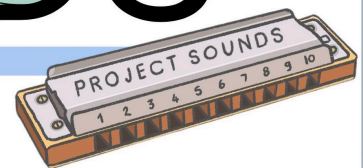


PROJECT

SOUNDS



www.projectsounds.co.uk

PROJECT SOUNDS

My name is Chris Startup and I am a Singing Lung Health Practitioner and Musician from Northamptonshire. I have been teaching and instructing people with lung conditions for the past 8 years.

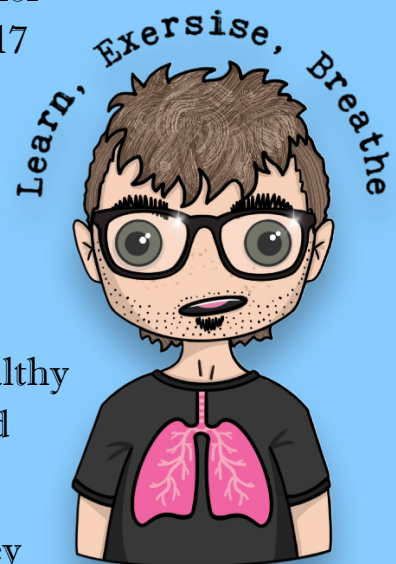


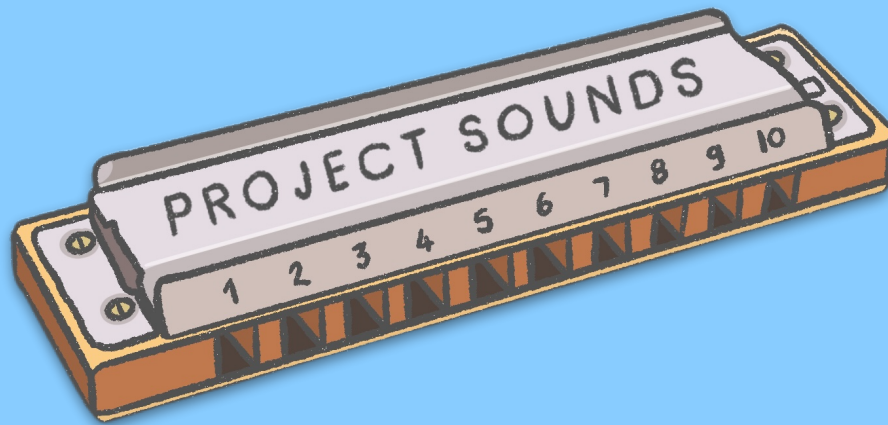
I completed my Singing Lung Health Practitioner training with The British Lung Foundation in 2017 and began running several weekly singing groups for people living with respiratory conditions such as COPD, Bronchiectasis, Asthma, Pulmonary Fibrosis and Emphysema.

Initially focusing on Singing, my sessions were designed to improve breathing and to maintain healthy cognitive skills through the medium of songs and music.

They also helped participants to find the voice they did not know they had in an entertaining and relaxed environment.

At the end of 2017, I started my first Harmonica for lung health group (Harmonica 4 Breathing). Being an experienced saxophone and harmonica player, I speculated that using a wind instrument in my sessions could bring additional benefits. Although it incorporates similar breathing principles to singing, in practice it is quite different, as players are faced with the resistance of the reeds. Consequently, different pressure and breath control is required to form sounds.





The Harmonica is a fairly unique wind instrument as it involves not only breathing out but also breathing in order to play a tune. It is also cheap enough for most and quite easy to play, making it an accessible and universal tool.

Playing the harmonica is physically challenging in a different way.

‘Chugging’ or ‘Circuit Breathing’ exercises, which consists in a combination of in-breaths and out-breaths, use a different breathing technique to Singing which is sometimes likened to a ‘gentle workout’ by the participants. For that reason, pacing and building up to longer and longer breaths is at the centre of my practice. We usually start with 5-second bursts and try to build up to 40 seconds in gentle increments.

Playing a musical instrument also taps into the participants’ cognitive skills such as coordination, pacing and sequencing. It also creates bonds and opens up discussions between participants as they discover and share different music styles and genres ranging from Blues to Folk Music.

I was approached by Asthma and Lung UK in 2021 to run their first Harmonica For Lung Health session and I continue to run 6-week courses with them throughout the year; I have seen over 785 people in the last year. On average 2 to 3 people decide to continue to play Harmonica with me at the end of their 6-week course and join my Harmonica for Lung Health workshops at Project Sounds.



HARMONICA FOR LUNG HEALTH
FREE ONLINE WORKSHOPS
WITH
ASTHMA + LUNG UK
THURSDAYS 10.30am - 11.30am
(6-WEEK COURSES RUN THROUGHOUT THE YEAR)

Typically, a 6-week course includes:

- An introduction to a range of techniques that are required to harness the basics of harmonica playing.
- Initially simple short breathing exercises (building up from blowing softly into the Harp for 2 seconds up to a breath of 4 beats).
- Techniques to prevent over exertion (E.g.: not blowing into the harmonica too hard)
- Learn to 'draw' or 'breath in'.
- Play a variety of short tunes.
- Learn a folk song.
- Learn the Blues.

By the end of the 6-week, course most participants are able to play a folk tune and to play along to the 12-bar Blues with a guitar accompaniment; this adds to the feeling of achievement as everyone is now playing music.

The difference in each participant from week 1 to week 6 is quite remarkable and all communicate a clear enjoyment throughout the course, with a palpable feeling of fun and excitement at the end of each session.

These sessions are totally free.

Just sign up with Asthma + Lung UK

REGISTER HERE
FOR YOUR
FREE 6 WEEK COURSE



SCAN ME

Participants Feedback

Here is a collection of testimonies lifted from some of the feedback form collected by Asthma + Lung UK at the end of a 6-week course in 2022:

100% of respondents told us that they had 'learned something new' from the sessions.

When asked if their confidence had increased, 55% said 'very increased' and a further 35% said

100% of respondents said that they felt better in themselves after attending the sessions, with 72% saying they felt 'a lot better' and only 28% 'a little better'.

62% of respondents reported 'improved symptoms', with over 50% describing their symptoms as 'better', and a further 10% 'a lot better'.

When asked how likely they were to recommend this group to a friend, 86% said 'extremely likely'.

85% of respondents felt better about their condition as a result of attending these sessions, with 29% of those saying that they felt 'a lot better' about their condition.

95% of respondents told us that these sessions were 'very important to them', with the remaining 5% claiming that these sessions were 'a little important'.

HARMONICA FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK

Harmonica for Lung Health – The evidence is growing!!!

Academic Research

In 2020 and 2021 my online Harmonica group took part in an exciting research project led by Dr Adam Lewis, Lecturer in Physiotherapy at Brunel University, London. It explored the benefits of playing the Harmonica with Chronic Obstructive Pulmonary Disease and produced some very encouraging results. Most participants stated that, although playing the harmonica with COPD was hard at first, they were able to gradually adapt and key into their breathing. As the breathing became easier, they were able to focus on the songs and escape their respiratory condition while they were playing. Participants also noted a marked improvement in their ability to clear their airways. Additionally, they valued the social aspect of the group, as it allowed them to stay connected with others in some of the most challenging times of the Covid pandemic; many added that the group became a central activity in their weekly lives. (Lewis et al., 2021)

Reference: Lewis, A., Conway, J., Middleton, J., Startup, C. and Wyatt, J., 2021. Playing the Harmonica with Chronic Obstructive Pulmonary Disease. A qualitative study.

The Word Cloud below presents a summary of some of the key answers gathered from the sessions' Q&A and from the free-text question in the Asthma + Lung UK survey:



PROJECT SOUNDS

OFFER THE FOLLOWING SERVICES

SINGING FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK

LIVE HARMONICA SESSIONS

Parklands Community
Centre
Northampton

Wednesday
2.10pm - 2.40pm
£4 per session

ONLINE HARMONICA ZOOM SESSIONS

FRIDAY 1pm - 2pm
£20 a month
With access to online

LIVE SINGING SESSIONS

Parklands Community
Centre
Northampton
Wednesday
1pm - 2pm
£6 per session

ONLINE SINGING ZOOM SESSIONS

Thursday 1pm - 2pm
£20 a month
With access to online

HARMONICA FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK

Joint Singing and Harmonica online
subscription - £35 a month

SINGING FOR WELLBEING



The Project Sing
Community Choir

Thursdays
7pm - 8.30pm

Ecton Village Hall,
Northampton
UK.

£7 a session
With access to online
resources

ALL WELCOME

ALSO AVAILABLE:

SINGING-FOR-PLEASURE WORKSHOPS

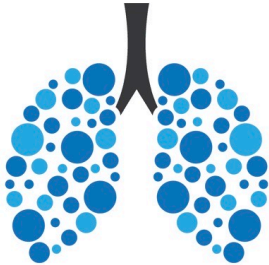
TAILOR MADE WELLBEING WORKSHOPS
(SINGING, HARMONICA, PERCUSSION, ROCK SCHOOL)

CORPORATE WELLBEING WORKSHOPS
(SINGING, HARMONICA)

PRIVATE PARTIES

ONE-TO-ONE PRIVATE TUITION
(GUITAR, SINGING, HARMONICA, PIANO, MANDOLIN,
UKULELE
BANJO, BOUZOUKI, PERCUSSION and BASS GUITAR)

CURRENTLY RUNNING WORKSHOPS AT



BREATHING SPACE
NORTHAMPTONSHIRE

Singing and Harmonica Workshops
For Northampton Carers

Free service for the members of
Breathing Space
Friday 10.30 - 11.30
Moulton and Wellingborough

The Aphasia
CAFE

WWW.PROJECTSOUNDS.CO.UK

Singing and Harmonica Workshops
For Stroke rehabilitation
(Speech and Language Therapist led)

Woburn Sands, MK

TO JOIN US AT PROJECT SOUNDS
SCAN BELOW



Learn to play the Harmonica

Meet others

Boost your wellbeing

Exercise and control your breathing

HARMONICA FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK

FRIDAYS AT 1pm GMT



ONLINE
SESSIONS

Learn. Exercise. Breathe



£20 a month (opt out any time)

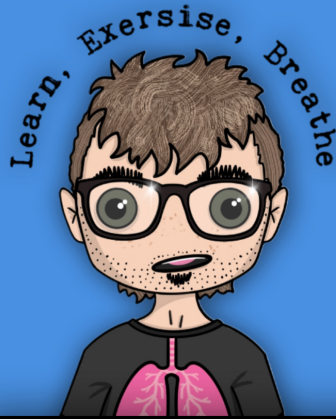
4 x one hour sessions a month

Plus access to our harping members page

Come and join us for the harmonica revolution

www.projectsounds.co.uk

Do you live with COPD, Bronchitis, PF, Emphysema?



Do you have Asthma?


Would you like to improve
your breathing?

SINGING FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK



1pm - 2pm
£6 per Singing
session



2.10pm - 2.40pm
£4 per Harmonica
session

HARMONICA FOR LUNG HEALTH

WWW.PROJECTSOUNDS.CO.UK

EVERY WEDNESDAY

PARKLANDS COMMUNITY CENTRE

NORTHAMPTON

NN3 6DX

All Sessions led by Chris Startup
Singing For Lung Health Practitioner



www.projectsounds.co.uk

in association with Asthma and Lung UK



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