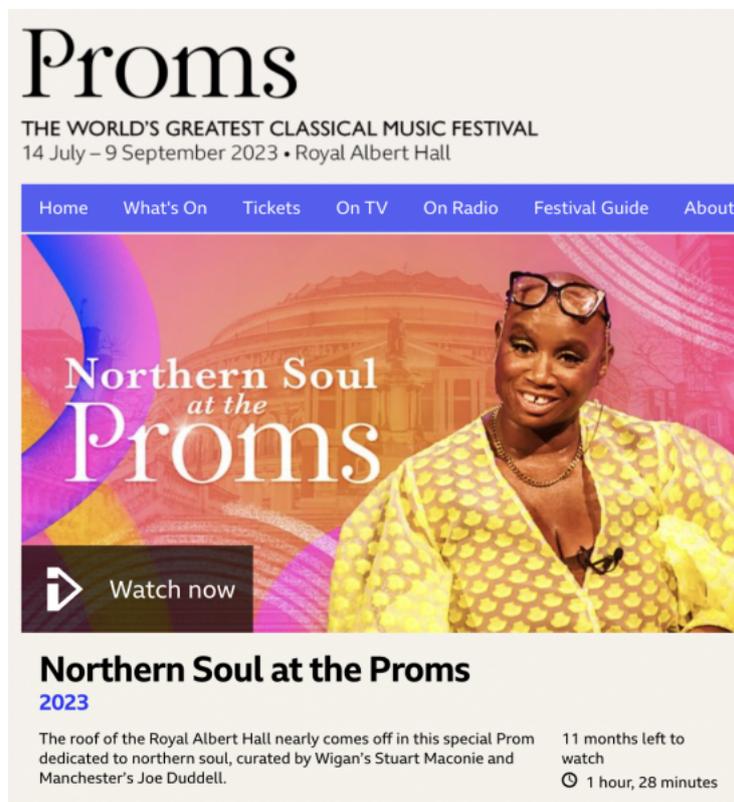


If you need cheering up

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It's easy to think there is not much going on in life that is good. But there is, of course.

Over the last couple of days, [I watched this Prom on iPlayer:](#)



The screenshot shows the Proms website interface. At the top, the word "Proms" is written in a large, serif font, followed by the subtitle "THE WORLD'S GREATEST CLASSICAL MUSIC FESTIVAL" and the dates "14 July – 9 September 2023 • Royal Albert Hall". Below this is a navigation bar with links for "Home", "What's On", "Tickets", "On TV", "On Radio", "Festival Guide", and "About". The main content area features a large, colorful graphic with the text "Northern Soul at the Proms" and a photograph of a woman wearing glasses and a yellow patterned top. A "Watch now" button is visible. Below the graphic, the text reads "Northern Soul at the Proms 2023" and provides details: "The roof of the Royal Albert Hall nearly comes off in this special Prom dedicated to northern soul, curated by Wigan's Stuart Maconie and Manchester's Joe Duddell." To the right, it says "11 months left to watch" and "1 hour, 28 minutes".

I like the Proms in general and watch quite a number each year. But this one was special. I would say it is the best since they did a Sondheim special a decade or so ago.

It is s really well worth watching.