

With the film premiere event on April 13th 2011 fast approaching, Tom put this piece and submitted it to the Paisley Express and wasn't quite prepared to see another big article!



MAKING A NOISE: The Buddy Beat has been a big hit since it was formed four years ago

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DRUMMING THEIR WAY TO THE SILVER SCREEN

By **JEFF HOLMES**

MEMBERS of a Paisley drumming group are set to become stars of the silver screen.

The group at musical therapy project The Buddy Beat have just finished shooting their own film and are now looking forward to its premiere, which takes place in April.

The Buddy Beat - Keep The Beat, Our Journey In Rhythm will be shown at Paisley Arts Centre soon.

And Tom Chalmers, who started drumming with the band three years ago and was involved in the film project from inception to completion, can't wait to see the end product on the big screen.

Tom, from Paisley, said: "Late last year, The Buddy Beat engaged the services of film-maker James Cairns, of Draven Productions. We wanted to make a short film of the group's story, using musical excerpts and member interviews.

"The movie took five months to complete from beginning to end, although the actual filming probably took around two months."

Tom, 44, added: "I was involved in most of the process, from script writing to editing. It was a lot of hard work but well worth it in the end.

"So many people gave up a lot of their time to make this happen. Their dedication was second to none."

The Buddy Beat are now hoping that the short film will be used in hospitals to inspire people to get involved in community groups to aid personal recovery.

Tom said: "We also hope that it will be used as an educational tool for health boards and individuals who may be looking into setting up a similar type of group.

"We will be launching our film at a special premiere event at Paisley Arts Centre on Wednesday, April 13."

An invited audience of 150 people will be treated to tea and coffee before the film is screened.

Host for the event will be David Wright, development manager of the Argyll & Clyde United in Mental Health group (ACUMEN) and the film

Paisley group will appear in a movie



A TALE TO TELL: Tom Chalmers with a copy of the movie produced by members of The Buddy Beat

will be officially launched by Councillor Eileen McCartin, Depute Leader of Renfrewshire Council.

The Buddy Beat will perform at the premiere - and audience participation will be welcomed.

The group was formed in 2007 with the help of Dr Jane Bentley, who is a community musician.

From there, The Buddy Beat grew from a musical therapy project at Paisley's Dykebar Hospital via the occupational therapy department. All members have lived with a mental health issue.

Meeting weekly at Paisley Arts Centre for two hours on Thursday mornings, The Buddy Beat has gone

from strength to strength and its ethos of providing a safe, non-judgmental environment that promotes social inclusion is still very much the heartbeat of the group.

Tom said: "We believe that everyone has the ability to make music and, through playing as a group, having fun with drumming games and creating our own pieces, group members have witnessed an increase in self-confidence and self-esteem.

"The blossoming of friendships between members is one of the group's cornerstones and the support that we show one another is better than any prescription medicine.

"Public performance was never on

our initial agenda. It was enough that members were getting together once a week to socialise and feel the benefit of community music-making but we took our first booking in December 2007.

"That awakened something within the group and, to date, we have played at more than 75 events, including conferences, local festivals, the Scottish Mental Health Arts & Film Festival and care homes.

"Our journey has taken us from London to Leeds and from Perth to Edinburgh - and it's not finished yet."

For more information on the group, log on to the website at www.thebuddybeat.co.uk