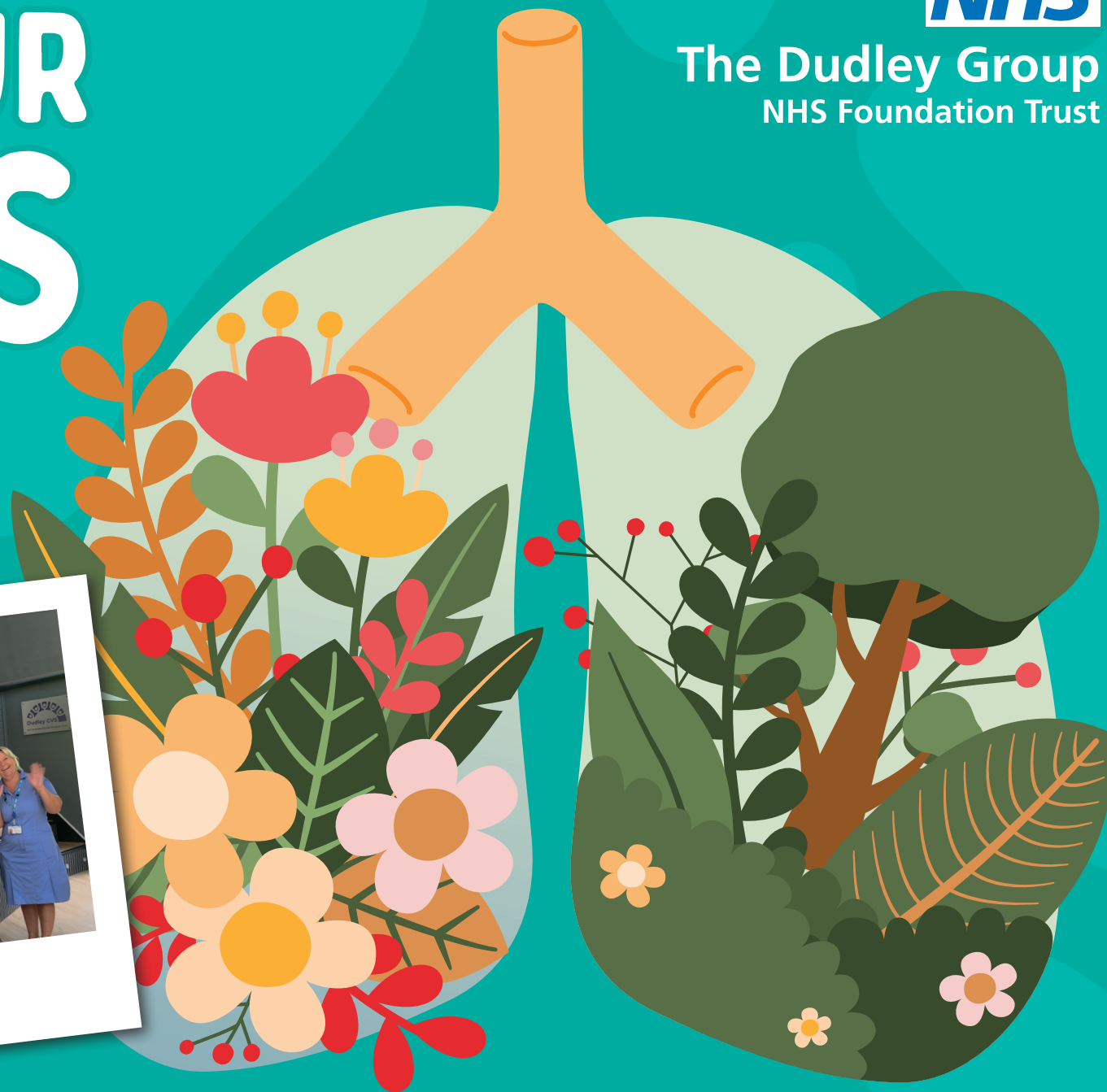


LOVE YOUR LUNGS

NHS

The Dudley Group
NHS Foundation Trust



LOVE YOUR LUNGS EVENT OVERVIEW

The Love Your Lungs community event was held on 2 July 2026 at the DY1 Building in Dudley as part of Love Your Lungs Week. The event aimed to raise awareness of respiratory health, promote healthy lifestyle choices, and connect local residents with support services across Dudley. It brought together healthcare professionals, wider partners and people living with respiratory conditions for a morning of wellbeing activities, practical advice and friendly conversation.

The event ran from 10:30am to 1:30pm and welcomed 15 attendees, with walk-ins encouraged. Participants were greeted with refreshments, a warm welcome and opportunities to explore a variety of wellbeing sessions and information stalls.



WELLBEING ACTIVITIES

Attendees took part in a programme of gentle, accessible activities designed to support breathing, relaxation and physical wellbeing:

- **Tai Chi** - helping participants explore breath control and mindful movement.
- **Singing for Lung Health** - offering uplifting vocal exercises to support respiratory strength.
- **Breathing Control Exercises** - providing practical strategies for everyday use.
- **Guided Relaxation** - helping attendees unwind and manage breathlessness.

Feedback showed that these sessions were highly valued, with many attendees noting improvements in breathing confidence, relaxation and overall wellbeing.



INFORMATION STALLS

A range of stallholders offered expert advice and practical support:

- **Respiratory Pharmacy:** inhaler technique, medicines information.
 - **Pulmonary Rehabilitation:** exercise guidance and local programme referrals.
 - **Smoking Cessation:** advice on quitting and maintaining lung health.
 - **Targeted Lung Health Check Programme:** information on screening and early detection.
 - **TB Service:** leaflets and awareness raising.
 - **DRAS Team:** guidance on oxygen, inhalers and chronic respiratory disease management.
- Staff reported strong networking opportunities, good coordination and meaningful conversations with attendees.



ATTENDEE FEEDBACK

Feedback from participants highlighted several key themes:

- Increased understanding of breathing techniques, inhaler use and respiratory conditions.
- Appreciation for Tai Chi, Singing for Lung Health and relaxation sessions.
- Requests for more breathing techniques, more singing and Tai Chi, and longer sessions.
- Strong praise for the friendly, supportive atmosphere and the dedication of staff.
- Many attendees expressed interest in returning for future events.

One attendee wrote:

“Relaxation tips to help calm breathing loved it. Longer session. Friendly approach.”

Another shared:

“That singing and gentle exercise can really help with breathing.”



ORGANISER REFLECTION

Lisa Oseland, Lead Nurse for DRAS reflected on the event's impact:

"To conclude Love Your Lungs Week, we hosted a community event in Dudley that focused on supporting both physical and mental wellbeing. Activities included Tai Chi, Singing for Health and guided relaxation sessions.

The event also featured information stalls from our Smoking Cessation Team, Respiratory Pharmacist, Pulmonary Rehabilitation service and Targeted Lung Health Check programme. These services provided expert advice, support and information on maintaining good lung health and accessing local services." She emphasised the importance of empowering people with the right information and encouraging healthier behaviours through community engagement.



ATTENDEE STORIES

Dawn's Story

Dawn, 66, from Kingswinford, attended after encouragement from her GP. Recently diagnosed with pulmonary fibrosis, she hoped to learn how Tai Chi could support her wellbeing.

"It was lovely to meet the team, have a go at a tai chi session and learn more about the support that's available... I'm leaving today feeling much more positive about what's ahead."

Her experience shows how early engagement with rehabilitation and supportive activities can build confidence and reduce anxiety.



Tina & Lynn's Story

Tina (65) and Lynn (75) met through pulmonary rehabilitation in 2024 and now regularly attend Singing for Lung Health together.

"We're all in the same boat here, and nobody judges anyone... We have a laugh, make new friends and leave every session feeling better than when we arrived."

Their story highlights the powerful social connections formed through community respiratory programmes.



EVENT IMPACT

The Love Your Lungs event successfully:

- Increased awareness of lung health and local respiratory services.
- Supported attendees with practical breathing, relaxation and wellbeing techniques.
- Strengthened community connections and peer support.
- Provided opportunities for healthcare teams to collaborate and engage with residents.
- Reinforced the value of accessible, friendly respiratory health promotion.

The overwhelmingly positive feedback demonstrates the event's meaningful contribution to improving respiratory wellbeing across Dudley.

