


hush

Nightlight






Emily Wurramara, Kate Miller-Heidke, Mama Kin, Megan Washington, Missy Higgins, and Naomi Crellin, join the Tasmanian Symphony Orchestra to shed gentle light on the settling hours in “Nightlight,” proudly presented by the Hush Foundation.

These beloved women, their voices, their shared experience and the TSO, keep company with the night and those who pace in their slippers, who rock, worry and becalm the dark while the rest of the world sleeps.

Our six artists visited carers, parents, children, babies, patients and staff in hospitals and care communities to listen and to reflect on their own experiences of caring and parenthood. What the artists took away with them helped to compose these eleven beautiful songs.

Calm, concern, wisdom, hope and love are threaded into lyrics and music that will soothe and carefully hold otherwise lonely night-time spaces.

The Hush Foundation transforms the culture of healthcare through music and the arts. For 20 years, we’ve worked with Australian artists to create music that brings calm and healing to patients and families in stressful health and care environments.



“We hope that people facing challenging times as new parents with babies in hospital or at home, will find solace and solidarity in these songs”

- Prof Catherine Crock AM, Founder and Chair of the Hush Foundation

Thank you

We're forever grateful to the composers and artists featured on the album, the hospitals for welcoming us, and to the mums and carers for sharing their heartfelt stories.

Thank you to the Tasmanian Symphony Orchestra, a long-standing friend of Hush, for their magnificent contribution.

This album would not be possible without the generous support of our Hush funding partners: APRA AMCOS, The Johnstone Family Foundation, The Margaret Lawrence Bequest, Macquarie Bank, and Sonos.

The TSO is proudly supported by the Australian Government through the Australia Council for the Arts, and the Tasmanian Government through Arts Tasmania.

To our extended Hush family, who have contributed their time, expertise, and care to realise this album, we could not have done this without you.

It's wonderful to welcome new members to the Hush community.

Please enjoy this special music collection and thank you for listening.



THE HEALING TREE	KATE MILLER-HEIDKE Written by Kate Miller-Heidke and Keir Nuttall. Arranged by Erkki Veltheim
SONG FOR SAMMY	MISSY HIGGINS Written by Missy Higgins. Arranged by Jessica Wells
LOBSTER	MEGAN WASHINGTON Written by Megan Washington. Arranged by Paul Hankinson
YOUR LITTLE HEARTBEAT	EMILY WURRAMARA Written by Emily Wurramara. Arranged by Jessica Wells
MEET YOUR LOVE	MAMA KIN Written by Danielle Caruana. Arranged by Benjamin Northey
AND YOU'RE MINE	NAOMI CRELLIN Written by Naomi Crellin. Arranged by Joe Twist
THE CLOUD SONG	MEGAN WASHINGTON Written and composed by Paul Hankinson
LONG SINCE LEARNED	MAMA KIN Written by Danielle Caruana. Arranged by Melanie Robinson
BABY BEAR	EMILY WURRAMARA Written by Emily Wurramara. Arranged by Jessica Wells
THE CANDLES (NOT A BABY ANYMORE)	NAOMI CRELLIN Written by Naomi Crellin. Arranged by Joe Twist
ERNIE	KATE MILLER-HEIDKE Written by Kate Miller-Heidke and Keir Nuttall. Arranged by Jessica Wells

ALL SONGS PERFORMED BY MUSICIANS OF THE TASMANIAN SYMPHONY ORCHESTRA



“When I was approached to be a part of this I was so excited! Not only to be a part of such an Incredible line-up of talented artists but the actual project itself and what healing it will create for those who listen. I love the fact that this is going to be played around the country in maternity wards it’s so cool! I think music is what is needed, it’s so healing. What an honour it is to be involved - it was so magical and special”.

“I have a 4 year old daughter and so when I was writing these songs she was my inspiration. In Baby Bear I wanted to add a lullaby in my language Anindilyakwa, something that her and I sing a lot together. I wanted both songs to honour my experience as a mum, as a woman and as a human being and how incredible, special and amazing that is. The TSO helped capture the essence of love in all these songs and I am so thrilled and proud of this work”.

“The overall experience was dazzling, from learning about the project, to meeting the mums and Cath, to being in the studio and recording and writing the two lullabies. It was all very beautiful. I am so grateful to be apart of this and I can’t wait for everyone to hear all these songs”.

Emily Wurramara

“I’d never heard of anything quite like the Hush project before and creatively it was a really interesting exercise for me to give myself permission to write more explicitly about motherhood”.

“My song ‘Ernie’ talks about the conflicting feelings you have as a new parent - lyrically it’s very honest in a light-hearted way. ‘The Healing Tree’ is meant to be pure comfort, a hug for the heart and the ears.”

“I met with a group of deeply vulnerable yet incredibly resilient women. Women who were supporting each other through traumatic experiences, with warmth and humour and deep compassion. There’s something about motherhood that gets right to the essence of what life is about. This allowed us to connect with each other in a primal, authentic way. It was a privilege to hear these women’s stories”.

“No new mother should feel alone”.

Kate Miller-Heidke





“I’ve always wanted to write a lullaby style of song for my son, and the TSO, with arranger Paul Hankinson, has made my music come to life in a way I couldn’t imagine when I wrote it”.

“The Hush Foundation is an organisation that really cares about what they do and the people they work with, the whole experience has been fantastic”.

Megan Washington

“I was inspired by the work that the Hush Foundation does in creating music and beauty as a partner to healing. I wanted to reassure people that fear is a natural part of the process, and that our inherent inbuilt wisdom systems are in the wings waiting to embrace us in this moment of growth”.

“Hush is a beautifully intentioned initiative to bring kindness into spaces of sickness, disconnection or isolation. It is such a simple yet very powerful human offering to bring to people when they’re at their most vulnerable”.

“Parenting was never designed to be a solo experience. It was designed to be a community event, and I struggled with isolation, disconnection, anxiety, and depression upon both of my children’s arrivals. It is so conflicting that at this time of great joy and love, there can also be such a shadow of profound loneliness. I wish I could go back to myself back there and draw lines of connection and support, so that I could realise what was available to me”.

Mama Kin (Danielle Caruana)





“Becoming a mother six years ago, I soon became aware that if anything were to happen to my child, I would be an absolute emotional wreck. I’m lucky that we haven’t had to go down that path, but I can only imagine how hard it must be as a parent to see your child in pain. And if my music can be any sort of comfort during those stressful times then that’s wonderful. Music can be quite magical in that way”

“Song for Sammy” is a song about my boy Sammy. I wrote it when he was about six months old, in the style of a lullaby. I guess it’s about the intense emotional roller coaster of becoming a parent for the first time, and the huge risk it feels like your heart is under-taking, to love something that much. It’s the hardest and best thing in the world”.

“It can feel quite isolating being a parent sometimes. And even more so, I imagine, when you’re going through something as tough as having a sick child. If by listening to my song (and this whole album), parents and their kids felt not so alone on their journey and maybe even a sense of comfort, that would be wonderful”.

Missy Higgins

“Having been transformed by motherhood I wanted to share these feelings through an artistic medium with those who may benefit from hearing it”.

“Motherhood is a transformative experience, no matter which path you tread. That motherhood bonds like nothing else. That humanity survives through the fierceness of mothers’ love”.


“I wanted to convey through my songs, the mixed bag of parenting - the intensity of the challenges juxtaposed by the headiness of the highs. The individuality of the parenting experience alongside the universality of it. The fleetingness of each moment, and the perpetual eternity of being a parent”.

Naomi Crellin





The Tasmanian Symphony Orchestra



“What a privilege to continue working with Hush Foundation and collaborate on this album with these wonderful Australian artists and friends. Adding orchestral colour to their original songs has been a joy for us and we hope that it brings light and positivity to families in times of need”.

CAROLINE SHARPEN, CEO OF THE TASMANIAN SYMPHONY ORCHESTRA

“The TSO are incredible. There’s nothing like taking a song that was originally very acoustic and paired back, and putting a world-class orchestra behind it, to really elevate it to epic heights”.

MISSY HIGGINS

“It was an absolute thrill to hear my compositions brought to life by Joe Twist and the TSO. I only wish I could have recorded them live with the instrumentalists - it was a very odd experience to record later, trying to visualise being in the room with the orchestra”.

NAOMI CRELLIN

“I applaud TSO for their amazing work in composing the arrangements and it was something that I hardly ever do, working with orchestras, so it was also a big learning experience for me as well”.

EMILY WURRAMARA

“Working with the TSO was a joy and a total thrill. One of the best orchestras on the planet! I also loved working with conductor Ben Northey again”.

KATE MILLER-HEIDKE

Nightlight Lyrics

'THE HEALING TREE'

Written and composed by
Kate Miller-Heidke and Keir Nuttall
Arranged by Erkki Veltheim

Deep in the wood
Find it rolling
Winding slowly
Guiding your way
Hold in your heart
Only true north
As the leaves fall
Drifting away
Nothing to lose
Nothing to hold you down
Follow the holy ground where all is right
Trust in the light
Ever wise and true
All roads leading here where all is right
Lay your head against my shoulder
And rest until the morning
Dry your tears, here peace and comfort
Embrace you when you enter
Here's the place where all is certain
The still and perfect centre
The garden beneath the healing tree
The garden beneath the healing tree
The healing tree
In healing sleep
Lit by the moon
'Cross the widening sky
All the stars on high
Angels unknown
Step on the stones
Water beside you
Moving to guide you

Whisper you home
Nothing to lose
Nothing to hold you down
Follow the holy ground where all is right
Trust in the light
Ever wise and true
All paths leading here where all is right
Lay your head against my shoulder
And rest until the morning
Dry your tears, here peace and comfort
Embrace you when you enter
Here's the place where all is certain
The still and perfect centre
The garden beneath the healing tree
The garden beneath the healing tree
The healing tree
And be at peace

'SONG FOR SAMMY'

Written and composed by Missy Higgins
Arranged by Jessica Wells

This is the first time
That I've ever loved anything more
than life itself
I never knew my heart could expand
to this size
This is the first time
That I've ever jumped out of my
head and
Left it behind, and I don't think that I
wanna rush back inside
How could it be his little hands grew
inside of me?
I never made anything so perfectly
This is the first time

That I've ever seen beauty in dust
Caught by the sunlight
Falling around us in the quiet
This is the first time
That I haven't been able to keep out
All of the pain that goes on
'Cause every man now is
somebody's son
How could it be those little toes grew
inside of me?
I never made anything so perfectly
Oh, but the nightmares, they don't
stop
The ones where I can't find you
Or I've left you alone in the dark
And I run, screaming, shouting,
"Where is my baby?
Where has my baby gone?
Without him, I simply could never go
on"
This is the end and
Also the beginning of everything we
are
We were one, then two, now we are
three
How could it be his little heart grew
inside of me?
There's so much to lose now, it's
terrifying
But look what we made, isn't he just
perfect?

LOBSTER'

Written and composed by Megan
Washington
Arranged by Paul Hankinson

Bright sun in my window
Now I don't sleep, now I don't know

Where to find anything
Old toast and my car keys
And a toothbrush and my Nikes'
And I don't mind
Don't eat that it's just pretend
You're funnier than all my friends
You drive me crazy baby
But I'll never let you down
I got one strong arm like a lobster
From carrying you around
You are wild, you're a devil
You're an angel, you're a feral
You're a chip off, you're an apple
But I'm the one who's falling for you
More and more everyday
You can't have that, oh fine, ok
You drive me crazy baby
But I'll never let you down
I've got one strong arm like a lobster
From carrying you around
Can't you just stay little
For a little while longer
It's going so fast
When I am an old lady
Will still call you my baby
Be so tall and just maybe
You'll look like your dad when I met
him
After all the twists and bends
I hope that we can still be friends
I'll drive you crazy baby
But I'll never let you down
I'll still have one strong arm like a
lobster
Just for carrying you around

‘YOUR LITTLE HEARTBEAT’

Written by Emily Wurramara

Arranged by Jessica Wells

Morning sun touches your face and
you smile
Seems like nothing can ever
compare
You’re so worthwhile
Singing tunes and dancing in the
afternoon
Seems like nothing can ever
compare
I’m so down with this moon
Stay here with me
Stay here with me
We’ll be fine
Lay here with me
Lay here with me
‘Til sunrise
Moon can shine
And your laugh is aglow
Sunshine is bright
But your soul is all the light I know
You’ll fly away one day to
Your own sacred space
Darling I will love you and
My heart will always be your home
You’ll be safe
You’ll be safe
The way you tilt your head from
left to right
I know there’s no other love like this
I’ve felt in my life
Mumbling things I don’t really
understand yet
But I know that when you take my
hand
It’s you who loves me best

Stay here with me
Stay here with me
We’ll be fine
Lay here with me
Lay here with me
‘Til sunrise
Moon can shine
And your laugh is aglow
Sunshine is bright
But your soul is all the light I know
You’ll fly away one day to
Your own sacred space
Darling I will love you and
My heart will always be your heart
You’ll be safe
You’ll be safe
Your little heartbeat
Your little heartbeat
Your little heartbeat
Is all the rhythm I need

‘MEET YOUR LOVE’

Written and composed by Mama Kin

(Danielle Caruana)

Arranged by Benjamin Northey

I am as ready
I am as ready
As I’m ever gonna be to meet your
love
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
Thread by thread and stitch by
precious stitch
We are now woven
You belong to me
I belong to you

I am as ready
I am as ready
As I’m ever gonna be to meet your
love
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
And in this moment
As time expands and contracts and
expands again
I can’t be sure just
Who is giving birth to who
Who is giving birth to who
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
Speak to me
I’m ready to wake up
Reach for me
Take my hand
Take my hand
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
I am as ready
I am as ready
As I’m ever gonna be to meet your
love
As I’ve ever gonna be to meet your
love

‘AND YOU’RE MINE’

Written and composed by Naomi Crellin

Arranged by Joe Twist

After years of hoping,
Many tears, barely copying,
In May you conceived me, by June
you believed me,
And I’m safe, and I’m warm, and I’m
fine,
And you’re mine.
I came too early before you were
ready,
Lucky daddy caught me, now he
can’t put me down,
But you were who grew me, already
knew me,
I know it’s not easy with no-one
around,
But I’m here forevermore,
Never fear, for I adore you,
Ever my mother,
I seek no other,
And you’re safe, and you’re warm,
and you’re fine,
And we’re joined for the rest of our
time,
And I’m safe, and I’m warm, and I’m
fine,
And you’re mine.

Nightlight Lyrics Continued

'THE CLOUD SONG'

**Written and composed by Paul
Hankinson**

If I were a cloud would I be allowed
To follow you every day?
I'd stop overhead as you popped
out of bed
And were fed and were ready to
head on your way.
I'd keep up with ease with the help
of the breeze
As the trees bent their knees to
point me your way.
Oh if I were a cloud I'd be happy
and proud
If I were allowed to stay.
And of the late afternoon as the sun
kissed the moon
And she'd sink as she'd swoon from
the sky
You'd lie on the steep and I'd sweep
into sheep
Just to lure you to sleep as the night
wandered nigh
But if it got late and the danger was
great
I would precipitate but one drop in
each eye
To wake you, to take you home
By the light of the moon and the
wind's wispy sigh
Oh I put up a cold front I know
And I keep my old heart packed in
snow
But my love's beyond measure
And I promise low pressure
So please never ask me to go

It's a cirrus affair to live up in the air
And to care for a person, I know
But cumulous, stratus, oh nothing
would part us
If only you'd look up and let your
love flow
And whether or not the weather
was hot
I would shield you and shade you
from every foe
Evaporate! Precipitate! Oh won't
you reciprocate
The love from above, below?

'LONG SINCE LEARNT'

**Written and composed by Danielle
Caruana (Mama Kin)
Arranged by Melanie Robinson**

I fold myself into this feeling
I wrap myself warm in this quiet
This silence is solace bring dusk
now to my mind
I purse my lips against the longing
To understand the mystery at play
I'm the wildest dreams of all my
mothers in my blood today
I'll pay careful attention to the fire
I'll stack up the wood
Small doses of good
Is all I can muster
All I muster
All I can muster for a while
I'll pay close attention to the small
things
Until time begins to expand
I know well enough now that this

feeling seeks to pass
I'll wait for the tide to turn
There's a note on the wind
That will play on my skin
Waiting is something that I long
since
Waiting is something that I long
since
Waiting is something that I long
since learnt
In the center of this feeling
In the middle of this place
I come face to face
With my bravest self
I'll wait for the tide to turn
There's a note on the wind
That will play on my skin
Waiting is something that I long
since
Waiting is something that I long
since
Waiting is something that I long
since learnt

'BABY BEAR'

**Written by Emily Wurramara
Arranged by Jessica Wells**

The moon is rising high
The high is rising low
The sun is setting low
The lower setting sun
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
Shush, shush, shush, shush darling

Shush, shush, shush, shush darling
Dhumugurra Karrawarra Egka
Manja
Inajungurna Amarinkga ha ha ha
ha ha
Dhumugurra Karrawarra Egka
Manja
Baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
The tide is coming in
Coming in is the tide
The tress are rustling
The rustling of the trees
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
Shush, shush, shush, shush darling
Shush, shush, shush, shush darling
Dhumugurra Karrawarra Egka
Manja
Inajungurna Amarinkga ha ha ha
ha ha
Dhumugurra Karrawarra Egka
Manja
Baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep
My baby bear's now asleep

'THE CANDLES (NOT A BABY ANYMORE)'
Written and composed by Naomi Crellin
Arranged by Joe Twist

Blow out the candles on your first
birthday cake,
It's healthyish - took me a damn long
time to make,
Cling to my shoulder while
everybody sings,
Ignore all the presents, head straight
for the swings.
You're one, my one, my little one.
When Baby's one her life has just
begun,
When Baby's two, well everything is
new,
When Baby's three she's obsessed
with being free,
And when Baby's four she's not a
baby anymore.
Blow out the candles my darling,
you're two,
Proud of the things you have just
learnt to do,
None of us know this is your last
birthday alone,
You'll know it next year when we
bring your brother home,
You're two - too cute, too soon.
Chorus
Blow out the candles for you and
your new brother,
Now that you're three you are
sharing with another,
Life's become harder, but the
spotlight's yours today,
Little mermaids and rainbow fish

laugh and swim and play,
You're three. Look at you running so
free.
Chorus
Blow out the candles, avoid your
brother's spit,
Fight over who gets that first
important bit,
Fights turn to cuddles turn to siblings
learn to play
In those precious four minutes where
you both enjoy the day,
You're four - you're not a baby
anymore
You're four - you're not a baby
anymore
You'll always be my baby, but you're
not a baby anymore.

'ERNIE'
Written and composed by
Kate Miller-Heidke and Keir Nuttall
Arranged by Jessica Wells

Ernie sleeps and I'm awake
Does he see me, does he see me
Among the shifting shapes?
The day is tired, and so am I
Still I can't believe my luck
I hope I don't make too many
mistakes
He fell off, fell off the chair
The second I looked away
Just about anything makes me cry
Still I can't believe my luck
You're a chubby little pudge ball
Half animal, half Cupid

You know next to nothing
Still you make me feel so stupid
And I can't believe my luck
I am yours and you are mine
Oh I've really come unstuck this time
I can't believe my luck
He landed like an alien
From a distant, dark and liquid planet
Turned this whole house upside down
We will never be the same now
But I don't trust my own memory
Who you were last week - it's blurry
already
And I'm so happy watching you
dance today
But by tomorrow you'll be changed
again
And I'm no good at letting go
Won't you stay the way you are?
It's the hardest thing I've ever known
And I can't believe my luck
Is he only sleeping?
Yes he is still breathing
Is he only sleeping?
Yes he is still breathing
Is he only sleeping?
Yes he is still breathing
Is he only? Is he only? Yes he is still
Ernie sleeps and I'm awake

PRODUCED BY THE HUSH FOUNDATION

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Crellin

ARRANGERS

Erkki Veltheim, Jessica Wells, Joseph
Twist, Melanie Robinson, Paul Hankinson,
Benjamin Northey

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Benjamin Northey, Greg Stephens

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The * denotes the player being principal,
the # is for guest principal

VIOLIN Sercan Danis Concertmaster,
Jennifer Owen Associate
Concertmaster, Lucy Carrig-Jones
Principal 2nd, Susanna Low Principal 1st,
Miranda Carson, Yue-Hong Cha, Edwina
George, Michael Johnston, Christine
Lawson, Alison Lazaroff-Somssich,
Christopher Nicholas, Rohana O'Malley

VIOLA Doug Coghill#, Anna Larsen
Roach, Rodney McDonald, Will Newbery,
Jo St Leon

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Martin Penicka

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Henrich

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OBOE Dinah Woods#

CLARINET Andrew Seymour*

BASSOON Tahnee van Herk*

HORN Heath Parkinson*

TRUMPET Yoram Levy*

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HARP Meriel Owen#

PIANO Amanda Hodder#

PRODUCTION

THE ALBUM HAS BEEN RECORDED,
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