

Primary Care One; Social Prescribing Project Submission Template

Definition; Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical support. There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support (Kings Fund; Feb 2017)

Project Title; Singing for Lung Health

Locality; Health Board; Cluster; Wales-wide

Project Theme e.g. Community singing group for people with lung conditions

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Rationale (background and purpose/aim of the project) The British Lung Foundation (BLF) runs the Singing for Lung Health project in Wales with funding from the National Lottery. The project will set up 20 Singing for Lung Health groups across Wales from 2018 to 2020, training and supporting singing leaders and encouraging a sustainable future for new and existing groups. BLF developed the concept of Singing for Lung Health in 2014 and supports over 100 groups across the UK. Its evaluation shows that participants of Singing for Lung Health experience a significant increase in feelings of wellbeing and confidence, and a reduction in the severity of symptoms such as breathlessness

Project Details (Description of the project; who is involved; how it works; scope with regard to coverage and methodology) Singing for Lung Health is for anyone with a lung condition. Participants attend a weekly class of an hour's length in the community. Participants typically pay £2-£4 per session. A typical session consists of physical and vocal warm-ups, breathing exercises and the learning and performing of simple, enjoyable songs. These activities are designed to alleviate symptoms such as breathlessness and tightness in the chest and have also been shown to boost confidence and general wellbeing. Leaders are self-employed, and are skilled and experienced music facilitators who have attended a bespoke training course in Singing for Lung Health run by the British Lung Foundation. They receive a bursary and support from the BLF for the first year of the group's operation, and develop a plan for sustainability during that time.

Intended Outcomes (potential benefits of the project)

Person-centred; Improved symptoms of breathlessness, tightness of chest, knowledge of breathing techniques, improved levels of confidence and wellbeing. All leading to fewer GP appointment, hospital stays and longer life expectancy.

Organisational-centred;

Time-frame (Permanent; Fixed Term; Pilot) with start and end date / duration as appropriate
Permanent

Commissioning / Funding (Identify all sources of funding)
National Lottery grant until 2019.

Evaluation / Reporting (identify plans for interval reporting / final evaluation; attach evaluations report/s if available)

As part of the Singing for Lung Health Wales project, participants undergo baseline evaluation and then again at 3, 6 and 12 months, using the following measures:

CAT = COPD Assessment Test

Dyspnoea 12

EQ-5D-3L VAS = Euro Quality of Life 5 dimensions Questionnaire Visual Analogue Score

MRC = Medical Research Council Dyspnoea Score

PAM = Patient Activation Measure

GAD-7 = General Anxiety Disorder-7.

Evaluation report of the BLF's prior singing projects in England attached

Future Development Planned (identify potential for roll-out or expansion of the project / service with regard to geographical coverage of service objectives)

20 groups to be established across by 2020

Sustainability (potential for operational continuation / inclusion as a core service)

It is anticipated that new groups in Wales will sustain through a combination of participant subscriptions, fundraising and either support from Health Boards or from grants from local authorities/charities

Supporting Documentation (any additional relevant material that adds to the understanding of the project / service)

Acknowledgement (recognition of the provider/s of the information gathered and collated)
British Lung Foundation

Please return form to russell.dyer@wales.nhs.uk

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