



NotesPerfect used its mini-grant to fund music therapy sessions in its Music 4 Life project. The project consisted of a series of 2-hour workshops delivered to two different community groups over a 5-week period, which were combined for the final two sessions.

One of the groups consisted of adults with mental health problems and the other consisted of older African Caribbean members. Music 4 Life was directed towards people who are risk of loneliness and isolation, whether due to physical or psychological reasons, using music to collaborate and connect with each other.

Whilst the ultimate aim of recording a rendition of Pharrell Williams' 'Happy' in a studio couldn't happen due to time constraints, the workshops were still able to bring the communities together to engage in a number of activities including vocal exercises and singing songs on a karaoke machine.

