

22nd April 2010  
The Recovery Cafe, Dykebar Hospital



Back Row - Jeanette, Jackie, Angie, Jess, Allan, Tom and Lesley  
Middle Row - Marion M, Christine, Hazel, Mary and Marion B  
Front Row - Karen, Eileen, Noreen, Anne D and Jane.

Buddy Beat had a different venue to go to instead of their normal Paisley Art Centre habitation. Jeanette invited everyone along to a Recovery Cafe in the Recreation Hall at Dykebar Hospital. The Buddy Beat gang came out in force and were:-

*Jeanette Allan, Karen Auld, Jane Bentley, Marion Bisland, Allan Borland, Hazel Borland, Tom Chalmers, Anne Dowie, Angie Gilmour, Mary Graham, Lesley King, Marion Mullin, Eileen McGrory, Jackie McDowall, Jess McMillan, Christine Robertson, Noreen Young.*

This event ran from around 10am to 1pm and was a chance for patients, staff and health professionals to meet. There were various stalls on display from the likes of R.A.M.H., Renfrewshire Workforce Plus and A.C.U.M.E.N. and also a tea and buns stall, and everyone seemed to enjoy the free samples from there.



*Creating a pattern-Jess, Christine and Hazel*

Buddy Beat came out in numbers and once again had their own stall, with Allan and Hazel ably setting out our sale items and Tom adorned the boards with stills from our photogenic library of former adventures.



*Allan "Retail's my Game" Borland*

As the hall began to fill around 10am we sat down to begin our performance. Our chairs sat in front of the raised stage and to allow everyone to see Jane, she sat in front of us all, promising not to pull funny faces. We waited for the word and suddenly we were off, and we played our piece "Where's My Lunch?" (Wow! Do we need a title for that or what?). It sounded wonderful and was arguably the sharpest we

have played it and we received a hearty round of applause from everyone in the room who seemed to appreciate the three layered beat.



*Jane and her many well behaved children*

Jane then stood up and boomed an invitation for anyone to join us for a workshop and chairs were hastily arranged into a circle. We had 8 people who rose to the challenge and Jane began by seeking a volunteer to tell the new people about djembes. Step forward Eileen McGrory! She was simply brilliant at conveying all you need to know about our drums and how to get the different tones from them. A career in after dinner speaking is surely around the corner! Jane quickly got everyone to groove, showing them how to follow stop and start instructions, loud and soft, splitting into groups, and how to rumble. We were then interrupted by a large group coming in the door and we had to move chairs to let them into the hall and this seemed to break up our circle. When we had resumed, Jane again put out the call and 4 more volunteers joined the fold, including Maggi Boyd, long time friend of Buddy Beat. The quick exchange of new blood here gave new meaning to “Drop in and Drum”.

We began by passing the beat and Jane twisted this by saying that if the person passing to you had played loudly or fast, then the next person would play the opposite and play softly or slowly. This worked until Anne D was selected by a lady across the circle and Anne played a marvellous concoction of beats. Tom checked his watch, eagerly waiting for her stint to end. E\_L\_O\_N\_G\_A\_T\_E\_D does not begin to describe it! We migrated next to playing for 4 and scratching the skin for 4, causing some bemused and amused faces around the hall. Jane ended this short workshop by rumbering loud to soft and then back upwards to a deafening climax! It was time for a well earned cuppa and the gang beat a retreat to the bountiful goodie table.

During all of this, Allan sat at our stall and was doing a thriving business. Also, as it was now mid-morning a Writers Workshop was announced and our very own Lesley ran it. She was joined by Jackie, Hazel and Marion M and 7 others. They sat in a square on several sofas, deep in conversation for a good 45 minutes or so and it seemed to be a great success.

Around 11.45 Jeanette rounded up the gang for two things- a group photo and to get back to drumming again. We all gathered in front of the stage and one of the ladies attending was kind enough to take our picture. Anne D said that all the colours in our group photo remind her of a tube of Smarties! Of course it does, Anne! We then took our seats and Jane bellowed “Time to Drum!”

Nine more people took her up on her offer and we began a groove that went on a loud and then harmonious journey before ending with some copy cats beats and a tumultuous rumble. With time still to play with, we passed the rhythm once more but this time a very enterprising Marion Mullin suggested that two people played at the same time and they then got to pass it onto another two. This worked very well and is something we may well go back to in our weekly meetings.



It was lunchtime by now and slowly but surely the hall began to empty. Just at the end, a lady minister arrived and seemed keen to drum, so we sat down for a final few moments play to round off the day.

That was a lovely day out and seemed to be enjoyed by everyone. We sure are experts at getting out there and enjoying ourselves. It seems that 170 attended the cafe and there was a great buzz around the hall. It was great to see some Buddy Beat friends and Allan did very well on the stall.



*Smiles come easily in Buddy Beat*

The End