



#BabyWeekCM
BABY WEEK
Cheshire and
Merseyside
13 - 20 November 2023

New digital resources to promote perinatal mental health and family wellbeing

Improving Me, NHS Cheshire and Merseyside women's health and maternity programme is delighted to share a new set of resources developed in collaboration with Live Music Now in response to COVID-19, through co-production with women in Cheshire and Merseyside. These new resources are being shared with libraries as part of a commitment to improve and increase digital access for local communities.

Digital Inclusion

Libraries have always been key in connecting people with information and knowledge. Now a days this means digital channels are as important as books and publications. For those in our communities without digital skills and or access to broadband, there is a new role for libraries in supporting digital inclusion. That's why the NHS is working with libraries to improve their engagement with communities too. Libraries are working nationally with the [Good Thing Foundation](#) and in Cheshire and Merseyside that means more IT skills courses and the distribution of free data sticks.





The **National Digital Inclusion Network** provides access to free preloaded SIM cards through the National Databank, enabling participating services to give data to the people that need it most in their community.

The **National Databank is providing free data to 500,000 people** in need via Good Things Foundation's network of community partners, in partnership with Virgin Media O2, Vodafone and Three.

Improving Me has established a library working group to look at how the NHS can work with libraries to support better health conversations and work with communities to co-produce some new resources to improve wellbeing. These are just a selection of resources anyone can now access.

Lullaby

The Lullaby project pairs new mums with professional musicians to work together to create their own unique lullaby, which is then professionally recorded and performed at a live celebratory event. Informed by ten years of research and based on a model **established by Carnegie Hall in New York**, Lullaby Project supports maternal mental health, early childhood development and family wellbeing.

During Lullaby, the musician gets to know the family caregiver and invites them to write a letter to their baby expressing personal hopes and dreams for the child.

The caregiver is encouraged to think about their own musical history, then works with the musician to pull out key phrases and words to form lyrics, speaking the words out loud, thinking about emphasis, rhythm and melody.



Using this groundwork, the musician will work to develop melodies and harmonies until the caregiver feels happy with the song, at which point the musician will arrange the piece, record it and share it with the caregiver as their own unique lullaby for their baby. The process is caregiver-focused, with the musician acting as a facilitator of the caregiver's musical creativity. The Improving Me funded programme was evaluated by Dr Kerry Wilson and recently shortlisted for a Royal College of Midwives International Award.

We are therefore delighted to share a set of **8 new lullabies** written by women from across Cheshire and Merseyside working with some very talented professional musicians from Live Music Now, developed in partnership with the women's health and maternity programme. **The Lullaby Project is an initiative of Carnegie Hall, New York** delivered by **Live Music Now** across the UK.

<https://soundcloud.com/livemusicnowlullaby/sets/lullaby-nw>

The Lullaby project has an **award-winning formula** which is spreading. Having developed a model in **Cheshire and Merseyside Live Music Now** has been able to partner with families connected with Flying Start in Menai Bridge, Isle of Anglesey, North Wales.

Families worked with musicians over an adapted programme to write their own lullaby for their child, promoting attachment, creativity and wellbeing. This project was funded by Welsh Government via Isle of Anglesey County Council.

The beautiful lullabies are here :

<https://soundcloud.com/livemusicnowlullaby/sets/live-music-now-cymru-lullaby-project-menai-bridge-isle-of-anglesey-summer-2023>



Family Music Time

During COVID Live Music Now went online and developed a series of family music workshops and videos to help support those families struggling with social isolation. These videos were then shared with families for Baby Week 2021. We thought Baby Week 2023 provided a good platform to make sure we were able to spread these resources further. There is a lovely selection for families to choose from and we challenge you not to start to tap your foot and feel the joy.

They include:

Jazzy Nursery Rhymes. <https://youtu.be/muHyXJd5TRI>

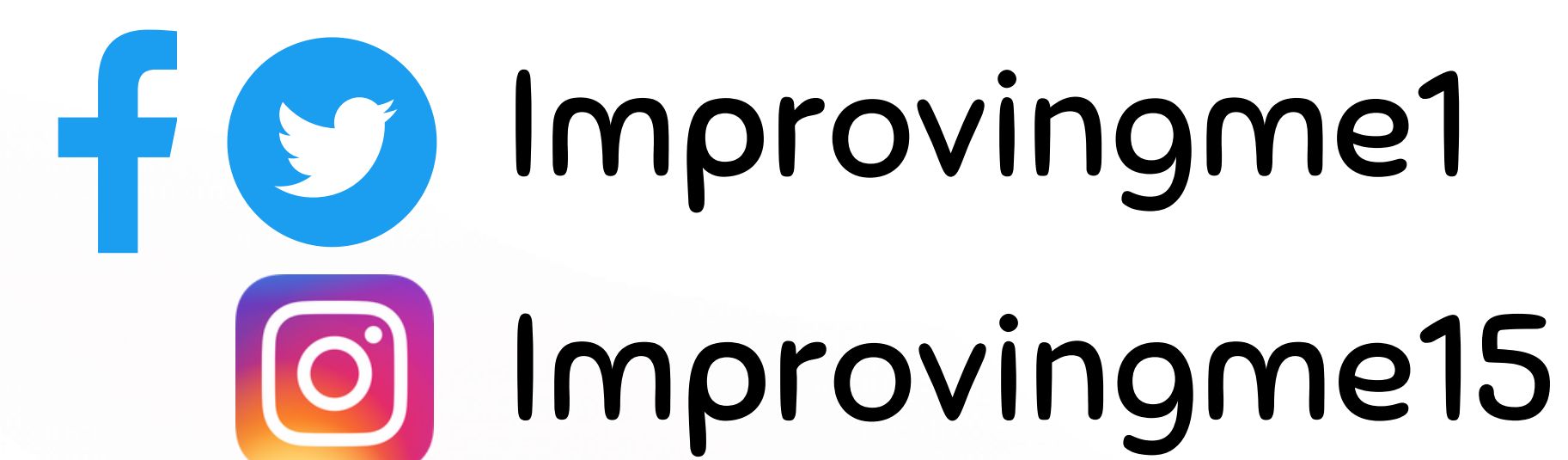
Wiggle and Shake <https://youtu.be/muHyXJd5TRI>

Adventure in the Jungle <https://www.youtube.com/watch?v=vR2K-VwqiSc&list=PLff9wYQdEudhByEUxgfy7TN8-O5o7012C&index=3>

Including Me

Improving Me commissioned a series of bespoke family sessions called Including Me at the height of the pandemic, working with Live Music now and capitalising on the substantial Live Music Now infrastructure and talent base.

Including Me is a 10-week programme of fun, interactive, family-focused live music sessions brought to participants' homes by LMN musicians in partnership with Improving Me and the Cheshire and Merseyside Women and Children's Partnership.



Including Me was designed to respond to COVID-19 pressures by:

- Supporting 'stronger families together' with music
- Providing an antidote to 'lockdown blues'
- Combating increased risk of social isolation and exclusion
- Boosting good mental health and resilience.

Improving Me referred the families and provided support to ensure they could take part – from language support for those whose first language isn't English, to sourcing technology.

Live Music Now At Home

Building on the work with Including Me Live Music Now then released a further series of interactive videos to support families who had support needs. We are now sharing these videos to mark Baby Week 2023 and our amazing library partnership. By making these freely available as part of a wider family wellbeing offer we hope to support more face-to-face early years and rhyme time sessions and increase family engagement in warm welcoming library spaces. That is also why we are programming more face-to-face opportunities to meet women's health specialists.

Take a look:

Filkin's Drift <https://youtu.be/XXP1cFvZn2s>

Songs from the Bell Tent <https://youtu.be/BHpwl82D6fU>

Rise Trio on Full Beam: <https://youtu.be/xMf54s4nPO8>

At Home with Chroma Harp <https://youtu.be/BHpwl82D6fU>

Improving Me is currently considering how this creative health work can support the retention of the NHS and wider healthcare workforce in response to the NHS People Plan. Watch this space.

The Baby Week Team Cheshire and Merseyside.