



Project Crossovers

Wednesday 20th March 2013

... with a shaky plastic cabbage ...

Today Anna (she can play just about anything) and I went to sing with some elderly people in a sheltered housing scheme round the corner in Devonport. Everyone was given a song book with about 100 songs. Some are old favourites from the wartime, and then there are others too, including Elvis, Cliff, Doris Day, to name but a few. We took a range of different percussion instruments; bongos, tambourines and lots of shaky, rattly, drum-type things, so that people can join in with those if they want to do more than sing. Anna was playing keyboard, and off we went, all of us singing at the tops of our voices and shaking whatever shaker came to hand (we've even got a shaky plastic cabbage, so on the day someone was asked what they played and they answered "cabbage" that was why).

Anyway, the real reason I wanted to tell you about this is because it's just unbelievably, amazingly, wonderful and fun and very often really moving. You get really fond of these people because they show you such joy and appreciation and make you feel humble, privileged, happy ... everything. I can't tell you their names, so I'll change them when I recount various little stories about things that have happened, which I think may explain why some of the little things that they've said or done have absolutely moved me to tears.