



Project Crossovers

Wednesday 31st July

"This is like medicine for me"

These were the words spoken by Jock today during a session for elderly residents at Devonport Views.

Once again, I was made to stop and think. Six words that sum up how much these music and singing sessions can mean. People who, even though they may be mobile, may have relations and friends either in the setting itself or further afield, often feel lonely and bored. Isolated because they're not as able as they used to be, not out at work like they used to be, not caring for their children like they used to be. Things have changed, leaving big gaps in their lives, and music helps to fill them.

Long may it continue to do so. Depression and loneliness is no fun at all, and people deserve so much more. I'm so proud to be part of an organisation that loves making a difference and loves the people it makes a difference to.

