



**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

[Click here](#)  
to 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:**

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**Wed 23 April – Wed 25 June 2025**

11.45am to 12.45pm or 1.30pm to 2.30pm

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

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**Thu 22 May – Thu 24 July 2025**

10am to 11am or 11.45am to 12.45pm

South Bermondsey Children and Family Centre,  
Tenda Road, SE16 3PN

**Click here to register.**

**For enquiries contact:**

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