



**BREATHE**  
ARTS HEALTH RESEARCH

Recruitment Pack

# Freelance Singing Leads

July 2023

# Contents

A woman with dark hair and a white headband is sitting on a wooden floor, smiling and playing a dark brown ukulele. She is wearing a grey t-shirt and blue jeans. In front of her, a young child with dark hair, wearing a yellow and white patterned shirt and white pants, is sitting on the floor, looking towards the woman. To the left, another woman with dark hair, wearing a light blue shirt, is sitting on the floor, looking towards the woman playing the ukulele. The background is a brick wall.

Welcome 3

Who we are 4

What we do 6

Context 8

Key responsibilities 9

Person specification 10

Key details 11

How to apply 12

# Welcome

---

**I would like to personally thank you for being interested in our work at Breathe Arts Health Research, and taking the time to learn about what we do and how we do it.**

We care about supporting every individual we encounter to live their healthiest and most fulfilling life. We know from a decade's worth of research, that creativity can play a unique role in supporting the health and wellbeing of individuals and communities, and we pride ourselves on creating safe and inclusive environments where individuals can thrive. This doesn't just apply to the communities we support, but also to all of those who work at and for Breathe.

Breathe is a values-driven organisation, and we ensure we are led by our values in all we do, and all that we are. We value every individual for the unique contribution they make to the workplace and do all we can to support every person to flourish in their role. At Breathe, you will work alongside those who value kindness, integrity and inclusivity as key drivers. You will also enjoy a workplace environment that values both professionalism and fun in equal measure.

I hope that you will find this pack useful and insightful, and even if you don't feel this role is the right fit for you, we always welcome the opportunity to connect with like-minded creative people, so please do feel free to get in touch.



**Yvonne Farquharson**  
Founder and Managing Director



# Who we are

---

Breathe Arts Health Research (Breathe) is a not-for-profit social enterprise, founded in 2012.

We are world leaders in combining creativity and robust scientific research to improve health and wellbeing.

**Our vision**  
is to transform  
healthcare, embedding  
evidence-based  
arts & health into  
the mainstream.

We are  
connected and  
grounded by our values –  
to be **pioneering**,  
**empowering**, **collaborative**,  
**inclusive** and to act  
with **integrity**.



Breathe has a core team of **14 staff**, over **100 freelance creatives** and **30 volunteers**, supported by a **Board of Directors**, helping to shape and deliver our vision.

We have co-authored medical journals, published books, and contributed to government policies. We are multi-award-winning, receiving accolades and recognition from **NESTA**, **NHS England** and **Royal Society for Public Health**, to name a few.



# What we do

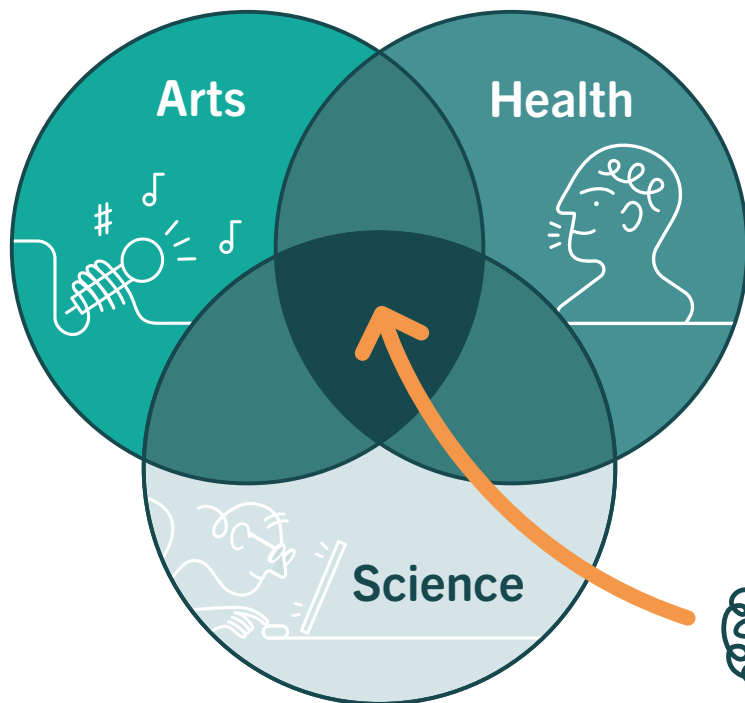
Collaboration is at the heart of what we do.

Breathe works with healthcare staff, creatives, researchers, academics, patients, and communities locally, nationally and internationally.

We co-design and deliver empowering healthcare programmes, talks and training – ensuring relevancy, inclusivity and impact

## Key partners include:

World Health Organisation, NHS England, Guy's and St Thomas' Charity, King's College London, Sea Containers London and Wellcome Trust.



Each year, Breathe is proud to deliver **1,800 workshops**, talks and performances, engaging over **64,000 people** nationally and internationally.

## Programmes

Our innovative programmes support babies to older adults to live their healthiest lives. We do this through music, dance, magic and more, working with the very best in each field.

## Research

Our work is underpinned by rigorous research, ensuring we can measure quality and impact, to always make a meaningful change.

## Training

We use our decade of expertise and experience to inform, educate and equip organisations and individuals.

## Talks and Advocacy

We provide major contributions to the national advocacy of arts and health, helping to drive the sector forward and build communities of practice.



# Context

## Freelance Singing Leads - Breathe Melodies for Mums

---

**Breathe is fortunate to have worked with a number of talented Breathe Melodies for Mums singing leads since the programme began back in 2017, committed to the development and delivery of the programme to date. Whilst some continue to deliver on the programme, we are seeking to increase capacity within our pool of freelance singing leads.**

Based on ground-breaking research from Royal College of Music and Imperial College London, Breathe Melodies for Mums offers a unique, supportive, and empowering approach that puts mothers at the heart. The programme is designed to support those who may be experiencing feelings of stress, anxiety and social isolation.

Sessions typically take place over a period of 10- weeks, with new mothers and their babies coming together to learn a new skill and sing together with a repertoire of songs ranging from folk to gospel, in a range of different languages.

**Watch a short overview film [here](#) focussed on the programme, the research behind it and its impact, featuring insight from past participants, music leads and researchers.**

Our current programmes take place in the community, in Children & Family Centres across Southeast London (Stockwell, Streatham, Peckham) and Tower Hamlets (Bethnal Green), with new programmes in Wandsworth (Roehampton and Battersea) launching in the Autumn 2023. We also run programmes in specialist inpatient Mother and Baby Units in London (Park Royal and Beckenham) and online sessions during the winter months via Zoom.





# Key responsibilities

## Freelance Singing Lead

---

You will lead a group of 10-15 new mothers attending weekly singing sessions with their babies for 10-weeks; challenging them artistically with harmonies and rounds using recommended repertoire from the Breathe Melodies for Mums Song Library. Within the agreed Breathe Melodies for Mums delivery framework, there is the opportunity for artists to bring their own style and creative input to delivery. Sessions in the community are supported by a Breathe Arts Health Research team member.

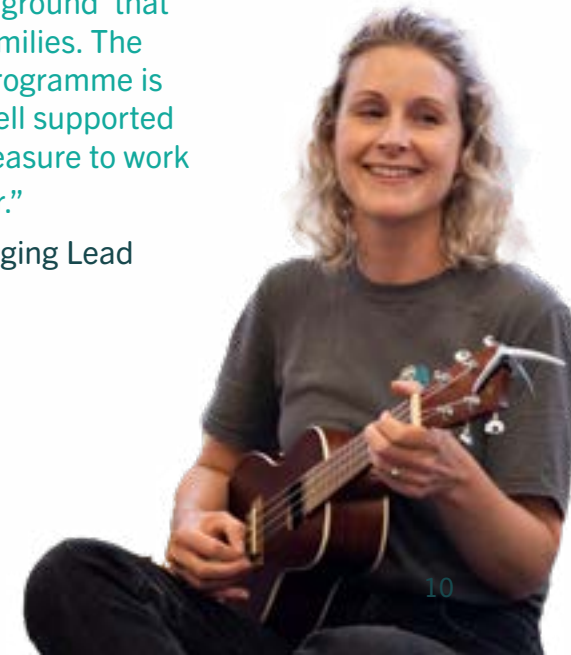
### Key aspects of the role include:

- Working collaboratively with Breathe Arts Health Research colleagues, both in planning and in delivery of sessions
- Delivering sessions with confidence, holding the space for participants who may be anxious about taking part in an activity with their baby or singing for the first time
- Encouraging mother and baby bonding through guided movements during singing. Incorporating props (such as scarves) and instruments (such as shakers) to delivery
- Planning content for a 10-week programme in advance whilst being responsive to the needs of participants in the room on any given day
- Ensuring sessions contain a diverse and inclusive range of repertoire, style and language

- Empowering participants to share and recommend song
- Engaging in opportunities for training and exchange with the wider freelance artist pool, developing your own practice and that of the programme more broadly
- Adhering to Breathe Arts Health Research policies including Code of Conduct and Safeguarding.

“I’ve been working for Breathe on their Melodies for Mums programme for 6 years, and am so impressed by them as an organisation - their staff, their commitment to research, and the work ‘on the ground’ that makes a real difference to families. The Breathe Melodies for Mums programme is well established and is really well supported by their staff, making it a real pleasure to work on as a music leader.”

Rosie Adediran, Breathe Singing Lead



# Person specification

## Essential

- Minimum 2 years' experience as a singing lead, working in community setting
- Kind, empathetic and caring whilst maintaining strong professional boundaries
- Passionate about power of singing to improve health
- Resilient and reflective to challenging situations
- The ability to work flexibly and adapt practice to the needs of the room
- Strong communication skills
- The ability to work as a team with Breathe Arts Health Research staff

## Desirable

- Experience of working in healthcare setting
- Use of a tuned instrument to support delivery e.g. ukelele, tongue drum, chime bars

We seek colleagues that are enthusiastic, hardworking and passionate to join our fantastic team.

It's important to us that our Breathe Melodies for Mums freelance singing leads reflect the diversity of those we support. We recognise that diverse teams improve the quality and richness of our work, and that diverse connections are essential for creating lasting change.

Our freelance singing lead pool is currently under-representative of some communities and characteristics, and so, whilst being keen to hear from all potentially suitable applicants, we are particularly interested in applications from:

- People with lived experience of the issues we seek to address
- Individuals who identify as deaf and / or disabled, people of colour and all under-represented groups



# Key details

---

## Reporting to:

Programme Manager, Breathe Melodies for Mums

## Contract:

Freelance

## Working hours:

Typically half day per week across a 10-week programme. A half day delivery may consist of 1 or 2 sessions delivered back-to-back e.g. 10:00-11:00 then 11:30-12:30. Programmes typically run-in term time avoiding school holidays (excluding half-term).

## Delivery fee:

Delivery fee: £150 per half day (up to 3 hours), £300 per day (up to 6 hours), inclusive of travel except for work contracted outside of London's Zone 4, where Breathe will agree to an advance train fare sum to be added to the above fee. Fees differ for delivery online, training and planning sessions.

## Location:

Various (please note applicants must be London-based or willing to travel to Zones 1-5 where the programme is currently delivered)

## Benefits:

- Paid training and shadowing in advance of delivering Breathe Melodies for Mums
- Further training/exchange sessions with other freelance artists
- Social meet-ups for freelance artists working across Breathe
- Where appropriate, opportunities to deliver on other programmes such as with our Guy's & St Thomas' Hospital Performing Arts Programme
- Access to an Employee Assistance Programme provided by BUPA
- Supervision for programmes delivered in specialist mental health settings such as Mother & Baby units

**Breathe Arts Health Research is an equal opportunities employer, and we embrace diversity. We positively welcome applications from individuals who identify as deaf and/or disabled, people of colour and all under-represented groups.**

# How to apply

---

If you would like to be considered to become a **Breathe Melodies for Mums Freelance Singing Lead** please submit the following to [info@breatheahr.org](mailto:info@breatheahr.org) via **WeTransfer**:

1. A copy of your CV
2. No more than one A4 page, outlining why you're interested in becoming a Breathe Melodies for Mums Freelance Singing Lead and how your qualities, experiences and skills fit with the requirements of the role.

3. Please include your availability for delivery, confirm whether you are able to attend a training day for new artists on 29th August 2023, and the name and contact details for two referees (only contacted after seeking permission).
4. A short video (30 seconds - 1 minute) featuring you singing - you can sing acapella or use a backing track to create the effect of harmonies/rounds.
5. **Complete our [equal opportunities form here](#) (this is for monitoring only and will be kept anonymous)**

**Please note that all Breathe Arts Health Research staff are required to conduct an Enhanced DBS check prior to delivering.**

**Deadline for applications:** Midday Monday 14th August 2023

**Interviews:** Week commencing 21st August 2023

**Interview location:** Breathe's office, SE1 6FE

Should your application be successful, we are looking to hold a training session for new artists on Tuesday 29th August 2023, attendance is mandatory for all successful applicants.

If you have any questions about the role please email Lorna Greenwood, Head of Scalability: [lorna@breatheahr.org](mailto:lorna@breatheahr.org) or call the Breathe office on 0203 2902013





## Contact us

[info@breatheahr.org](mailto:info@breatheahr.org)

020 3290 2013

The Clarence Centre, 6 St George's Circus, London, SE1 6FE

   [@BreatheAHR](https://www.instagram.com/BreatheAHR)

[breatheahr.org](http://breatheahr.org)