
LULLABY PROJECT

What is it all about?

Lullaby Project invites mums and families to create and sing personal lullabies for their babies with the help of professional musicians from Live Music Now on behalf of Improving Me, the Cheshire and Merseyside NHS women's health and maternity partnership.

During this **online project**, mothers and their babies will be invited to join a group music session. This will be followed by five x 45 minute weekly one-to-one online music sessions with a skilled professional musician who will help each participant write a personal lullaby for their baby.

The lullabies will be recorded by the musicians, uploaded online and shared in a project celebration event – leaving families with something to treasure for years to come.

Why take part?

Babies love to hear the sound of their mother's voice and singing together can help to strengthen the bond they share. Singing songs can also help support babies' early brain and language development and soothe babies too!

Who is it for?

- Women with a child under 18 months old who live in Cheshire or Merseyside.
- Women should be able to commit to regular workshops and have access to a digital device with an internet connection.
- Enthusiasm and interest in the programme is key; no previous musical experience required.



Photo credit: Just Jaq

When does it take place?

September – December 2021

Starts online, Thursday 30th September, 10.30-11.30am

How much does it cost?

FREE

What is needed?

- A quiet space for the online sessions
- Internet connection and a device able to access Zoom (tablet, laptop or computer)
- If there are any internet or accessibility needs, please let us know as it need not be a barrier.

Please note places are limited.

To find out more and how to refer, please contact:

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livemusicnow.org.uk

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CARNEGIE HALL
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Lullaby Project is a programme of Carnegie Hall's Weill Music Institute (WMI)