

# November 5<sup>th</sup> 2009

## Asbergers Boys Afternoon Club,

### Anchor Centre, Paisley

On October 7<sup>th</sup>, Buddy Beat held a workshop in Gallowhill, Paisley for the Teenage Social Club, run by Flexicare. The 2<sup>nd</sup> 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 6<sup>th</sup> 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 Rumble Tennis and the boys and their carers certainly enjoyed this, with most of them eager to have the rumble 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 2<sup>nd</sup> 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 rumble. 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*