



BREATHE
ARTS HEALTH RESEARCH



No singing
experience
needed


Breathe Melodies for Mums

Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing.

Join our 10-week programme open to London Borough of Southwark residents with babies aged 0–9 months

Find out more:



   @BreatheAHR
#BreatheMelodiesForMums
breatheahr.org



Experience the joy of group singing to help alleviate feelings of low mood and anxiety.

This is a nursery-rhyme-free zone that is about YOU expressing yourself and feeling good through music.

Breathe Melodies for Mums is evidence-based and can:

- provide an opportunity for you and your baby to bond
- alleviate feelings of low mood and anxiety
- be a natural stress-reliever
- help build your confidence
- connect you with other mums in your community

10 weekly sessions throughout spring 2025:

Tue 28 January – Tue 1 April 2025

11.45am to 12.45pm or 1.30pm to 2.30pm

Rye Oak Children and Family Centre,
Whorlton Road, Peckham, SE15 3PD

Thu 30 January – Thu 3 April 2025

12pm to 1pm or 1.45pm to 2.45pm

Ellen Brown Children and Family Centre,
145 Grange Road, Spa Park, SE1 3EU

Fri 31 January – Fri 4 April 2025

10.30am to 11.30am or 12.15pm to 1.15pm

Dulwich Wood Children's Centre,
Lyall Avenue, London SE21 8QS



Scan the QR code to register



For enquiries contact:

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