



Welcome Return to Inverclyde 'Buddy Beat' Makes a

The Award-Winning 'Buddy Beat' is a drumming group and will be performing & delivering a drumming workshop on Wednesday 20th June at 2pm at ICCF/ Your Voice, 14 Clyde Square, Greenock.

Everyone is welcome to come and join in - you can book your place by calling Fiona Marshall at CVS Inverclyde on 01475 711733 / fiona.marshall@cvsinverclyde.org.uk

Spaces are limited, so book early to avoid disappointment!

Come and beat the rhythm without the blues!

Part of the Inverclyde celebrations for Scottish National Depression Week - www.actionondepression.org and organised by Inverclyde Mental Health Awareness Planning (IMHAP)

The Buddy Beat



Buddy Beat went back on the road once more, this time returning to Greenock for the 2nd time in three weeks. At the end of May, we held a lovely workshop for the Inverclyde Community Care Forum's Music Group, and this time we returned to the same venue as part of Scottish National Depression Week.

Brian Young is perhaps one of our biggest supporters and brought the bright poster on the front page of this report to the eyes of Greenock. Brian is Inverclyde's Lead for Mental Health Improvement and last October, Buddy Beat launched the Inverclyde Mental Health Arts & Film Festival in Greenock Town Hall.

The gang gathered using bus, train and automobile to get there. Sandy is Buddy Beat's newest member, and having joined just last week, he made his debut. The Buddy Beat came in numbers and they were-

- Jane Bentley
- Allan Borland
- Hazel Borland
- Mark Brand
- Tom Chalmers
- Anne Dowie
- Margaret Kinninmont
- Jackie McDowall
- Eileen McGrory
- Frances Nesbit
- Christine Robertson
- Sandy Smith

The workshop started at two and amongst the people attending was a lovely lady from Inverclyde's Your Voice and also Phil and Jan who had been part of our workshop three weeks before. Also attending were a young chap and lady from Barnardos, Brian Young himself and Your Voice Development worker Erin.

Brian Young introduced us, and he was bursting to introduce us with the words “The award winning Buddy Beat”. So much so that he repeated it once more! It sounded good. We only had an hour and we zapped along, kicking off with Eileen’s djembe instruction and then went into a game of Boparound, and this was overseen by Allan. This caused the required confusion and merriment and lets people relax.

Moving on we built up the beat around the circle, beginning with Jane and then once everyone was playing, one by one we dropped out. It’s a very relaxing exercise and one that requires listening as each person tries to find their place in the groove.





Sandy, Jackie, Eileen and Anne wait with bated breath for Jane's next instruction....

From there Christine naturally led us into "Travelling Quartets". In this one person begins with a rhythm, and is joined in by person two, three and four. Once they are all playing person one drops out and person five takes over. The groove works away around the circle, always with just four playing, but the music changes in a sometimes surprising, and often relaxing way. Anne fancied a bit of Copy Cat and proceeded with lengthy and rather energetic rhythms which we all copied. Her batteries were clearly fully charged. You had to be there!

Anne says "Don't do as I say, do as I play!"





Jane suggested we give our hands a rest and brought out her collection of Boomwhackers- always a favourite! We were split into colour groups and Jane had us playing a different beat. It's a joy to see people's faces when they hear the sounds that these plastic tubes produce. Keeping the Boomwhackers going, Jane brought out her Glockenspiel and then the chimes, which she handed around the circle. Switching between chimes and Boomwhackers, we created a charming and somewhat therapeutic beat.



There ended a great hour with good beats, good humour and good company and everyone seemed to have had a great time. The Barnardos people seemed impressed, so who knows where that might lead? It seems that we have a great time whenever we got to Inverclyde.

Next up, Buddy Beat will be holding a workshop in one of Paisley's nursing homes. It's all go in Buddy Beat Land!



This ripe trio show what happens when group members coordinate their outfits

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