

TFN Impact Report

Name of your Organisation:	Breathe Arts Health Research
Date of TFN event which you pitched at?	08/03/18
Name of the project TFN funded:	Melodies for Mums
Were you able to undertake your project as you outlined in the application?	Yes
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>TFN funding allowed us to deliver a fourth 10-week Melodies for Mums programme; safe and secure community singing in Lambeth to improve the mental health of mothers with symptoms of postnatal depression.</p> <p>The funding allowed us to achieve our goal of delivering 2 sessions per week (Sept to November 2018) for 28 mums and their babies, offering the sessions free of charge to participants - an important factor for the diverse London Borough we're working within.</p> <p>By continuing to deliver the programme, we have been able to continue to feed into the ground-breaking research from Imperial College London and the Royal College of Music. Research shows that a 10-week programme of singing for mothers and their babies leads to a 41% reduction in symptoms of PND and a recovery in 73% of mothers who take part. Additionally, on the ground, we have seen that Melodies for Mums has offered women a much-needed space to be themselves, to create, to meet others and to build vital bridges that help them to find a way out of loneliness and depression. Our music leader selects songs in a variety of languages and styles to make everyone feel included. The mums sing, smile, make friends, connect with their babies and learn a new skill. We have also invited healthcare professionals in to promote talking therapies so that women can access deeper support if they need it. We've had fantastic feedback.</p> <p>"Sometimes you can feel judged in mum's groups; this never happened in Melodies. There's a level of honesty and understanding without having to talk about it. A bottom line of admitting struggle. There's an unspoken bond." - Melodies for Mums Participant.</p> <p>We have also learned a lot from meeting so many women and hearing their stories. What has been most startling has been the high numbers of women we have met that were presenting with depression scores in the 'moderate' or 'severe' categories in the screening questionnaire but were not talking to their GPs or health visitors. They have needed help but haven't been getting it. The project has therefore really highlighted the need for this kind of provision.</p> <p>During TFN supported programme in Autumn 2018, we introduced a 1:1 telephone conversation with every mum ahead of their first session and offering regular reminder texts to improve engagement. Women report this as being helpful and reassuring and is now</p>

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	<p>embedded into the administration of the programme. A resource pack of other local activities is also now given to mums when the programme finishes, and we now facilitate a 'WhatsApp' messaging group for participants to keep in touch. Women report still singing songs from the sessions months later.</p> <p>By having support from TFN, the continuity of the project has also enabled us to build momentum and maximise on its growing profile. Local health visiting teams are embracing the programme; they are now meeting women who have participated and are reporting back about their positive experiences so more direct referrals from local services are now occurring. By connecting with local talking therapies teams, we are now able to signpost participants to their services and vice-versa.</p> <p>We have shared our learning of producing and delivering Melodies for Mums by presenting at the Aesop Conference, The London Arts Forum and several Greater London Authority events. In March 2019 we will contribute to the 'Music and Motherhood' research think tank - led by Dr Daisy Fancourt and Dr Rosie Perkins.</p> <p>We will shortly be running a focus group with mums and clinicians to look at how the sessions might be improved or adapted.</p>
What portion of the project did TFN fund?	100%
How many direct beneficiaries did the TFN funded project reach?	56
How many indirect beneficiaries did the TFN funded project reach?	250
Were you able to leverage further funding as a result of TFN support?	Yes
If yes, how much were you able to raise and from whom?	<p>Our mission now is to a) expand the service as much as possible and b) to educate those within the healthcare, policy and public spheres to understand the significant need for better support for women at risk of postnatal depression. Therefore, as well as continuing to run our current groups, we now want to set up more groups for many more women across South London and beyond. Our Board has approved our work with a large grant funder to develop and deliver significantly more sessions across South East London (and beyond). We are also approaching NHS Commissioners about this work, since it meets many of their strategic objectives around holistic health care and early years. These conversations are still in progress so we are unable to inform of the details as yet.</p>
Did you receive any pro-bono support, volunteer offers or	No

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introductions as a result of the event?	
How important was TFN funding in helping you achieve your objectives?	We would have found it difficult to achieve our objectives without TFN funding
Since presenting at TFN, has your organisation undergone any other significant changes?	Since presenting, we have secured future funding from Guy's and St Thomas' Charity to continue our Performing Arts Programme across Guy's and St Thomas' NHS Foundation Trust throughout 2019 (this is a rolling programme, first funded in 2012). A small part of this funding is committed to continuing to develop Melodies for Mums in the Trust's local boroughs of Lambeth and Southwark.
Do you have any other comments or feedback on the experience of the TFN process?	The experience of applying to TFN in this way was a fantastic experience for us. The application process was simple, the pitching workshop in advance of the event was useful, the range of delegates at the event itself made a very interesting networking opportunity and the fun atmosphere at the pitching event all made for a really unique, engaging and speedy way to raise money.
Can you tell us any personal stories to highlight the value of the project?	<p>In January 2019, BBC Trust Me I'm A Doctor featured Melodies for Mums and the research behind the programme. One woman shared her personal story as part of the episode: https://www.bbc.co.uk/programmes/articles/9G9wbyqDVxl001GXQZ9Mr6/what-are-the-symptoms-of-postnatal-depression-and-what-can-you-do-about-it</p> <p>In June 2018, Guy's and St Thomas' NHS Foundation Trust featured Melodies for Mums in their quarterly magazine, focusing on one particular participant: https://www.guysandstthomas.nhs.uk/resources/publications/the-gist/issue-26-the-gist.pdf</p> <p>We now have two women working with us on the administration of the project; one is now attending sessions as a mentor and peer-support within the group. Another is designing our publicity (artwork attached), using her skills as an illustrator.</p>