

22<sup>nd</sup> February 2010  
Flexi Care - The Clubbers



*Lesley and Jane*

Another Monday night at the Anchor Centre- I could get quite used to this as it is really good fun and very fulfilling.

We were playing along with “The Clubbers” who are a group of 18-26 year olds with Asbergers.

The intrepid Beaters Jane, Tom, Jackie and Lesley were warmly greeted by “The Clubbers” who consisted of three leaders- Lorraine, Elaine and Richard along with Ross, Joanna, Gillian, Gemma, Craig, Colin and Neil.

I must say it was very good to see so many girls joining in as in the past it has been loaded with the boys.

We started with Call and Response, and then a drum was passed around and we made our introductions. All too soon we were to see there was a joker in the pack- Neil- and there were laughs all around.

The Boomwhackers were then brought out and as usual, a great time was had by all. We split into colours and played different beats and joined together to play a tune. We then played louder and quieter and then had a jam with them.



*Jackie and Tom- whatever Jackie is on, we all want a bottle!*

Everyone was then encouraged to pick up a drum and after a quick demonstration, a fantastic jam followed. Neil took great delight in playing very loudly and his partner in crime, Colin, kept playing an extra beat. We then had a well earned break but Neil wanted to carry on with the music and started to play his Banjo- I could have listened to him for the rest of the evening as he was really expert at this.

After the break we all returned to the room to play some more and we had a game of Rhumble Tennis. There was a lot of laughter at this and every one enjoyed themselves although we got a bit muddled but this is half the fun in that we can laugh at ourselves.

Joanna really came out of her shell and was really good at this.

The “Mystery” item was next on the agenda – it was “The Hang”. Neil decided it was a space-ship and Colin decided it sounded Chinese. Everyone was keen to play The Hang and as always, it sounded fantastic.

Next came everyone’s turn to conduct and we also played “Freeze and Start” which went down really well.

All too soon it was time to pack up. Another very successful evening with lots of laughter and was enjoyed by one and all.



*“Oooh, Baby Love, my Baby Love, I need you my Baby Love...”*

Words by Lesley King.  
Photos by Tom Chalmers