



Project Crossovers

29th January, Day two.

I'm spending time getting to know what goes on here, I'll be shadowing people and trying to absorb PMZ! Today I went into a session with music leader and Training Coordinator, Anna. (Anna's one of those people that can pick up almost any instrument and play it, I know, say no more). A group from The Dove Project, (which works with young people with learning disabilities) was here for the morning, and Anna had a fantastic way of making sure that each person felt as though they were an important part of the group, gently reassuring, repeating and encouraging. Everyone was totally absorbed and engaged in the session, starting with us all beating out rhythms on the Kajons (boxes that you sit on but that aren't actually boxes at all, they're drums). Eventually everyone was playing their part on a different instrument, from marimbas to guitars, keyboards or something from the huge range of percussion instruments. I was amazed at the music those young people produced, and I think they were too. From starting off at the beginning of the session feeling a bit shy and unsure what they'd be doing, by the end of the session there were huge smiles of satisfaction and it was clear to see what a boost in confidence just one hour's session had given them. Wow! (I may keep saying that, this really is an amazing place!)