

And The Beat Goes On... and on....



Not content with a myriad of engagements during the 2009 Mental Health Arts and Film Festival, Buddy Beat found themselves still in demand by other groups and here is how things went for the Intrepid Beaters.



Major Tom

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October 7th - Teenager Social Club

It was perhaps a few months ago that during one of our regular weekly meetings we were joined by two lady visitors. They were representatives of a local organisation called Flexi-Care.

Flexi-Care provides a service for adults and children with learning disabilities or who have an autistic spectrum disorder (ASD). They have established a network of trained volunteers who offer support to people with a learning disability or ASD to participate in social, recreational and educational opportunities in the local community.

The two ladies from Flexi-Care, Bernie and Elaine, had hunted us down after hearing about Buddy Beat and they initially wanted to see if what we do would suit them. They had a great time with us and wasted no time at all in pinning down a booking for a workshop. Of their many groups that they run, they wanted Jane and a small number of us to run a workshop at St Catherine's School in Paisley's Gallowhill for the Teenage Social Club which runs for boys with Asbergers Syndrome aged 16-19. The time for the event was 7.30-9pm.

The Buddy Beaters were-

Jane Bentley, Tom Chalmers, Anne Dowie, Eric McCay and Eileen McGrory.



Watch out Eileen's about!

Taxi Tom picked Anne D up in Barrhead and then stopped in Paisley to collect Eric while Eileen “Jackie Stewart” McGrory beetled over to Gallowhill in her motorised scooter. The police had been pre-warned and had wisely cleared the streets. Jane met them at the school and quickly unpacked the gear.

Inside were 6 boys and 4 of their volunteers/ support workers. We set up a drum circle on the stage in the school hall and were soon up and running. Can't quite recall all the names of the boys but most memorable were Peter the Conductor (to be explained later), Harry Potter wannabe and Port Vale fan Nicholas, Queen fan Ewan and Mr Cool/ kit drum player Stephen.

Jane began with a few words to the Club and we then went around the circle, hitting short rhythms and stating first our names and then naming something we liked. Then we showed the gathering what we do and played just for a minute with some echo and response and startling

rhumbles, showing that even though we were small in number, we could still pack a punch! That broke the ice and after a brief instruction, Jane set us off on five minute jam and the Club quickly slipped into it. You could see how pleased many of the boys looked to be making music in this way. We then passed a single pulse around the circle before challenging everyone to see how fast it could flow. This then progressed into our Turnaround game and it didn't take the boys long to work out how trap one of their 4 support workers between two of them, which seemed to amuse everyone no-end! Then the youngest of the boys announced that he wanted to play his own game which he had just created. Basically, if he tapped the left of his drum 3 times, then the person three to his left of him took control and had to decide whether to tap his or her drum on the right or left side and also how many taps were needed. We played this for a few moments and we were impressed by the ingenuity of it! Then we showed the group how to have conversions between drums and we spoke in pairs, working around the circle until we got around to Nicholas and Stephen and they had a marvellous musical ding-dong between them! Next up Jane tried the Echo and Response exercise with everyone following her lead. The boys took that in their stride and Jane then moved this game around the circle, and many of the boys seemed to like their brief two second solo spots! Jane then ended the first half with a big jam before tea-break was declared. Bernie kindly shared the boys' crisps, snacks and cans of pop and most of the Buddy Beat gang lapped up this offer.

After twenty minutes, it was time to get back into the swing of it. Jane had selected some of her percussion instruments and demonstrated how each one was used, each time receiving suitable "Woo!" noises and shouts of "I'm having that one!" Some of the boys swapped their drums for percussion and before starting Jane whipped out the Stick of Power and exclaimed "Expelliarmus!" which brought a gasp from Harry Potter fan Nicholas, and we could see he was itching to get control. Jane kindly passed the Stick of Power to Tom first and he quickly instructed them on loud and soft rumbling and decreased the time between each volume until it all went a little wild. The boys were now eager to get involved, perhaps more so than their support workers and after the Stick had travelled the circle, many of the boys wanted a 2nd go. Now that's what we call a success! It was during this that young Peter showed his obvious skills at instruction and conducting.

For the last five minutes or so, Jane produced the Hapi Drum and after a brief demo, it passed around the group while everyone else jammed on the drums and percussion and it all ended with a big crescendo and round of applause.

It was a hugely enjoyable evening for Buddy Beat and the way the boys took to the drumming was a delight. It was very entertaining to see them gently ribbing one another and at how they bounced off each other. Bernie came up to us at the end beaming with delight and she said that it is the hardest thing to get the boys to do anything collectively and that she was amazed that they all keyed into it and stayed with it throughout. Another good job done!



Jane, Tom, Anne D and Eileen

The End

Words and pictures by Tom Chalmers

October 22nd-23rd - Recovering Ordinary Lives Conference, London



Princess Anne



Duchess Jeanette



Dame Lesley

Buddy Beat attended a Recovering Ordinary Lives conference in Leeds in February. This was such a success that Jeanette was asked if she and Anne Dowie would attend a further seminar, this time in London. Lesley was on holiday in London at the time, visiting her son and attended the day.

At the event, Jeanette spoke about Buddy Beat, Anne Dowie read out her story and Lesley read aloud a poem by Anne Ross.

The following are Anne Dowie's own words about her adventure;-

There is an O/T called Jeanette
Who took me to London by jet
We were sitting in the lounge having a blether
Looking outside at the weather
We were so busy gabbing, Shock! Horror!
3.40- that gate closed at 3.30!
Jeanette took off looking like Concord
Dragging her case and me gasping behind
We took off in time sighing with relief
As quick as a flash- touch down
We had arrived on schedule. Whoopee!

We headed for the hotel jumping from underground onto trains. It was like a maze and Jeanette was like a walking and talking map!

Apart from getting a bit lost we eventually arrived at the hotel at 6.50. We checked in and found our rooms, changed and by a miracle Jeanette even had time to shower. She should be on stage as a quick change act as all this was done in 20 minutes. Wow!
We phoned a taxi to take us to the theatre to see Blood Brothers which was amazing. I couldn't believe I was there.

Jeanette doesn't seem to like wee green men. She just grabbed me and nearly got me mowed down by a cyclist that none of us saw coming. With my heart in my mouth we walked around Chinatown which was brilliant to see and then finally found time for dinner. We had a pizza at the civilised time off 11 at night! Then we were scared we had missed the last tube and raced as fast as we could which isn't recommended on a tummy full of pizza but thankfully we hadn't missed the train and made it back to the hotel in one piece!

The following day it was back on the roads again. I said a wee prayer which seemed to work because we arrived safely at the conference which went without a hitch.

Lesley came with us on a bus tour to take in the sights which was amazing. I was in my glory.

Jeanette announced that you could get to the airport faster by boat that would only take 20 minutes. We rushed down to the River Thames and realized that it would in fact take over an hour. Shock! Horror! We had a plane to catch. I just went white.

We ran on and off trains and finally by pure genius on Jeanette's part we arrived on time. Who needs to go to the gym when you have Jeanette? I was more in need of a gin but settled for a wee cider. Ahhh- sheer bliss!

Oh, it was great fun but not without some drama. Poor Lesley is now in traction. Her crutches had friction burns with all the rushing around we did. But we loved it.

I had a great time so thanks again, Jeanette.

Anne Dowie

October 29th - Renfrewshire Disability Arts Forum Relaunch

Renfrewshire Disability Arts Forum was holding a relaunch event at Paisley Town Hall and had invited 150 guests for the occasion. Buddy Beat was asked to come along and play for 20 minutes at 12.30, while everyone sat and had lunch.

Jane was not available to take this event on, and Buddy beat decided to try and do this on their own. Karen had earlier held our normal morning session before this gig at The Paisley Arts Centre and we were joined there by new member Mary Graham. Mary told us that she had drummed with Jane before and when she heard us talking about our lunchtime gig, she asked if she could come along! Buddy Beat has been known to throw new members into a performance after just a few days or so amongst our ranks, but we have never had a volunteer within the first hour! So we packed up the gear at noon, for Jane had let us borrow some of her equipment, and we toddled over to The Town Hall.

The Buddy Beat were-

Tom Chalmers, Mary Graham, Jackie McDowall, Eileen McGrory,

Lesley King, Anne Ross, Sarah Van Der Molen and Noreen Young.



Left to right- Anne D, Noreen, Lesley, Eileen, new girl Mary, Jackie and Sarah
Eileen- "Has anyone seen Tom?" "
Anne Ross- "He's behind the camera!"

In the Town Hall, the main room was already busy with the invited guests and Buddy Beat set themselves up by the left corner of the stage. The chairman of Renfrewshire Disability Arts Forum was a chap called Keith and he took centre stage and made an announcement over the microphone and suddenly we were off!

What we essentially did was a huge jamming session and threw everything but the kitchen sink into it. We began with 8 loud beats in the centre of the drums to draw everyone's attention and glided from there into a series of different volume rumbles before some freestyle. Then we passed Echo and Response around ourselves for 2 revolutions, ending with 4 centre beats and a split. We took it down to finger drumming and built the sound up, going louder and then softer. Tom instigated clapping and everyone kept drumming, but one by one the group joined in with the clapping until we were all doing it and it sounded fab in the auditorium. After a period Tom started back on the drums and the whole thing reversed back to drumming. We jumped from there to another 8 beats in the centre of the drums and repeated different volume rumbles before slipping back into freestyle. Tom then took a Boomwhacker and similar to the Clapping sequence, the drummers one by one changed from djembe to Boomwhackers and this made another subtle and softer sound in the hall. You could really hear the different tones on the tubes so we stayed with that for a minute or so and then brought the drums back in one by one. After another short freestyle we played on the outside of the drums and then half the group stayed with this and the other half played in the middle, and we alternated on a count of four several times over. Then we took the volume down and each drummer was asked to play louder. We then gave another round of handclapping before some more Echo and Response and ended with firstly a series of loud and fast beats in the middle of the drums and then an almighty rumble, built up to fever pitch before finishing in a heartbeat! Phew!

The audience whooped their delight and host Keith moved back to the microphone and asked everyone to again show their appreciation which reverberated around the room. It was strange to hear it, for after all we only did what Jane has taught us on Thursday mornings!

Then Keith introduced Councillor McLeod and he began with welcoming everyone. He then turned to Buddy Beat and said "Can I just say that was absolutely amazing. I came to the Town Hall ten minutes before you finished and couldn't believe what I was hearing!" We all sat there looking stunned, but managed to mouth a "thank you" to him and he then turned back to the audience and added "In fact, I must insist that we give Buddy Beat another big round of applause!" To say we were taken aback was an understatement!

Councillor McLeod then urged the groups present to seek funding for their projects and pointing once more to us, and told everyone that Buddy Beat were a prime example of how a group can be helped by council grants. He then handed over to his colleague Councillor McAdam who was handing out prizes to winners of an art competition held by the Disability Forum. The winners' faces were a treat to see as they came up to the front to accept their gift vouchers.

The proceedings then took a break and Buddy beat were invited to have lunch from the impressive buffet and we had worked up an appetite. Tom and Noreen packed the gear away and during this one chap approached Noreen and told her “Your group was inspirational to me!”

At 1.30, Keith then introduced another treat for the gathering- The Dirty Feet Dance Company and their 20 minute piece was centred on how difficult it can be to get people to understand how you feel, and their impressive performance included dance and drama, with a background of punchy music.

We had been asked to perform for 20 minutes and Tom had his stop watch function on his mobile phone ready for action but failed to press start at the beginning. Some time through the performance he checked and was horrified to see the screen static at zero and hurriedly pressed “Start”. By the end, his watch said 14 and a half minutes and coupled with the beginning, we must have played for 25 solid minutes! Two members of the audience came up and joined us, but it was such a shame they got so little time as were approaching the end of our performance, but Sarah made them very welcome! Well done to everyone for sticking with it and special mention must go to Mary Graham for her Buddy Beat debut. At the end Tom asked her how it had gone and she replied that she had loved it and wanted to do more, there and then!

As we prepared to leave, a lady approached and introduced herself as the Vice-Chair of the Disability Forum and she said “I had to come see you and say how truly wonderful you all were. There is something definitely prime-evil about drumming and I think that feeling you get goes back to being in the womb and hearing your mother’s heartbeat!”

Well, that was surely a very successful adventure for the gang and even the pouring rain when we left the Town Hall couldn’t dampen their spirits. And we received a fifty pound donation for our trouble!

And Eileen, thank you for loading your Chitty Chitty with the gear! It was appreciated!

Words and pictures by Tom Chalmers

November 4th - Martyr's Church Paisley, Elderly Forum



It' had been less than two weeks before since Jeanette and Maggie Boyd hinted to Lesley about Buddy Beat performing at The Elderly Forum which meets in Paisley's Martyr's Church every second week in the West End of Town.

Lesley began recruiting, and with Jane unavailable, it was down to Buddy Beat to take care of this event by themselves once more. New member Mary Graham showed us all her enthusiasm for drumming once more by attending her 2nd gig in less that a week. The idea was for the gang to play together for half the time and then Jeanette would lead the audience in a Boomwhacker and percussion extravaganza!

Amazingly, this was Buddy Beat's 30th engagement in a little over 2 years. It shows how far the group has come in that time and who could have imagined back in September 2007 where drumming would take Buddy Beat. Also, this was a busy day for the gang as Buddy Beat's first self-supported Drum Circle for members of the public was going ahead at The WRVS Cafe 7.00-9.00 pm.

The Buddy Beaters were-

Jeanette Allan, Allan Borland, Hazel Borland,

Tom Chalmers, Mary Graham, Lesley King and Anne Ross.

It was another drab and miserable day in Paisley for the gang to be out and about and the weather didn't stop the Elderly Forum members from getting to the church and 40 of them turned up.

Buddy Beat was given the option of going on before the day's events took place or after so we decided to be first on the menu. We were pleasantly surprised when the Chairman approached and asked us how much we would like for performing and a lovely fee of fifty pounds was quickly agreed and Lesley gratefully received the cash.

It was now time to get things under way and after an introduction by the Chairman and a round of applause, we started our drumming. Like the recent Town Hall Event, we began with 8 loud beats in the centre of our drums and then a series of differing levels of rumbles before jumping into freestyle. We did lots of starting and stopping and a successful double round of Echo and Response. Then we introduced handclapping as we phased out the drums and then reversed the process. During this the audience looked pleased and seemed to be enjoying themselves and they began to handclap themselves. Back to freestyle for a bit and then more Echoes and we ended by firstly beating out another sequence of rumbles and then lastly by hitting the centre of the drums in rapid succession, building the noise level until the slates on the roof began to loosen and finished together in perfect unison. We received a great round of applause and the Chairman stood once more and asked the members to show their appreciation once more.

Jeanette then bravely took to the floor and as we passed out Boomwhackers and shakers, she told the gathering about our Drum Circle nights at The WRVS on the 1st Monday of the month. When everyone was suitably kitted out with something musical, Jeanette instructed each group with a particular coloured Boomwhacker on their own beat and then after that got the shakers to find their rhythm. Then with Buddy Beat quietly beating in the background, Jeanette led a step by step instruction session, teaching everyone to listen to the beats around them and how to start

and stop on a count of four. Then the Boomwhackers got to go solo for a while, and then it was the percussion turn and finally the drums. Then Jeanette ended with switching between the three different types of instruments and repeated this several times, each time making the “play time” shorter and shorter before finally ending with a huge rumble and neat stop!



Jeanette showing everyone how it is done!

Everyone seemed to enjoy it and there was certainly a lot of laughter and happy faces around the hall. The Chairman once again thanked us for coming and as Jeanette moved around the audience to collect the instruments, Buddy Beat gave the Elderly Forum a Rumble of Appreciation. It was like a runaway train and we all looked at one another to stop until Jeanette turned amid a sea of pensioners and successfully counted us out!

That seemed once again to go down rather well and we were informed that Renfrewshire has many Elderly Forums, so who knows where we will be asked to go next!



Mary, Allan and Hazel

Words and pictures by Tom Chalmers

November 4th - Buddy Beat Drum Circle

This was Buddy Beat's 2nd event in one day after the lunchtime venture at The Martyr's Church Elderly Forum. You can't keep a good gang down!

Buddy Beat has held workshops for members of the public before, but all have been under the umbrella of the NHS and part of the Mental Health Festivals.

Buddy Beat have spoken in the past about launching their own night time drum circles in Paisley, and after some research and lots of talking, this was the group's 1st workshop for everyone that was totally funded by ourselves.

Jane was keen to have this event up and running and the hope is that they will become a regular feature. Several venues were sounded out and Lesley should be thanked for all her hard work in that matter. Finally, Paisley's WRVS cafe in Causeyside Street was booked for the November 4th and December 7th and the Drum Circle ran from 7 to 9pm.

Unfortunately many of the Buddy Beat regulars were unable to attend. Noreen was at Buckingham Palace collecting her OBE for services to The Stick of Power. Tom was with her getting a gong for "Putting up with All Those Women". And only a handful of people came along to sample the delights of drumming. However, many great things start humbly and we can only hope that this evening event will grow in the future as both Jane and Buddy Beat are keen for it to continue.

The gathering had a great time anyway, for one thing we do know is that you don't need a huge ensemble to have a good time drumming. Jane was particularly apt with Guy Fawkes Night due and she introduced everyone to Firework Drumming. It's a cracker!

Maybe December 7th at The WRVS will be busier!

November 5th - Asbergers Boys Afternoon Club, Anchor Centre, Paisley

On October 7th, Buddy Beat held a workshop in Gallowhill, Paisley for the Teenage Social Club, run by Flexicare. The 2nd part of that booking was for another workshop at Flexicare's Asbergers Boys After School Club.

The After School Club caters for younger boys with Asbergers and the 5 boys today- Craig, Charlie, David, Greg and Kieran- all were aged around 11 or 12. They meet every Thursday between 4 and 6 in the afternoon and the club runs for 36 weeks of the year.

The Buddy Beaters were-



Jane Bentley



Tom Chalmers



Lesley King

Bernie and Elaine, two of the careworkers from Flexicare, had advised that they wished just a small number from Buddy Beat to attend, as too many numbers may have put some of the boys off. So, the Three Amigos, Jane, Lesley and Tom duly arrived at the Anchor Centre in Paisley just before 4pm.

Bernie ran us through the schedule for the club and first the boys would have their regular meeting before some play time in the main hall. They would then join Buddy Beat for a 30 minute workshop and take a break around 5pm, and then rejoin the drumming until it was time to close. Present were also some other volunteers including 16 year old 6th year high school pupil Callum and some students also. That gave us a healthy 17 for the workshop.

We were set up in a room just off the reception area and started at 4.30 prompt. Jane welcomed everyone and then introduced Lesley and Tom before giving a short demonstration to everyone what we are about. We freestyled briefly and then Jane led with some Echo and Response. Jane then showed the group how to handle a drum and how to beat it with your hands properly. Everyone seemed eager to get under way and when Jane suggested they pick a drum from the selection in the middle of the circle, there was a spark of excitement. Jane then let everyone try out together and showed the group how to stop and start. Having easily taken to that, Jane then asked everyone to say their name, tell something about themselves and to drum out a short rhythm. We learned that some people liked Celtic, chocolate and pizza. Next, the boys all got a chance to control the volume of the group as they drummed, and a few of them had us cheekily going up and down the noise level at a speed last exhibited by Concord. We then played Rhumble Tennis and the boys and their carers certainly enjoyed this, with most of them eager to have the rhumble passed to them repeatedly and young Kieran was surely the loudest drummer in the land! After that challenge, Jane tweaked it to Rhythm Tennis and some of the group had great style, especially young Charlie and David. Fingers were getting numb and throats dry by now, so we broke for a snack. We went back into the main area and pop and crisps were handed around by Bernie, and it was lovely to hear the banter between the boys and adults.

Twenty minutes later and it was time for the 2nd half. Everyone filed back in re-energised and Jane began with introducing her “Stick of Power” and the boys seemed very keen to have a go. Jane demonstrated by pointing the “Stick of Power” around the group, asking each person in turn to rhumble. It was fast and furious and we played this for quite some time and everyone had a go, except young Craig who pretended to fall asleep. The room was buzzing with beats and laughter. The boys liked this power and picked on their carers and volunteers. After that, Craig gave his opinion of Jane by declaring “She’s nuts!” and a moment later asked her why she started all the games. Jane thought for a second before replying “Because I’m a girl, and these drums are all mine!” You can’t argue with that kind of logic, can you?

As it was Bonfire night Jane then showed us how to create a firework effect on the drums. Drawing your nails across the skin of the drum creates the whooshing sound as the firework streaks into the night sky; this was followed a few seconds later by bring your two palms down loudly on the drum to give the “big bang” effect and lastly the sound of the firework fading was recreated by the tinkling of fingers across the drum. It was really lovely and Jane asked everyone to listen. One person was to make the whoosh in turn and everyone would then make the big bang in unison, but the boys thought it much more enjoyable to do it at their whim and the room was bursting with fireworks. Jane then ended the session with a series of rumbles finishing on a crashing finale. The group showed their appreciation and Bernie hinted that they would like us to return at some point.

So yet again another type of workshop and even though there were only 3 of us, it was nevertheless a great success and hugely enjoyable.



Jane was sent this lovely card to sat thank you to Buddy Beat for coming along.

Left to right- Greg, David, Craig, Kieran and Charlie

Words and pictures by Tom Chalmers

December 2nd - RAMH Workshop, Charleston Centre, Paisley

RAMH held a day of workshops at Paisley's The Charleston Centre for support workers and service users and Jeanette was recently asked if Buddy Beat would come along and provide a short 20 minute workshop before they broke for lunch.



Jeanette duly got Jane on board and invited anyone in the group that was free to meet at the centre at 12.30. Jeanette and Jane seemed pleasantly surprised by the healthy turnout from the gang. Making their Buddy Beat "Event Debut" were new members Marion Bisland and Jess McMillan.

The Buddy Beaters were-

Jeanette Allan, Jane Bentley, Marion Bisland, Allan Borland, Hazel Borland,
Tom Chalmers, Anne Dowie, Jess McMillan and Noreen Young.

We quickly set up and Jeanette was introduced to the 14 visitors. Jeanette spoke briefly about who we are and when we meet and took this great opportunity to hand out flyers (superbly designed by Allan by the way!) advertising our evening drum circle next Monday night at the WRVS Cafe. Jane then said hello and we played for a few minutes to give everyone a taste of the joy of drumming. Not all of us had drums- Jess and Allan had a pair of Boomwhackers each which helped give the beat a different flavour.

Jane had us rhumbling away like billy-o and that was followed by some powerful Echo and Response. We then jammed and finished with a rhumble which started hush hush and built up into a loud crescendo! We got a hearty round of applause.

Jane had brought her bag of Boomwhackers and Jeanette helped her pass them around the audience. The group were split into mini groups, with each having a specific colour of tube, although one lady who must have surely been an Ibrox supporter wasn't terribly keen on green and Jane let her swap with someone else for orange. Jane instructed each group on their beat and soon everyone was jamming. Next Jane sat on the floor and raised each Boomwhacker colour in turn to show the group the different tones of the tubes and as always it is lovely to see people smile when they hear this.



Everyone ready for action!

Jane then restarted the group as one and then got them to stop and start on a count of four. This was followed by Echo and Response and in the final jam session, we were split into halves and each stopped in turn while the other played. We ended with the usual jam and ending with a crashing ba-boom!

We received a great round of applause and to end Jeanette asked if anyone from Buddy Beat would care to share what drumming has meant to them. Hazel and Allan both spoke about the beneficial aspects of drumming and Jess told everyone that although she is new she has found it all very rewarding and enjoyed meeting new people. This encouraged some questions from the attendees and we were asked about where we meet etc. One chap was busy looking at the evening drum circle flyer and he joked that the 7-9pm slot was past his bedtime.

This was a charming little workshop and seemed to go down very well. We may in turn see one of the today's participants on a Thursday morning or even at one of our evening events! That's what it is all about- spreading the joy!

Words and pictures by Tom Chalmers

December 7th - WRVS Cafe, Buddy Beat Drum Circle

It was a damp and windy winter night in Paisley for Buddy Beat's latest Drum Circle. Lesley was there first to open up the venue and Jess soon arrived too. Next up Jane and her Beloved Berlingo appeared. Not many people know this but The Berlingo was the victim of a hit and run and her door was badly damaged. Jane had no choice to put her into hospital for surgery, and thankfully she was well enough to return to her onerous duties.

Tom arrived just before 7 and was followed by Jeanette and Anne Ross. So, the Buddy Beat gang were-

Jeanette Allan, Jane Bentley, Tom Chalmers, Lesley King, Jess McMillan and Anne Ross.

We only had two visitors- Kenny from Ayrshire and brother-in-law to Jeanette and a lady called Catherine, who had seen us perform at The Nurses in Practise Conference at the SECC in March this year. But it's not the size of the party that matters- it's what you do in it that counts!

Jane began by showing Catherine and Kenny how to hold and play the djembe and before we knew it we launched into a 10 minute jam, with Jane telling them to watch the rest of us if they found themselves getting lost. Then we showed them how to stop and start and that was followed

by three turns of migrating Echo and Response for each of us which went down very well and both Catherine and Kenny seemed to be enjoying themselves. Next we played a few games- Pass The Rhumble, and when there are only 8 of you in the group you sure have to be on your toes for when the nod comes your way and also an amended version of our Turnaround game but in this one you didn't hit two beats to reverse the flow, instead you turned and looked to the person on your left or right. Poor Jess got trapped for a while between Tom and Lesley, as did Catherine between Anne and Kenny. Next up Jane reintroduced a game fit only for December- anyone could think of a well known Christmas song and play it and the rest of the circle would have to guess it. Not as easy as it sounds, and Lesley was in her element although one of her choices left us hanging for what seemed like ages and we could have sat there until midnight letting Lesley drum away had Jane not intervened!

To close the first half we then played Jane's new game. Basically it revolves around a person shouting out such words as "Go!" and we all jam and then someone may then say "Freeze!" to which we all stop until someone else gives a new order. For want of a better name, we could call this Commando. Commands issued ranged from loud to soft, to play in the middle, to play on the edge, air drumming, shouting slogans, blowing air-kisses- the possibilities are endless! That was a great laugh. At one point Tom shouted "Freeze!" Jeanette laughed and said that Lesley, who Tom had just beaten to it, had "An F on her lips!" Oooh er!

Jane announced tea-break. Lesley had looked after us all once again by bringing along pop and biccies. We had a lovely chat and sit down for twenty minutes before it was time to get back to the action. First off, we were all given a hand chime and we jammed firstly with the drums and chiming as and when we felt like it and then after a while we ceased on the drums and just chimed and it was magical and fitted perfectly with this time of the year. So calming was it, that some of us looked to be drifting off. We should make a relaxation CD! Back to drumming and Jane suggested we could change to percussion if we wished and we jammed for 10 minutes. Next Jane got us to jam by making strange noises on our drums such as scraping or tapping the side and it was terrific how all the weird sounds merged into a great rhythm. Anne Ross stunned everyone by discovering that the rim of her own drum gave off this crisp almost clicky noise much akin to castanets. It's never dull at Buddy Beat!

Jane closed the workshop with a jam and afterwards Catherine and Kenny kindly helped to clear away the drums and chairs and Catherine said that she would make a note in her diary for the 1st Monday in February 2010 when we reconvene our night-time Drum Circle.

Another good event! Thanks to everyone who took part.

Words by Tom Chalmers

In 2007, newly formed Buddy Beat surprised themselves by performing at one event. As the group grew in 2008, the numbers of events that Buddy Beat soared to 10. 2009 saw the gang take part in a stunning 24 events, which is an average of almost one every two weeks or so. Of course we know that gigs come in tsunami like waves. That is 34 to date and I am sure that 2010 will see us hit the magic half century. Bring it on!

Buddy Beat Engagements to Date

December	2007	Paisley Museum Christmas Celebration
June	2008	Creating Capacity for Socially Inclusive OT Conference, Scottish Youth Theatre, Glasgow.
September	2008	Community Drum Circle Paisley Farmer's Market
October	2008	Drum Along with Buddy Beat at Paisley Arts Centre

October	2008	Mindin' the Arts in Renfrewshire event, Paisley Arts Centre
October	2008	Renfrewshire CMHT Development Day, Reid Kerr College
October	2008	Positive Mental Health Day at Reid Kerr College
November	2008	Hillside View Nursing Home, Paisley
December	2008	Renfrewshire CHP Staff Development Day, Lagoon Leisure Centre
December	2008	One Great Tapestry; A Celebration of Diversity at Paisley Museum
December	2008	How to Survive Christmas, St Ninian's Church, Ferguslie, Paisley
March	9 2009	Women's Mental Health Day, Celtic Park, Glasgow
March	17 2009	Nurses In Practice Conference 2009 SECC Glasgow.
April	16 2009	Scotia Club Open Day, Bridgeton, Glasgow
May	26 2009	The Tuesday Club, Milngavie, Glasgow
Sept	1 st 2009	National launch of the Scottish Mental Health Arts and Film Festival in Edinburgh
Sept	19 2009	Bipolar Fellowship of Scotland Conference, Perth
Sept	26 2009	Launch of Renfrewshire Mental Health Festival, Farmers Market, Paisley
Oct	3 2009	Family Fun Day, Paisley Town Hall

Oct 5	2009	Drum Circle Paisley Museum – open to the public
Oct 7	2009	Teenage Social Club, Paisley for boys with Asbergers Syndrome
Oct 8	2009	Arts, Creativity and Recovery in Occupational Therapy, Dykebar Hospital
Oct 10	2009	BBC What Makes You Smile, Edinburgh
Oct 15	2009	Arts, Creativity and Recovery, Dykebar Hospital, Paisley
Oct 15	2009	Drop in and Drum with Buddy Beat, Paisley Arts Centre
Oct 17	2009	Opening for The Parsonage Choir concert, Paisley University Student Union
Oct 21	2009	“The Arts Experiment”, Dykebar Hospital
Oct 23	2009	Recovering Ordinary Lives, London
Oct 29	2009	Renfrewshire Disability Forum Relaunch, Paisley Town Hall
Nov 4	2009	Elderly Forum, Martyrs Church Paisley
Nov 4	2009	WRVS Cafe, Paisley- Buddy Beat Drum Circle
Nov 5	2009	Asbergers Boys After School Club, Anchor Centre, Paisley
Dec 2	2009	RAMH Workshop, Charleston Centre, Paisley
Dec 7	2009	WRVS Cafe, Paisley, -Buddy Beat Drum Circle



Santa's elves- Karen, Lesley, Marion, Jane, Anne D, Jess and Tom

Merry Christmas!