

# NO STRINGS ATTACHED

## Instrumental in helping Asthma

A registered charity in Scotland No. SCO39775

**Welcome** to our launch event tonight at the RSAMD. The aim of tonight is for you to get to know us better, so sit back and relax as you watch and listen to our entertainment and presentations. There will be time for you to ask questions and speak to us later tonight.

### Who are we?

No Strings Attached (Scotland) is a newly formed West of Scotland based registered charity passionate about developing opportunities for children with asthma through music and the arts.

We are an independent charity working in association with the Royal Scottish Academy of Music and Drama and the health profession; committed to providing opportunities for young people with asthma, to both help better manage their asthma, and develop confidence to more fully participate in all that life can offer through music and the arts.

We intend working with all young people irrespective of background and previous experience of music. We firmly believe music and the arts should be non-elitist and every young person willing 'to have a go' should be fully supported to achieve their maximum potential.

### So how will we achieve this?

By working with partners, providing quality music tuition, providing trained support in asthma management **in cooperation with** existing medical care, Using art based activity to make learning both music and asthma management **fun!**

### We aim to:

*Bring young people 9 – 18 years of age with asthma together for support and education in asthma management.*

Improve symptom control and monitoring to encourage asthma self-management.

*Offer an opportunity to young people with asthma to develop breathing and asthma control through playing of wind instruments.*

Improve and raise the self esteem and boost confidence of young people with asthma, through music, and where appropriate, drama and dance

*Educate young people with asthma, parents and carers in asthma care.*

Further music education and the art of musical performance by helping young people with asthma through activities in music and the other performing arts

### How can I help?

Promoting the charity, referring young people to us, fundraising, partnering us, the list goes on!

**Contact us through our new website: [www.nostringsattachedscotland.org](http://www.nostringsattachedscotland.org)**