

ENO Breathe

In partnership with Imperial College Healthcare NHS Trust

A breathing and wellbeing programme for people recovering from the effects of COVID-19.

Have you recently recovered from coronavirus but are still finding it difficult to breathe fully?

You can now join this free six-week programme led by the English National Opera (ENO), in partnership with Imperial College Healthcare NHS Trust.

ENO Breathe provides useable tools to help manage your breathlessness in a friendly, calm, safe and supportive online environment.

'A fantastic tool that has given me my confidence back'

Sheeba, ENO Breathe participant

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As featured on BBC Radio 4 Today programme and BBC World Service

NHS
Imperial College Healthcare
NHS Trust

How does the ENO Breathe programme work?

ENO Breathe is a pioneering breathing and wellbeing programme developed by ENO and Imperial College Healthcare teams specifically for people recovering from COVID-19. Combining both medical and musical expertise, it offers unique practical exercises and online resources that you will be able to use to improve your breathlessness.

All six sessions are led by the ENO entirely online. Join a safe, friendly and supportive environment with a small group of individuals experiencing similar symptoms.

This programme focuses on breathing re-training through singing. **However, no prior experience or interest in singing is required to take part in ENO Breathe.**

Places are limited so please register as soon as possible to ensure your space on this programme.

ENO Breathe will offer you:

- an initial one-to-one session
- six weekly group online workshop sessions
- access to online digital resources

For more information, please visit: eno.org/enobreathe



Sign up:

To register on this free programme, visit: eno.org/enobreathe/signup and use the referral code: **lullaby**

You will also need a code which is unique to you, in order to sign up. If you are prepared to commit to this course for 6 weeks, please email covid@mft.nhs.uk to obtain your code. Please include your name and date of birth in the email. We will reply with your code within a few days.

If you have problems registering online, please phone us on 07561 465204 or by email: breathe@eno.org.

'I feel the improvement week on week' *Wayne, ENO Breathe participant*

'ENO Breathe has really aided me enormously with my breathlessness and also my anxiety around re-integrating myself back into society' *Richard, ENO Breathe participant*



Front and back photography by Karla Gowlett