

**creative  
futures**

# TOGETHER WE SING

Free singing for wellbeing sessions for  
mothers and babies in Thanet, East Kent

Pilot Project  
Summer  
2025  
Report



# PROJECT DELIVERY



## CONCEPT

Together We Sing is a nurturing musical care project for mothers and their babies aged 0-12 months in Thanet, East Kent. Modelled on another Creative Futures project in north Westminster, its aim is to support new mothers who are vulnerable, isolated, or suffering poor mental health. Skilled specialist music facilitators create a warm, welcoming and relaxed environment in which mothers can find confidence, build friendships and discover new ways to bond with and soothe their babies. The sessions combine singing and music-making with time for chatting and connecting. This strongly evidence-based approach is proven to have a profound and far-reaching impact on maternal mental health and infant wellbeing.

## DELIVERY

- We delivered weekly sessions in Margate (AM) and Ramsgate (PM), starting on May 8th 2025.
- 20 sessions were delivered in this initial pilot phase, each led by 2 specialist musicians
- 19 mothers attended with their babies, 8 in Margate, 11 in Ramsgate
- Session lasted 90 minutes, with approximately 60 minutes of group music-making plus time for mothers to talk and get to know each other.
- Mothers were referred to the sessions through Family Hubs, Children's Centres, Midwives, Health Visitors and self-referrals. The project was not openly advertised, and numbers were kept deliberately low to maintain a safe, welcoming, nurturing and intimate environment.

# IMPACT

STATEMENT	STRONGLY AGREE
Sessions are welcoming & supportive	96%
A safe space to meet & socialize with other new mums	96%
The sessions improve my mood	88%
Sessions have improved bonding between me and my baby	71%
Sessions have built my confidence to attend other sessions	63%
Sessions had a positive impact on my baby	71%

## Improved mental wellbeing

“Relaxing and rejuvenating - I feel like I came back to myself during the sessions”

“It has genuinely started to put a bit of structure back in to my week / life!”

“I suffer with anxiety, and this has been amazing to calm me down and has given me confidence.”

“When I think back to the version of me and my baby when we first started, it was quite a dark place and Together We Sing has been part of my journey into the light!”

“I felt content and calm and I was in the moment and present for the whole session. It was the first time in five months that I’ve been able to switch off. I felt truly relaxed at the end.”

“it has been a saviour for me really.”

## Reducing isolation & forming new friendships

“I have made a lovely new mum friend and lots of community.”

“I’ve found it quite difficult to put myself out there with other mums, but singing together has helped make those connections. It’s also given me the confidence to leave the house postpartum, something I also struggled with.”

“It’s helped me to build confidence and build relationships with other mums”

## A safe space

“A peaceful, relaxing, inclusive environment where support is available regardless of baby’s mood on the day”.

“Relaxed calm environment. Felt no judgement just love and support.”

## Mother-baby bonding

“The sessions have felt relaxed, encouraging, and have had a really positive effect on my relationship with my baby.”

“It’s very relaxing, helps my baby be calm”

“Made it easier for me to bond with baby and given me the space to be the best mum I can be.”

## WHAT NEXT?

***Together We Sing*** provides a unique and much-needed service for vulnerable mums, and their babies, in Thanet – an area of significant socio-economic deprivation.

Our pilot funding from the *Lottery Awards for All fund* will enable us to continue sessions in September and October 2025 in Margate and Ramsgate. Funding is sought to continue this valuable programme beyond that.

Contact: Julian Knight, Creative Director  
Creative Futures (UK) Limited.  
[julian@creativefuturesuk.com](mailto:julian@creativefuturesuk.com)

*“It’s a lovely group, feels like a really safe and comfortable space.”* (Participant)

*“There aren’t any other mum and baby groups like it.”* (Participant)

