



Project Crossovers

Wednesday 27th March.

Sweet sweet, the memories you gave to me

Things happen here all the time that are really moving. For instance, today at one of the elderly people's homes, Pearl, always quiet, elegant and with a gentle smile, happened to mention that it had been her birthday the day before. We all sang Happy Birthday. As I glanced over I saw that Pearl had tears in her eyes, and she suddenly said, in a soft faltering voice, "My family won't believe it when I tell them you sang happy birthday to me ... " Such a TINY thing we did, and it made such a difference; it meant so much to her. I think that just shows what a difference music can make to people's lives.

Another day George, who suffers from depression and has a very poorly wife who often can't get to the sessions because she doesn't sleep at night, told me "It makes me feel much better actually, being here and seeing you dancing around (I do like to dance a bit) and all the singing, it really helps me actually ..." Quite often he's tired himself because of many broken nights' sleep, and he has his own health problems, so it's a great feeling knowing that you're making someone's day a bit easier. George's three grown-up children are all musical, and he's a good singer himself, so it's a real pleasure to see him smiling and singing through the sessions. Very satisfying.