



Sweet Dreams



~ a collection of traditional lullabies


Performed by Claire Tustin and Jeremy Bradfield



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IN HOSPITALS & CARE
Joy through live music



“Charlie is now thriving since he received his new heart in February of this year. I know that the Lullaby Hour team were a beautiful and welcome distraction to the sounds and strange noises coming from the machinery on the wards, and helped with his recovery. The lullabies gave everyone great comfort and a sense of peace. Just seeing Charlie’s riveted little face when Claire sang to him was wonderful to see in what were some of his darkest hours.”

Kate Newton – Charlie Pratt’s Auntie



“Music in Hospitals & Care knows how much impact live music can have. Since joining the charity as Vice President in 2012, I’ve witnessed the tangible difference that live music can make to the wellbeing of patients, families and staff, across a broad spectrum of healthcare. However, this special project really highlights the impact music can have for children. Someone with an appreciation of live music and its impact is my friend and BBC colleague Kellie Bright. It’s been wonderful to work with her as Lullaby Hour supporter and advocate.

Lullaby Hour delivers wonderful melodies to those who need it most, soothing children and babies, and helping to calm and reduce stress for parents in truly difficult times. Lullabies are a wonderful way to connect with children and this beautifully illustrated book gives a flavour of the concert sessions themselves, delivering special memories for families to treasure. Thank you for your continued support for the project. I very much look forward to see what we can achieve in the future.”

**Katie Derham, Newscaster and Presenter
(BBC Proms, Strictly Come Dancing)**

“As soon as I heard about these unique live music sessions I was keen to lend my support. As a parent, these concerts immediately resonated with me and I am delighted to have been part of Lullaby Hour from the beginning, to see it grow and develop throughout the UK over the last year and to win a national award. I’m thrilled that Lullaby Hour has had such a successful year and very excited about the future. The songbook is a wonderful addition to the project which helps to comfort so many babies and children and their parents at a difficult time. A huge thank you to everyone who has supported, and continues to support Lullaby Hour – you are all Songbook Stars!”

**Kellie Bright, Actress
(EastEnders, Strictly Come Dancing)**





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Hush-a-Ba, Birdie, Croon

Hush-a-ba, birdie, croon, croon

Hush-a-ba, birdie, croon

The sheep are gone to the silver wood

And the cows are gone to the broom

Braw it is milking the cow, cow

Braw it is milking the cow

The birds are singing, the bells are ringing

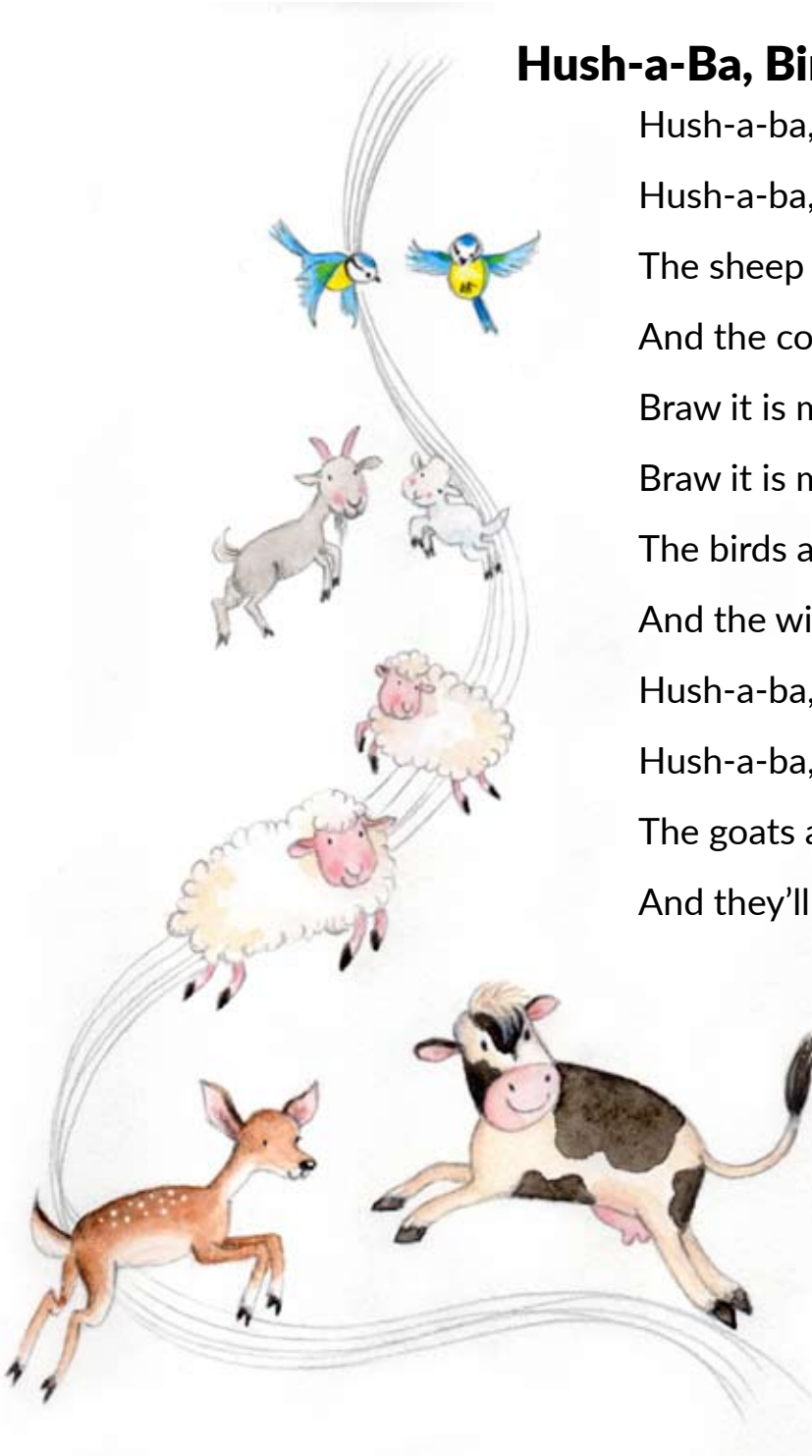
And the wild deer come galloping by

Hush-a-ba, birdie, croon, croon

Hush-a-ba, birdie, croon

The goats are gone to the silver wood

And they'll not be home till noon



This is a Scottish lullaby, contentedly describing the chores that are done and the beauty of nature. The word braw means pleasant, often used to describe good weather.

Golden Slumbers



Golden slumbers kiss your eyes
Smiles await you when you rise
Sleep, pretty baby, don't you cry
And I will sing a lullaby

Cares you know not therefore sleep
While over you a watch I'll keep
Sleep, pretty darling, don't you cry
And I will sing a lullaby

This is an English lullaby adapted from a poem written by Thomas Dekker in 1603. A different adaptation was released by The Beatles on their album Abbey Road.



Ally Bally

Ally Bally, ally bally bee, sittin' on yer daddy's knee

Greetin' for a wee bobbie, tae buy some Coulter's candy

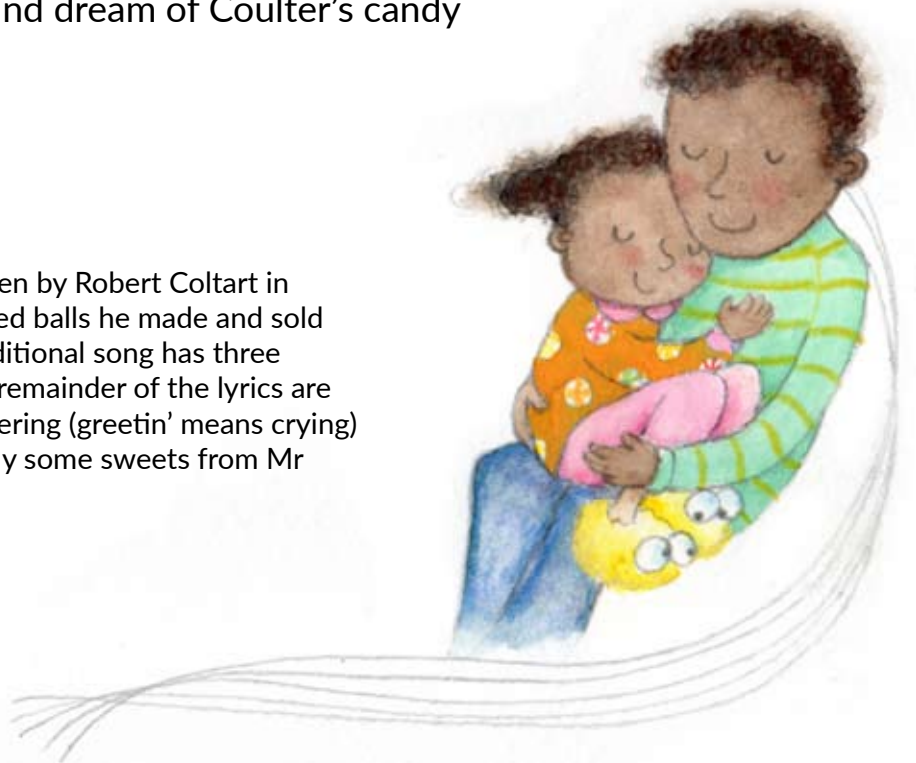
Ally Bally sitting wide awake, settle down, our time we'll take

Snuggle in, a cuddle we will make, and sing some Coulter's candy

Ally Bally in your comfy bed, the softest pillow beneath your head

Tiptoeing to sleep we will tread, and dream of Coulter's candy

Ally Bally is a Scottish song, originally written by Robert Coltart in the 1840s as a way of marketing the aniseed balls he made and sold around the Scottish border towns. The traditional song has three verses (we only use the first one here, the remainder of the lyrics are new) describing a little girl Ally who is pestering (greetin' means crying) her Dad for a penny (bobbie) so she can buy some sweets from Mr Coltart, or Coulter, as it later became.



Armenian Lullaby

Sleep my little one, my loved one, as I rock
and sing
As the bright moon watches over us, over
your little crib

Sleep my little one, my loved one, as I stroke
your head
As the stars twinkle in the darkening sky
you'll sleep safe in bed

Rest my little one, my loved one as you fall
asleep
Happy dreams you will have as you drift
away, into slumber deep

Armenia is a republic, previously part of the Soviet Union, bordered by Iran, Turkey and Azerbaijan. It has a rich musical heritage and has many traditional lullabies created and passed down by Armenian women. The first verse is a translation from the Armenian, the next two verses are new.



Baby's Bed a Silver Moon

Baby's bed a silver moon, sailing in
the sky

Sailing over a sea of sleep, while the
stars float by

Sail baby sail, far across the sea

Only don't forget to sail back again
to me



Baby's fishing for a dream, fishing
near and far

Her line a silver moonbeam is, her
bait a silver star

Sail baby sail, far across the sea

Only don't forget to sail back again
to me



This song is an American lullaby, originally
titled 'The Slumber Boat' and written by
Alice Riley and Dorothy L. Gaynor in 1898.
The lovely images of sleep being a magical
and happy place can help settle children who
have nightmares or babies who don't want to
go to sleep.

The Water of Tyne

I cannot get to my love, if I would dee
The water of Tyne runs between him and me
And here I must stand with a tear in my 'ee
Both sighing and longing my sweetheart to see

Oh, where is the boatman, my bonny hinny?
Oh, where is the boatman? Bring him to me
To ferry me over the Tyne to my honey
And I will remember the boatman and thee

Oh, bring me a boatman, I'll give any money
And you for your troubles rewarded shall be
To ferry me over the Tyne to my honey
Or scull her across the rough river to me

Oh baby my darling your Mammy loves you
With all of my heart and my soul it is true
So drift into slumber and dreams they will flow
Knowing I will be near you wherever you go

Your Mammy and Daddy are here by your side
When you wake they will smile and sing for you with pride
Now we all are together we know we are blessed
Curl up for a sleep now so Mammy can rest

This is a traditional folk song from NE England. The River Tyne flows through Northumberland and Tyne and Wear to meet the sea between Tynemouth and South Shields. There are many bridges and a ferry for people to use now, but the song laments a time when it was not so easy to cross the river. The fourth and fifth verses are new lyrics to the traditional tune.



Manx Lullaby



Oh hush thee my dove, oh hush thee my rowan

Oh hush thee my lapwing, my little brown bird

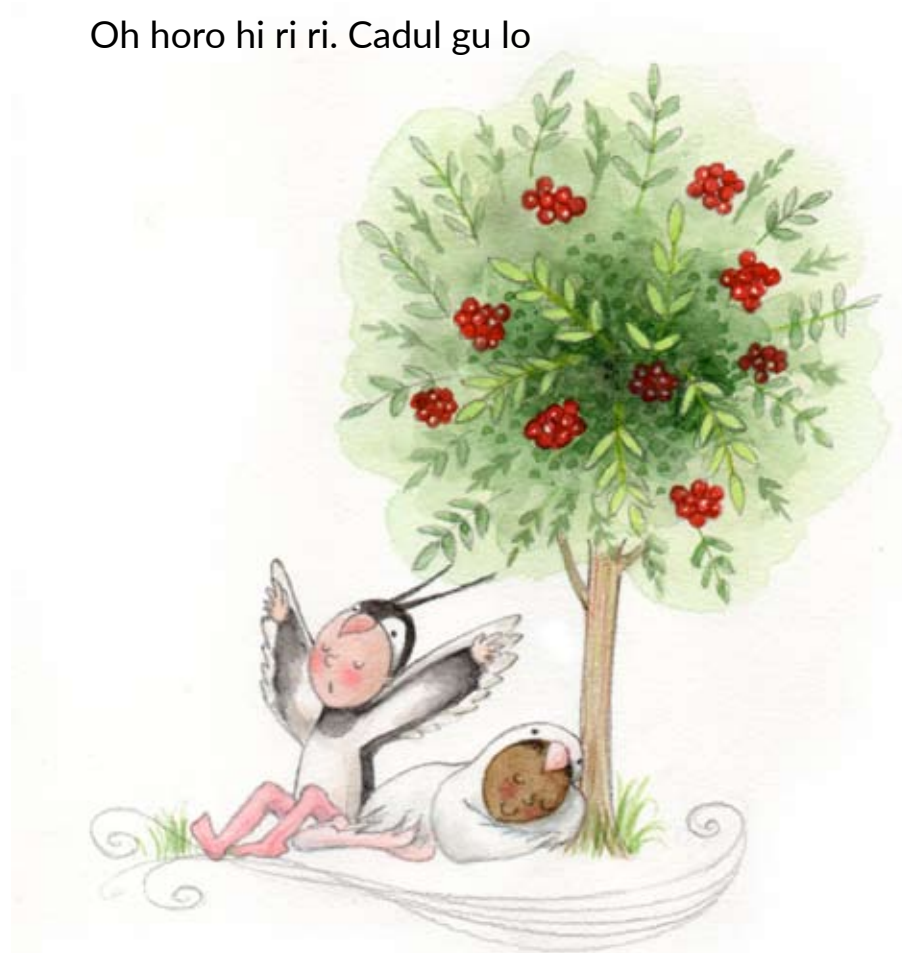
Oh fold thy wings and seek thy nest now

Oh shine the berry on the bright tree

The bird is home from the mountain and valley

Oh horo hi ri ri. Cadul gu lo

This lullaby is from the Isle of Man, an island in the Irish Sea between Great Britain and Ireland. The traditional Manx language is of Celtic origin, closely related to Irish and Scottish Gaelic, and now considered critically endangered. Oh horo hi ri ri are soothing sounds, rather than words, and Cadul gu lo means “keep sleeping”.



Last Night as I Lay Sleeping

Last night as I lay sleeping, I dreamt that I was flying
To the Isle of Man, in a frying pan, and back again
by morning

Last night as I lay sleeping, I dreamt that I was flying
To the Isle of Skye, in an apple pie, and back again by morning

Last night as I lay sleeping, I dreamt that I was flying
To the Isle of Wight, on a big red kite, and back again by morning

Last night as I lay sleeping, I dreamt that I was flying
To play in the park, on a great white shark, and back again by morning

Last night as I lay sleeping, I dreamt that I was flying
To a golden beach, on a juicy peach, and back again by morning

Last night as I lay sleeping, I dreamt that I was flying
To Grandma's house, on a little brown mouse, and back again by morning



This song describes a journey to three islands around the UK, using unusual modes of transport. The first three verses are traditional, the last three are new, with help from the children at the Freeman Hospital.



Cretan Lullaby



Sleep take my baby, cradled with
love, to groves full of flowers and
lemon trees above

Sleep scent the air, floating on
the breeze, carnations and roses
for baby to breathe

Baby will sleep, gently will he
rock, carved from the walnut tree
is his cot

Baby will sleep in the finest of
clothes, embroidered with pearls
from his head to his toes

Pare to ipne to pedhi k' ame to
sta pervolia ghemise ta shithakia
tou gharifala ke rodha

This lovely lullaby is from the Greek Island of Crete. It is sung from the point of view of a peasant woman dreaming of riches for her baby, just like any parent who wishes the very best for their child. (Although, baby-gros covered in pearls might not be what we would wish for!) We use only the first verse of the traditional Greek song here, and the English lyrics are new, adapted from the translation of the whole song.

Newcastle Lullaby

Sleep bonnie bairnie behind the castle, bye, bye, bye

Thou shalt have a golden apple, bye, bye, bye

Sleep bonny bairnie the leaves are falling bye, bye, bye

Softly blows the wind a calling bye, bye, bye

Sleep bonnie bairnie my arms will hold you

Just let go and sleep enfold you, bye, bye, bye



The original version of this song from Newcastle upon Tyne in NE England only has the first two lines, the remainder are new. The second verse can change to suit any season; blossom, snow or rain. Mentioned in the song is Newcastle Castle, an impressive Norman fortress in the centre of the city.



A huge thank you to the following for helping us to make this happen!

Sheila C Longo

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Santa Kerry & Her Band of Generous Elves

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Genevieve, Rolf, Bowsa and Sweetie

Margaret Ferguson

Kate Newton and Charlie Pratt

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Garry Smith

HAT Trustees Limited

David M Young

Chris Pentney

Ouvrielle Lindfield Roberts, founder of Grobag Baby Sleeping Bags



Artistic credits

All the lullabies were arranged and adapted by Claire Tustin,
and performed by Claire Tustin (vocals, violin and ukulele)
and Jeremy Bradfield (vocals, guitar, ukulele, chimes).

Recorded at Loft Music Studios www.loftmusicstudios.co.uk

Engineered and mixed by Matt Hall

Produced by Matt Hall and Claire Tustin

Mastered by John Elliott

Illustrated by Sue Rinaldi, Soobaloo Art www.soobaloo.co.uk

Designed by Sid Richards siddesigns@aol.com



Music in Hospitals & Care (MiHC) was founded in 1948 to improve the quality of life for adults and children with all kinds of illness and disability through the joy and therapeutic benefits of professionally performed live music in hospitals, hospices, day care centres, special schools and care homes. We provide 4,500 concerts throughout the year across the UK, benefiting around 100,000 vulnerable people annually through increased wellbeing and connection with others.

mihc.org.uk

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Lullaby Hour

Music in Hospitals & Care (MiHC) was originally delivering daytime play concerts at the Children's Heart Unit (CHU), Freeman Hospital, where often the children and babies were just too ill to participate. After conversations with Joanne Moore, Play Specialist at the Unit, we decided to try out early evening bedside sessions to help the children settle. And Lullaby Hour was born...

Since then, we raised funds through a crowdfund campaign to provide ongoing fortnightly Lullaby Hour sessions at CHU until March 2019 and we helped Derian House Children's Hospice in Liverpool to secure funds to provide regular Lullaby Hour sessions there during 2018/19. St Mary's Paddington and Queen Charlotte's and Chelsea Hospital in London have both requested Lullaby Hour on their neonatal wards during 2019, and we won a national award for innovation from the Scottish Power Foundation, along with a grant to introduce the project to more hospitals across the UK!

All proceeds from sales of this songbook will be used to support and continue our Lullaby Hour sessions taking place across the UK.

Alison Forbes
Development Officer North
MiHC





Claire Tustin is a musician, actor, composer and creative workshop leader based in the North East. She writes and performs music for theatre, and songs for children and grown-ups.

As well as on stage, she can be found singing in hospitals, forests, schools and community settings with anyone willing to listen.

Claire has been a MiHC musician since 2016 and is honoured to work as resident musician on the Children's Heart Unit at the Freeman Hospital in Newcastle upon Tyne.

She meets lovely people there who continually inspire her with their cheerful patience and courage. These lullabies are dedicated to them.

Lullaby Hour would not happen if it were not for the support and care of Play Specialist Joanne Moore who gets a very special thank you.

Funding credits

The production of this songbook was made possible by grants from Arts Council England, Scottish Power Foundation and individual donors.

A special thank you to the Children's Heart Unit for all their support and warmth.



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