

October 8th - Arts, Creativity & Recovery In Occupational Therapy

Buddy Beat was lined up as part of this event held in The Recreation Room at Dykebar Hospital in Paisley and the time was 2.30-4.30. This was a Festival event held for Occupational Therapy staff and around 30 attended.

The Buddy Beaters were- Karen Auld, Jane Bentley, Tom Chalmers, Anne Dowie, Lesley King, Jackie McDowall, Anne Ross, and Noreen Young.

The afternoon began with an introduction from Jeanette and she spoke for perhaps 10 minutes and gave a fascinating potted history of Buddy Beat. Then Anne Ross gave a reading of her poem :-



“All Together “

We were together but on our own,
Thinking about how things would be.
In a strange place for them and me.
A twist in the normal run of things,
An adventure. Something new.

Waiting our turn to perform
We talked together, thinking alone.
Where was this thing taking me?
Why did I agree to put myself here?
Now's the time for us to go on....

Sitting in my place ready to start
A quiet darkness all around
The onlookers vanished from my sight
My hands at first shaking then bang!
I've started, we're on, we're going to astound

We got it together, merging, listening, feeling
A part of it all
Turning in time,
A whole of our several parts.

This was warmly received by everyone and then Jeanette introduced Anne Dowie who took to the floor and bravely read out loud her personal Recovery Story which received a terrific round of applause. Then an Occupation Therapist named Donna took over and divided the hall into smaller groups to work on exercises concerning Positive Mental Attitude.

Then it was time for the attendees to split into the 4 workshops on offer- drumming, drama, writing/poetry and lastly art. The plan was for each workshop to last 20 minutes and everyone there would experience 3 out of the 4 available.

Anne Ross had a dual role today as she was a co-facilitator on the Art Workshop and Lesley King was also a co-facilitator on the Writing/Poetry Workshop.

Buddy Beat migrated to a nearby office space for their 1st workshop of the afternoon. We were joined by 6 guests and Jane briefly introduced ourselves, showing everyone the short A-B-C of drumming before everyone began playing together. Jane then spoke some more about Buddy Beat inviting any questions and also asking ourselves if anybody wanted to add anything. Jackie said that drumming has helped her confidence while Anne D spoke about the friendships that have grown since joining drumming. Sarah also said that she found the social aspect of the group a great help. The O/T's were interested to learn if the group members had found friendship outwith their meeting on a Thursday and Tom informed them that Anne Ross had encouraged several of the group to paint with her in her home. We went back to drumming and played Rhumble Tennis, which went down well. Lastly Karen, our Buddy Beat Occupational Therapist member spoke of the valuations she has carried out on The Buddy Beat members and how our experiences have increased confidence, esteem, creativity and belief. Some of the participants ended the session by saying how energising they had found this short drumming workshop.



The seats were so soft your bum was in the Southern Hemisphere

No sooner had they left the room when another 6 people trooped in and off we went once more. It followed much the same pattern but instead of Rhumble tennis we played Turnaround, and if anything, the visitors in this period went for it more. One of the ladies was almost breathless with excitement. Jane asked the ladies if they had any questions and one of them asked how we kept it fresh. Jane replied that it is a fine line to tread, but using simple games during our meetings helps break it up. Sarah then said that the group has really helped her during her illness and Tom added that after years of shunning friends, the group has not only allowed him to make many new friends, but shown him that it is okay to keep them also.

Just before we finished, we were informed that the planned 3rd workshop would not be going ahead due to time constraints and that we were to move back to the main hall where Jane would hold a closing jamboree. One of the O/T's stood up and dramatically declared "I can't believe I am going to perform!"

We hurried back through where both Anne R and Lesley rejoined the fold, adding that both their workshops had gone very well. Jane speedily passed around Boomwhackers and in no time at all the hall was filled by the melodic sound of the tubes and the earthly beat of the drums. Jane built it up into an almighty boosh and it ended with a smart finish! The look on some of the participants was a treat to see.



The closing session in full flow with Buddy Beat stealing the comfy seats.



Jane doing what she does best