



Music at Heart with St Mary's Hospital

Mother Tongue: Songbook



New motherhood is a time of change and transition. During our singing sessions we co-create space for women and their babies to tune in and sing out, celebrating imperfection and the authentic beauty and truth of their natural voices. As the process deepens, we create a space for calm, for listening, laughing, connecting, crying, breathing together. Our voices combined become both the ocean and the vessel as we navigate the journey into motherhood. *Mother Tongue* is a selection of songs, words and gifts we have shared together over the past 10 weeks.

Vocals:

Abimaro Gunnell, Julie Isaac, Penny Osmond, Zoë Palmer, Ayozie Pollendine

Gold & pygmy hang:

Keir Vine

Percussion:

Zoë Palmer

Arranged by Zoë Palmer

Recorded, mixed and mastered by Keir Vine at Studio 9

Tracks

1. **4:8 breathing** (intro)
2. **Blackbird** (featuring Abimaro Gunnell)
3. **Bella mama**
4. **Funga Alafia** (featuring Julie Isaac)
5. **Rock & Bounce**
6. **Mamma I give to you** (co-written with mothers) (featuring Penny Osmond)
7. **Nanuma**
8. **Spring is coming soon** (featuring Penny Osmond)
9. **Neesa**
10. **There's a river** (featuring Ayozie Pollendine)
11. **Gifts** (featuring Julie Isaac)
12. **4:8 breathing** (outro)



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Song Lyrics

Blackbird

Blackbird singing in the dead of night
Take these broken wings and learn to fly
All your life
You were only waiting for this moment to arise
Blackbird singing in the dead of night
Take these sunken eyes and learn to see
All your life
You were only waiting for this moment to be free
Blackbird fly, blackbird fly
Into the light of a dark black night
Blackbird singing in the dead of night
Take these broken wings and learn to fly
All your life
You were only waiting for this moment to arise
You were only waiting for this moment to arise
You were only waiting for this moment to arise

Rock & Bounce

Rock & bounce (x3)
Chi- ka – ley – la

Mama I give to you

deep restful sleep
a daily massage
a strawberry gateaux
a flight to my family
time to slow down
a sunny holiday
warmth on my skin
someone new to love
gratitude, thanks to you
your baby loves all that you are



Song Lyrics

Neesa (native American moon lullaby)

Neesa
Guya – weh – oh

There's a River

There's a river flowing in my soul
And it's telling me
That I'm somebody
There's a river flowing in my soul

Gifts (Aboriginal crooning lullaby)

Marawothano
Uruwothano

Creative Futures (UK) is a multi-arts charity based in north Westminster which delivers a range of programmes and initiatives aimed at supporting children, young people, families, teachers and communities. We offer transformative experiences through the arts for children under 5, their families and educators; for children with special educational needs; and those who are care experienced. All of our work is delivered by highly experienced, skilled and inspiring artist-educators, and supported by dedicated Producers.

Music at Heart is our hospitals programme, which started in 2018 at the Royal London Hospital. We are delighted to have extended this programme to now partner with the Westminster Perinatal Mental Health Service at St Mary's hospital, thus further supporting families in north Westminster where so many of our programmes take place, and building links with - and pathways to - our local *Community Families* programme.



Westminster Perinatal Mental Health Service

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