

CAPTURING BEAUTY:

The Lullaby Project- NL

Presentation for
NLCAHR

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The logo for Memorial University, featuring a dark red rectangular background with the words "MEMORIAL" and "UNIVERSITY" in white, bold, sans-serif capital letters stacked vertically.

MEMORIAL
UNIVERSITY

Lullabies

How are they situated in memory?

Where do they come from?

What do they say?

How are they gifted to others?

A wide-angle photograph of a lush green field filled with numerous purple flowers, likely Salvia (Sage), and scattered white daisies. The flowers are in various stages of bloom, and the overall scene is vibrant and natural.

What do you notice?

https://www.youtube.com/watch?v=jjOt39c_ipQ

A wide-angle photograph of a lush green meadow. The field is densely populated with tall, thin purple flowers, likely Salvia, which have small, clustered blossoms. Interspersed among these are several white daisies with bright yellow centers. The background is a soft-focus expanse of similar vegetation, creating a sense of depth and a vibrant, natural setting.

Creating Beauty

Lullabies are varied

Capturing Beauty

Where did *The Lullaby Project* begin?

Celebrating Beauty

<https://www.carnegiehall.org/Education/Social-Impact/Lullaby-Project>



How has *The Lullaby Project* grown around the world?

Refugee camps

Neo-natal units

Communities for Seniors

Prisons

Laundromats

Gardens

Youth Centres

Women's Centres

Soup Kitchens

End of Life Journeys

Newcomer Centres

A photograph of a lush green field filled with numerous purple flowers, likely Salvia, and some white daisies. The flowers are scattered throughout the field, creating a vibrant and colorful scene. The text is overlaid on the top left of the image.

Creating Beauty

What's happening in these spaces and places?

Creating Beauty

Irene Taylor Trust, (*UK Research Study - 2017*)

1: Well-being through a sense of accomplishment, connectedness and positive emotion

2: Proactivity through relational initiatives with music

3: Reflection on richer perspectives on life and positive coping mechanisms

Creating Beauty

- The same project looked at the impact on the musicians who were facilitating the Lullaby Project. They noted three impacts areas:
 1. Impacts on musicianship, personal and interpersonal skills
 2. Well-being through a sense of accomplishment, connectedness and positive occupational identity
 3. Reflection and clearer perspectives around issues and challenges associated with migration and incarceration

Creating Beauty

Reflecting on
The Lullaby Project-NL at
The Clarendville Correctional Centre for Women

Our learning
(perspectives from Jan & David)

Creating Beauty

- Belonging to something is powerful and when that belonging involves affirmation of ‘you are beautiful and capable’—positive things happen to a group of human beings
- Empathy springs up when we realize that we all struggle from time to time
- Frank Smith wrote a book called “Joining the Literacy Club” about how important it is to welcome everyone into the reading/writing ‘club’ at school—regardless of ability or perceived ability. When someone is called a poet, it changes things. When someone is called a tadpole expert, it changes things. When someone is called a composer, it changes things.
- Creating can be the soothing balm through a traumatic relationship, loss of an apartment, an addiction, depression. Creating something becomes the escape to another place for a time...it can lift us up collectively on new gigantic wings

Creating Beauty

- Everyone is creative and, in being able to find and be in that creativity, each accesses a common humanity. To be in the presence of, and participate in that humanity is a profound and unforgettable honour.
- I was pleasantly surprised at how relationship and trust were scaffolded through and on collective art-making and singing.
- After letting go of resistance - often conditioned by practice of being 'disabled', we - all those participating - are able to say, "This is really cool!"
- When we can offer a fully inclusive and egalitarian approach to poetry, music and art making, participants have considerable freedom to find their musicality and creativity in relation to their individual needs and goals.

Creating Beauty

*Reflecting on The Lullaby Project-NL at
Just Us Women's Centre:*

Stella's Circle representative(s)



Next Steps:

Momma MOMENTS Program

at Choices For Youth (September, 2019)

A vast field of purple flowers, likely Salvia, with green grass and some white daisies scattered throughout. The text is overlaid on the top left and center of the image.

Creating Beauty

Conversations with you!

Lullaby Project-NL

<http://www.lullabynl.ca/>