

Sing ON: Inspire



Opera North's singing programme for adults living with chronic lung conditions such as COPD, interstitial lung disease (ILD), bronchiectasis, asthma or long-COVID.

These workshops provide a relaxed, supportive and welcoming environment for participants to explore breathwork, meditative exercises, vocal massage, gentle movement and singing, led by Marie Claire Breen, an experienced vocal coach, and an Opera North pianist.



Workshops take place on Wednesday mornings, across a 6-week block as follows:

Venue

The Old Fire Station, Gipton Approach, Leeds, LS9 6NL

Dates

Wednesday 8 April 2026, 11:00-12:30

Wednesday 15 April 2026, 11:00-12:30

Wednesday 29 April 2026, 11:00-12:30

Wednesday 27 May 2026, 11:00-12:30

Wednesday 3 June 2026, 11:00-12:30

Wednesday 10 June 2026, 11:00-12:30

Sessions run for 1 hour and finish with refreshments. Sessions are free of charge for all participants.

Sing ON: Inspire is run in partnership with Leeds NHS Local Care Partnerships & Leeds Community Healthcare Respiratory Service.

For further information and to book a place, please contact Jo (Community Engagement Manager) or Claire (Community Engagement Producer) on lifelonglearning@operanorth.co.uk / 07960 856691

We look forward to welcoming you!

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