

TOGETHER WE SING

Supportive mother and baby singing sessions

Discover the calming and uplifting effect singing can have on you and your baby

Starting
1st of May
2025

Information leaflet for referrers and participants

Together We Sing is a free to attend singing group designed to support mums in the first year of motherhood. It is hosted by Creative Futures, a respected community arts charity, and is led by Hannah Caughlin, a local musician with a wealth of experience working with mums and their babies. Please discuss and share this information pack with potential participants before making a referral.

What are sessions like?

The musicians leading Together We Sing sessions are all local and are mums themselves. The sessions are intended to provide a moment of calm and joy for mums. The babies will love the sessions too but the songs we sing will be for the mums – there won't be any nursery rhymes! Absolutely no singing experience is required. Shy and less confident singers are warmly welcomed: you don't even have to join in until you're ready to – just come and be part of the musical space. We will learn a range of short songs together, try singing in rounds, adding simple harmonies, and explore how singing can help calm the nervous system and improve mood and anxiety. Singing is a great way to bond with your baby and help soothe them: we will have lots of songs to help tired babies and tired mums! Each session will

consist of around 50 minutes of music-making followed by some time to chat, get to know each other, and make connections. Babies can be awake or asleep during the session, and crying or unsettled babies are very welcome - we often find they are calmed by the singing.

How might this group help me?

There is growing scientific evidence that this type of music programme can reduce social isolation, maternal anxiety, low mood and postnatal depression. New motherhood can be an overwhelming time and many mums experience emotional challenges. You don't need a diagnosis to attend Together We Sing, we welcome anyone who would find a smaller, gentler and nurturing group more appealing than busier parent and baby groups. Similar projects have run for several years in other localities, many of which Hannah has worked on. You can watch a video about another Creative Futures project similar to Together We Sing here:

https://www.youtube.com/watch?v=7p-l-e-BHRI&ab_channel=CreativeFuturesUK

Referral and eligibility criteria

Referrals are made by local partners including health visitors, midwives, GPs, family hubs and charities working with families. There is also the option to self refer. There will be space at both venues to leave your buggy and sleeping babies can be brought into the session in their buggies.

- No musical training or experience is necessary. Shy and less confident singers are warmly welcomed
- Babies should be pre-walking age
- There is space at the centre to leave buggies

We kindly ask that partners, family members and older children do not join you for the sessions, to respect the therapeutic nature of the group.

Session schedules

Sessions run every Thursday morning in Margate and every Thursday afternoon in Ramsgate from the 1st of May to 17th of July 2025 (we may break for half term depending on demand). We ask that you choose one group rather than moving between the two.

To find out more and to register, contact Hannah:

✉ togetherwesingproject@gmail.com

☎ 07353 077 295

@togetherwesingproject

MARGATE

Venue: Institute Studios

114 High Street, Margate CT9 1JW

Times: Arrivals from 09:45

Group Session: 10:00 - 11:00

Chat and play: 11:00 -11:30

RAMSGATE

Venue: The Corner

60 Whitehall Road, Ramsgate, CT12 6DF

Times: Arrivals from 13:15

Group Session: 13:30 - 14:30

Chat and play: 14:30 -15:00

Attendance

While we understand attendance at every single session may not be possible due to illness or appointments, we encourage you to come to as many sessions as possible to consolidate bonding among the group, affirm the group as a safe space and to benefit as much as you can.

The Team

All artists have up to date DBS checks



Steph
Ramsgate



Hannah
Margate & Ramsgate



Lil
Margate