



**Live  
Music  
Now**

## **Lullaby Project**

What if every baby had its own lullaby?

[livemusicnow.org.uk](http://livemusicnow.org.uk)

**TRANSFORMING COMMUNITIES**

## Lullaby Project Aims



- Increase women's sense of agency and wellbeing
- Support the growing relationship between mother and baby
- Promote family bonding and social interaction
- Highlight role of professional musicians in healthcare



## Writing a letter to your baby

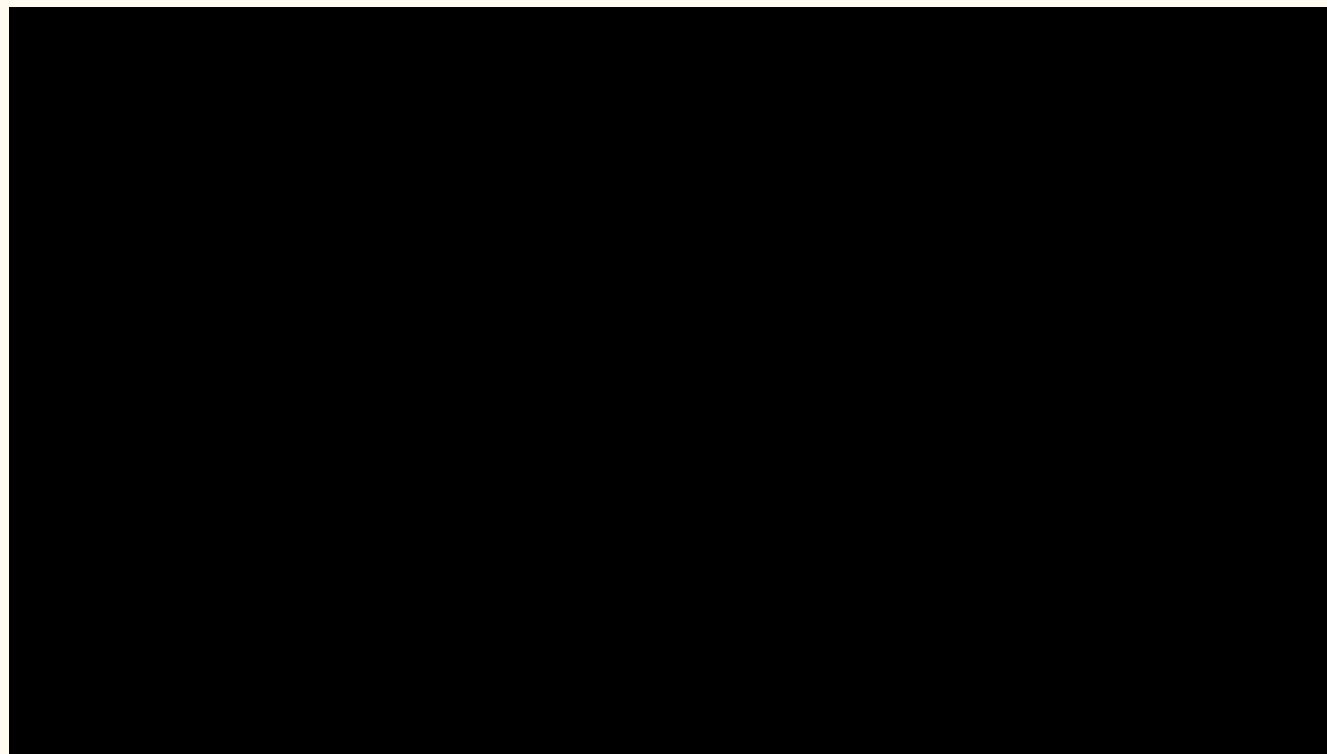
- Imagine your baby in the future, as a young adult.
- Your child finds a letter you wrote about your hopes and dreams for him or her.
- Imagine your child keeps this letter for inspiration and guidance throughout life. What would your letter say?

## Sophie's Lullaby





## Collette's Story



# Fatima's Lullaby



Evaluation framework and logic model developed collaboratively, including stakeholder engagement workshop, in early 2021.

Progressive approach to evaluation research by LMN, WHaM and project partners has enabled a formative consideration of 'what works' in parallel with delivery of the project.

- Assess the impact of Lullaby on participating women's **subjective wellbeing, self-efficacy and agency** (OB1);
- Consider the impact of the programme on participating musicians' **professional wellbeing, job satisfaction and career development** (OB2);
- Pay particular attention to the **heuristic experience and value of music making and creativity** in perinatal care (OB3);
- Consider the added value created for participating partner organisations and the local **health and social care environment** (OB4);
- Make recommendations on the future delivery and sustainability of Lullaby as a creative intervention in women's health care (OB5).

“With there being healing, it helped me to find a sense of peace. You know, I remember after the sessions I felt very calm and good and there was a **positive feeling** there... so it may have probably made me a better mum. You know to come to be able to have that experience and come away from that and be a little bit more at peace... And when I sing it now... when any of us sing it... it reminds me that I'm a good mum... that I've been through a journey and that I'm better for it, you know?”

LULLABY PARTICIPANT





Participants universally described feeling more positive about themselves and re-**engaged** with previous creative interests (e.g. singing in a choir) or discovering creative talents for the first time (e.g. poetry writing). As well as pursuing other creative interests, some participants have engaged in ongoing support for their mental health and wellbeing:

“...and I've started talking therapy which I don't think I would have done without (Lullaby), because... when you're talking about the lullaby you go into a bit of emotions and stuff and like things that have happened. And yeah, I decided that maybe it might be a bit more helpful than I first thought it would be.”

LULLABY PARTICIPANT



### Creative process helps to establish new - and improve existing - relationships.

Improved communication and connectivity with partners and other family members after taking part in Lullaby.

Equitable creative relationships with professional musicians inspiring confident communication and expression.

Community-building for Sudanese women and children through re-connection with cultural traditions and heritage.



Having Lullaby recordings as a keepsake has been particularly impactful, with participants describing how babies come to recognise and respond to the tune, and the respect and pride shown by family members when hearing for first time.

“...the story of before him, you know of me before him, we lost a baby in between [older child] and him... And all that experience, this whole journey of motherhood I’ve been on. It’s been something I’ve always wanted to reflect on and share and talk about and hear other mothers’ journeys... to put it into a song [seemed] like a very therapeutic process [and] seemed like a lovely gift to have for our whole family, for all of us really, not just for [baby].”

LULLABY PARTICIPANT



## Accomplishment

Participating women felt **immense pride** in having worked collaboratively to such a high standard with **professional musicians**. The professional **recording process and performance** phases gave momentum to feelings of pride and **accomplishment**, especially for those performing to an audience for the first time.

“...to be so involved and for it just to come completely from me and just to have somebody there creatively to help me mould it has given me exactly what I had hoped for. You know, just this something that's so personal, so special, so unique to our family that I can have forever is exactly what I could have hoped for... more than I could have hoped for.”

LULLABY PARTICIPANT





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**Baby Week is Back**

**Hear Me Roar**

**13-19 November 2023**

[www.improvingme.org.uk/community/baby-week-2023/](http://www.improvingme.org.uk/community/baby-week-2023/)



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