

MUSIC AND PARENTAL WELLBEING SYMPOSIUM

Final Schedule



22–23
July 2025

Royal College of Music
London

FINAL SCHEDULE

DAY 1: TUESDAY, 22 JULY 2025 | MORNING

09:00–10:00

RCM Café, South Side

Coffee and registration

All breaks and catering are located in the South Side of the RCM Café

10:00–10:30

Performance Hall

Welcome and introductions

All plenary sessions will take place in the Performance Hall (Room 1)

10:30–10:50

Welcoming practice example

Music at Heart: A community singing group for mothers

Penny Osmond, Sarah Abusebah, Ayozie Pollendine, and Vanessa Stansall

10:50–11:15

RCM Café, South Side

Break and discussion time

Poster 1 / Sarah Hadley, Involving parents in interactive music-making sessions: Opportunities and considerations

11:15–12:45

Parallel session 1

All parallel sessions will take place in either the Performance Hall (Room 1) or the Performance Studio (Room 2)

PARALLEL SESSION 1

Room 1 | Chaired by Claire Flower

15-minute contributions

Georgina Aasgaard and Vicky Charnock

Supporting parental wellbeing through collaborative songwriting in neonatology

Dennie Wolf, Emily Gann, and Kerry Wilson

Lullaby project in evolution: Towards social connection

Hannah Foakes, Sara Lee, Jake Tilley, and Chris Stones

Highlighting the collaborative achievements and learnings of the Royal Philharmonic Orchestra and the Irene Taylor Trust in the criminal justice sector

Alice Marshall and Matthew Vale

Tender Steps: Composing grief – the role of original music in addressing parental wellbeing after baby loss

Room 2 | Chaired by Debi Graham

15-minute contributions

Lisa Williams and Katrina Ash-Burnham

Tunes, chill and chat

Jessica Pitt and Sophie Fox

Time and space as matters of care

Gail Macleod and Rachael Perrin

Space to play in early parenthood

Karen Diamond, Seana Kerr, and Laura Feeny

Connecting through song

DAY 1: TUESDAY, 22 JULY 2025 | AFTERNOON

12:45–13:45

RCM Café, South Side

Lunch break and discussion time

Poster 2 / Debi Graham, *Dusty PhD to kind musical support for parental mental wellbeing: Notes from FirstMusic*

Informal optional opportunity for students and early career researchers (ECR) to meet each other – please look for Katie Rose Sanfilippo in the RCM Café, South Side.

13:45–14:30

Performance Hall

Keynote 1: Professor Lauren Stewart with Jaliba Kuyateh and Dr Bonnie McConnell

The Chime Project in discussion: Community health intervention through musical engagement for parents and their families in The Gambia

Chaired by Katie Rose Sanfilippo

14:45–15:45

Parallel session 2

PARALLEL SESSION 2

Room 1 | Chaired by Pui Sze Cheung

15-minute contributions

Lorna Greenwood

Breathe Arts Health Research: Translating research into practice to improve parental mental health and parent–infant bonding through song

Rebecca Bind, Tony Woods et al.

The clinical, cost, and implementation effectiveness of Breathe Melodies for Mums singing intervention for new mothers with postnatal depression and their babies: the SHAPER–PND clinical trial

Alexandra Burton et al.

A qualitative exploration of active ingredients and mechanisms of action of the Breathe Melodies for Mums singing programme for mothers experiencing postnatal depression

Room 2 | Chaired by Neta Spiro

5-minute contributions

Rachel Levy and Rosie Adediran

London Rhymes: Music and songwriting group in a community perinatal mental health setting

Sylars Akhigbe

Music therapy for emotional wellness

Natasha Kricheski, Ruth Cookson, Natasha Zielazinski, and Maryann Onyeaka

Tuning In: A Bright Start Islington and LSO partnership

15-minute discussion

Kate Battenfeld

Exploring the impact of early childhood music learning on marginalized families: A case study with San Diego Youth Symphony and The Monarch School Project

Maria Magdalena Sanchez, Desirée González, and Yeray Ruiz
Chain of strengths: Multilevel alliances to support recent families for the first time

Neta Spiro and Katie Rose M. Sanfilippo

Reaching recommendations for increased equitable access to musical care during the beginning of life in England and Wales

15-minute discussion

15:45–16:15

RCM Café, South Side

Break and discussion time

Poster 3 / Lucy McCrudden, *Dance Mama Moves*

Continued on next page....

DAY 1: TUESDAY, 22 JULY 2025 | AFTERNOON

Continued...

16:15–18:00

Performance Hall

Policy panel and Alliance launch

Further details provided below

Policy Panel

In this session, we will explore the policy landscape for music and parental wellbeing. We hear from colleagues about international examples of policy implementation in creative health, before a live discussion focusing on policy making for music and parental wellbeing in the UK context.

Contributors to include:

- **Alexandra Coulter** [Chair], Director of the National Centre for Creative Health
- **Anita Jensen**, Associate Professor, Social Medicine and Health Policy at Lund University
- **Clare Lovett**, Lead for Creative Health and Wellbeing at Greater London Authority
- **Hannah McLennan**, Head of Public Affairs at UK Music
- **Michaela de Cruz**, Music Therapist, Director and Founder MdC Music Therapy; Co-founder of the global network for music therapists of colour, "We Are Monster"
- **Monica Boulton**, Healthcare Integration Lead at The National Academy for Social Prescribing
- **Nana Owusu**, Head of Clinical Services at Anna Freud
- **Nils Fietje**, Technical Officer Behavioural and Cultural Insights Unit at the World Health Organization Regional Office for Europe
- **Nisha Sajnani**, Co-Director of Jameel Arts & Health Lab
- **Rachel Green**, CEO of SANE Australia
- **Tania Lisboa**, Reader in Performance Science and Digital Learning at the Centre for Performance Science, Royal College of Music London

Alliance Launch

We end the session by launching our new Music and Parental Wellbeing Alliance.

18:15

Relaxed walk in Hyde Park

Feel free to join Debi Graham in the RCM Foyer if you would like to join this optional social walk



DAY 2: WEDNESDAY, 23 JULY 2025 | MORNING

09:00–10:00 Coffee and registration

RCM Café, South Side

All breaks and catering are located in the South Side of the RCM Café

10:00–11:30 Parallel session 3

All parallel sessions will take place in either the Performance Hall (Room 1) or the Performance Studio (Room 2)

PARALLEL SESSION 3

Room 1 | Chaired by Jessica Pitt

15-minute contributions

Karen Burland, Freya Bailes, and Polly Ives

Exploring the impact of live music events on new parents

Sam Fox and Ricardo Santos Rocha

BAM concerts for babies and Night Shift podcast for parents

Kasia Don-Daniel, Charly Jolly, and Maddie Broad

Little Beats and Roly Poly: Musical playscapes and playful partnerships

Zoe Dionyssiou

Communicative musicality as a framework of music practices in early childhood music settings: report from a case study in Corfu

Room 2 | Chaired by Triona McCaffrey

5-minute contributions

Amanda Krause, Kaila Putter, and Leah Chrisp

A scoping review into music listening to support antepartum and intrapartum maternal well-being

Zehra Karademir, Jan de Fockert, and Caspar Addyman

The effects of maternal singing on emotional closeness, affect, and interaction dynamics

Mark Scott, Beth Vleminckx, and Annette Burghes

Dads Rock: Regular group music making for Dads and their children

Debi Graham

Everyday music and baby crying: Striking a chord with fathers

20-minute discussion

Claudia Oblasser, Barbara Prinz-Buchberger, Andreas Lichtenwörther, Gerhard Tucek, Anneliese Erdemgil-Brandstätter, Jörg Kammerhofer, Thomas Bamberger, Wolfgang Schreder

Interpersonal violence in the professional practice of therapists and midwives in Lower Austria

Melissa Lima and Diana Santiago

Mothers of children with autism and echolalia: Socio-musical interactions as a potential for affective bonding and emotional understanding of their children

Jenny Bullock and Joy Gravestock

'It just helps everything': Perceptions of primary caregivers of people with Rett Syndrome surrounding the roles and experiences of music in their everyday lives

20-minute discussion

11:30–11:45

RCM Café, South Side

Break and discussion time

Poster 4 | Alice Nicholls, Melodies Of Life: Music therapy for parental and family wellbeing in children's hospice settings

Continued on next page....

DAY 2: WEDNESDAY, 23 JULY 2025 | MORNING

Continued...

11:45–13:15 Parallel session 4

PARALLEL SESSION 4

Room 1 | Chaired by Lauren Stewart

15-minute contributions

Triona McCaffrey, Sylvia Murphy-Tighe, and Pui Sze Cheung
'Mums using Music' (MuM): An online interdisciplinary programme to resource women with music knowledge and tools to support their mental wellbeing and prenatal attachment during pregnancy

Pui Sze Cheung, Triona McCaffrey, Sylvia Murphy Tighe, and Mas Mahady Mohamad
Integrating music into pregnancy care: A holistic model for supporting parental wellbeing

Lottie Anstee and Juliet Firth
The lived experiences of perinatal mental health and role of musical engagement amongst women of Global Majority ethnicities

Nina Polytimou, Christiana Adamopoulou, Christina Anagnostopoulou, Vasiliki Eirinaki, and Eleni Voursoura
Healing Harmonies: Developing community music therapy support for perinatal mental health in Greece

Room 2 | Chaired by Kate Valentine

15-minute contributions

Corinna Colella, Jenny McNeill, Fiona Lynn, and Una McCann
Mamas in Harmony : Empowering early motherhood through song and social connection

Verna Vazquez Diaz de Leon
The interactive role of music as a facilitator for mother–infant bonding in early motherhood

Brunella Govetto
Melodies of Motherhood: Investigating the impact of singing on maternal wellbeing and parent–infant relationship

Emma Kenrick and Claire Flower
Henry's Music Therapy Project: Developing approaches to practice in family-centred neonatal care

DAY 2: WEDNESDAY, 23 JULY 2025 | AFTERNOON

13:15–14:15

RCM Café, South Side

Lunch break and discussion time

(13:45–14:15)

Performance Studio

Delegates who like to sing are invited to workshop a potential performance of a parental wellbeing themed composition, with Ewan East

14:15–15:00

Performance Hall

Keynote 2: Professor Helen Shoemark in conversation with Kirsty Jane

Musical parenting with parents of a newborn in hospital

Chaired by Rosie Perkins

15:00–15:15

RCM Café, South Side

Break and discussion time

15:15–16:45

Parallel session 5

PARALLEL SESSION 5

Room 1 | Chaired by Lorna Greenwood

15-minute contributions

Aimee Gardner

Music and Matrescence: A developmental exploration of the facilitator's role

Kate Valentine

Singing Mamas: Growing a global, grassroots network of practitioners

Grace McGeoch, Kate Valentine, and Gemma Hurley

Singing with mums and babies: A catalyst for professional development in midwifery

Ewan East

Parenting: Composing to capture the varying perspectives, reactions, and challenges of being new to parenting

Room 2 | Chaired by Dennie Wolf

15-minute contributions

Lisa Koops, Leslie Swaim-Fox, and Lauren E Hodgson

Incorporating music activities for home in the library storytime

Amelia Clapham and Natalie Meghie

Wiggles and Jiggles: A music and movement group for mums and babies

Ryan Humphrey

Melodies of care: Exploring the impact of music-making for care-experienced families

Elizabeth Brisola

Embracing infants through song: In search of the meanings of maternal singing

17:00–17:30

Performance Hall

Closing remarks and farewells



With grateful thanks to

sempre:

Society for Education, Music,
and Psychology Research

