

21st October 2010
Drop In 'N' Drum



Back Row - Hazel, Jeanette, Jackie, Connor, Mary, Ian
Front Row- Christine, Dr Bentley, Eileen

The 21st was the last day for The Festival Hub and perhaps fittingly, Buddy Beat were given the chance to hold their final Festival Event. This was their 2nd Drop in N Drum Workshop of the Festival and ran from 10am to 12 noon.

Things began small for some of the gang were no-where to be seen but soon they turned up and joined our circle. Buddy Beat has a new member in the guise of Connor Muir of The Wynd UP Drama Group and regular Festival Hubber. Connor had drummed with Buddy Beat at a few things during the festival and Tom smoothed his passage into the best drumming group in Scotland. If we say so ourselves! And so- The Buddy Beat were:-

Jeanette Allan, Jane Bentley, Marion Bisland, Hazel Borland, Tom Chalmers. Mary Graham, Connor Muir, Eileen McGrory, Jackie McDowall, Christine Robertson, and Ian Tobin.

Things began a tad sluggish and haphazardly as there were too many distractions for the group. The shops, the passers by, The Hub itself and the toilets which take a few minutes walk to get too. Jane tried her best to rein it in but she was fighting a bit of an uphill battle but somehow she got there and we managed to journey through an opening ten minute jam. Connor and Jane had brought in the drums from Jane's van and used the shopping centre's escalator to do so and this inspired Connor into trying an Escalator game. The idea was that one person started quietly and the next a bit louder with the beat increasing in volume as it migrated around the circle. This went down very well and when we reached optimum volume Jane then reversed the procedure. We played this for a good while and then had a run of Rhumble Tennis which was good fun!



Christine snapped Tom hitting the right notes (hopefully!)

After that Jane was presented with her congratulations card due to her recent elevation to Doctor Bentley. Tom had been nabbing anyone he could during the previous few weeks and managed to gather plenty willing signatories. Jane was thrilled with this, saying she would treasure the biggest card she had ever received and happily posed with the gang for a photograph. That seemed like a good time to break and everyone was very keen on the selection of donuts and such lovelies from Gregg's The Baker which Henderson, Hub Curator, had procured from his dwindling budget. Bless you sir and the O.B.E. is surely in the bag!



What a clever girl! Jane of course!

Reconvening around 11.20, we were joined by a visit from Ross McFarlane from The Scottish Health Council. Ross had visited us before at The Festival Launch and returned to speak to Jeanette and Jane about the group in more detail. On that occasion Ross was our guinea pig audience and was given a wooden frog to croak, and today he was promoted to drummer. Also joining was John Green, one of the Hubbers and also a member of Renfrewshire Recovery. Like Ross, John has jammed with us before and took his seat in the circle. Last but not least, new Buddy Beat person Ron arrived and was duly knighted by Hazel and presented with his Buddy Beat polo shirt.

The second half of the workshop saw Jane instruct the circle in passing a rumble around and then Christine suggested we try the migrating threesomes, or Travelling Trios as Jeanette romantically named it. Jane bettered that and suggested quads instead of threes and this worked really well and you could hear the different styles and changes to the rhythm as it passed around. So good was this that we went around the circle four times! That's a Buddy Beat record for sure!



Birds of a feather on the far side.....

One lady came in with her grandchild who was asleep in its buggy and joined us in the circle. And then another lady came in with her two grandchildren and took a seat behind our drum circle and Henderson's Hub Cafe was busy with orders for probably the last time. The children were spotted dancing to the beat and Christine grabbed firstly some percussion for them to play. Their eyes went wide with delight and they showed off to their grandmother. Then Christine gave the young girl a drum and she sat and showed some good rhythms. Her little brother was not to be beaten and we laughed as he grabbed a tall standing bass drum which was his full height and he huffed and puffed it over to his table!

Next up Jane tried Echo and Response. Did she hold back and make it simple? Not on your nelly! But the amazing thing was that we all matched her and the energy and speed created during this was a total joy! Just as we were about to wrap thing up a gentleman was waving at us through the shop window. Now Christine had been waving herself exhausted all morning with little or no luck and saw that this chap was eager, so she sat him down in the circle, giving him one of the tall free standing drums and we jammed for another few minutes before Jane brought it all to a close.

Well, that was a humorous, kind of non-restricted free as you are kind of workshop and seemed to be enjoyed by all. And so, Buddy Beat's involvement in the 3rd Renfrewshire Mental Health Arts and Film Festival came to a close and it has been really enjoyable for everyone. We reached a good number of people and made some new friends and above all, we had fun!



Take a bow, Dr B! Jane's hastily arranged graduation was capped - pun intended - by Christine's make-shift mortar board

Words and pictures (with a little bit of help from Christine) by Tom Chalmers

