks are a vibrant magenta, while the left and right blocks are a deep, textured blue. The text 'ASTHMA+' is positioned on the top block, and 'LUNG UK' is on the right block, both in a clean, white, sans-serif font.

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THANK YOU

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