CAPTURING BEAUTY:
The Lullaby Project- NL
Presentation for NLCAHR
May 8, 2019: 12-1:30 pm
Dr. Jan Buley
Dr. David Buley
Lullabies

How are they situated in memory?

Where do they come from?

What do they say?

How are they gifted to others?
What do you notice?

https://www.youtube.com/watch?v=jjOt39c_jpQ
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
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
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• 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
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Reflecting on

The Lullaby Project-NL at

The Clarenville Correctional Centre for Women

Our learning

(perspectives from Jan & David)
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• 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.
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• 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.
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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)
Creating Beauty

Conversations with you!
Lullaby Project-NL

http://www.lullabynl.ca/