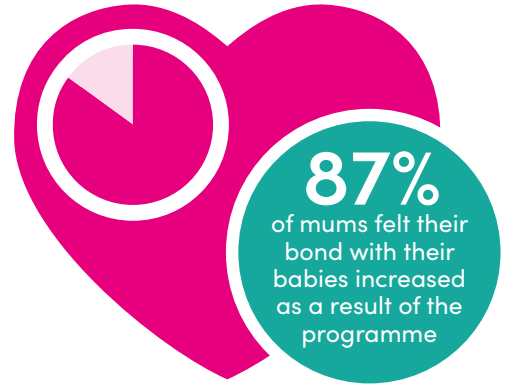


Melodies for Mums

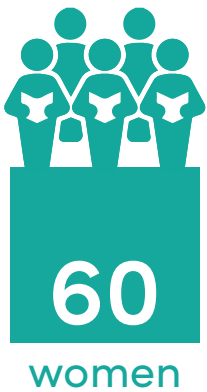
A pioneering group singing programme for new mothers suffering from symptoms of postnatal depression



Melodies for Mums ran five 6-week programmes between January and April 2021, thanks to funding from the Coronavirus Community Support Fund from the National Lottery Community Fund. This funding enabled us to offer online Melodies for Mums sessions, reaching new mothers nationwide during the pandemic.

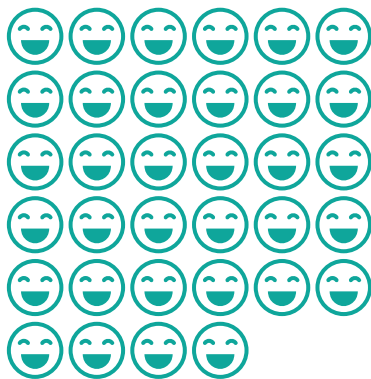


The programme was attended by:

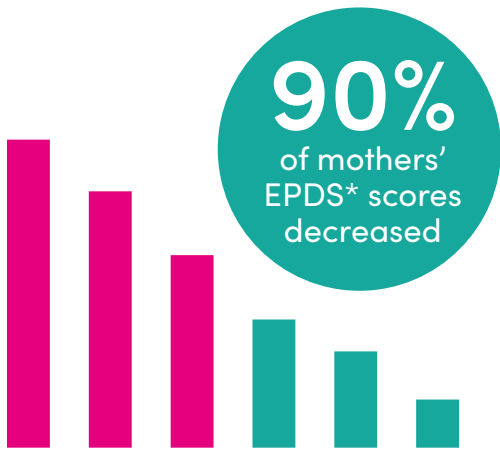


We delivered

34
singing
& music
making
sessions



"The sessions really increase your energy level and mood... There was no stigma. We were all just there singing and trying to find ourselves through music."



* Edinburgh Postnatal Depression Scale

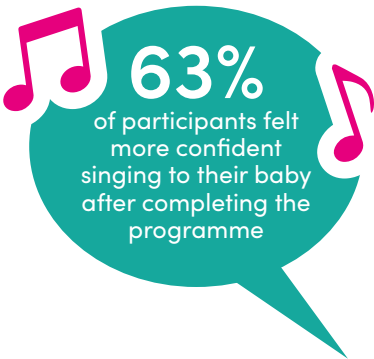
Songs delivered across 4 languages

LUBA-KATANGA (Kiluba)

ENGLISH

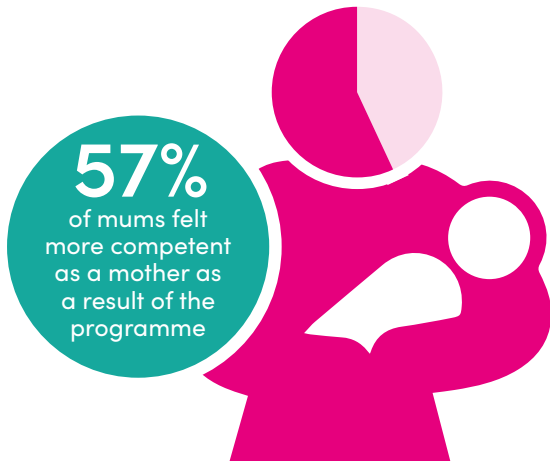
NATIVE AMERICAN (including Seneca Indian language)

SWAHILI



Words used to describe Melodies for Mums:

Uplifting, fun, connection, community, empowering, joyful, wonderful, mindful, supportive, safe space, beautiful songs



87% of mothers rated the programme 7 out of 10 or higher

“The music lifted our spirits and is a driving force for connection and healing.”



Find out more about Melodies for Mums, run by Breathe Arts Health Research: breatheahr.org/melodies-for-mums/

Or get in touch at: m4m@breatheahr.org / 07511 214 069

Share your experience:

@BreatheAHR
#MelodiesForMums



HM Government

In partnership with

THE NATIONAL LOTTERY COMMUNITY FUND

