

June 17<sup>th</sup> 2010  
Gonnae No Dae That;  
Stop Harm and Speak Up  
Adult Protection Conference



*Covergirl - Eileen McGrory*

A little while back Jeanette bugle called for volunteers for another day out for the gang. Loud and clear was the message heard and soon an impressive list of names began to roll in. This conference was specifically for service users and carers in the Fife region of Scotland and 120 people were expected to attend a day of workshops.



The focus of the conference was on vulnerable adults and how harm can happen to anyone. Some vulnerable adults can be disabled, ill or elderly and harm can come in the form of sexual harm, psychological harm, physical harm, financial harm and neglect. The law, The Adult Support and Protection (Scotland) Act 2007, states that if a council thinks an adult at risk is being harmed in any way, then they must look into it. In Fife, this body is known as Fife Adult Protection and this conference was set up to enable service users and carers to gather and learn about what support and advice is available. The room was full of stalls from partnership organisations such as the police, the fire brigade, mental health and wellbeing organisations and the NHS. There would be a total of 14 workshops during the conference such as “Say No to Abuse”, “Speaking up About Harm”, “Stress Busting”, “Eating for Health”, “Scambusters” and “For Carers- Challenging Behaviour” which Christine attended.

The Buddy Beaters were:-

Jeanette Allan, Marion Bisland, Allan Borland, Hazel Borland, Tom Chalmers, Anne Dowie, Mary Graham, Lesley King, Jackie McDowall, Eileen McGrory, Christine Robertson, Graeme Tytler, Noreen Young.

This was new member Graeme Tytler’s first public event with Buddy Beat and for Mary, although no stranger to local events and workshops, this was her 1<sup>st</sup> Big Day Out with the gang. Impresario Allan Borland hired the mini-bus for the trek to Kirkcaldy and not content with being our retail expert he now dons the hat and carries the title of Buddy Beat Bus Driver under his new company Borland’s Buddy Beat Buses. An early start was called for and the gang were instructed to congregate at Paisley’s The Lagoon Centre at the civilised time of 7.30am. We packed ourselves in with all our gear and we hit the road. The journey passed quietly enough with a few taking 40 winks. It was also a special day in that it was Eileen’s birthday and she looked bright eyed and bushy tailed, clearly buzzing on her big day.



*Birds of a Feather- Noreen, Anne Dowie and Jeanette*

We arrived at the Dean Park Hotel in Kirkcaldy at 9.10, somewhat ahead of our expected time and met the event organiser, Helen King. The hotel was already getting busy for the 10am kick-off and Buddy Beat wasted no time in nabbing a cup of tea and setting out the drums and Jeanette stage managed the delivery of Boomwhackers and percussion instruments to the chairs. Then we milled around the stalls and tables, hoovering up the free pens, booklets and other various bits and bobs on offer.



*The Dean Park Hotel*



*Debut guy Graeme  
Ready for action*



*M & M- Mary and Marion*



*Allan thoughtfully adorned the side of the bus with Buddy Beat's new slogan  
Fast- Friendly-Cheeky-Service*

Shortly after 10am Helen King opened the proceedings and quickly introduced Doreen Bell to the stage. Doreen is the Independent Chairwoman of the Adult Protection Committee. Doreen spoke about the differing types of harm and then spoke about how the idea of the conference started. She urged everyone to visit all the partnership stalls around the venue and to take part in the many workshops that would be held during the day. Doreen even referred to ourselves, saying “We also have The Buddy Beat here ready to rock and roll with us this morning!” Then she introduced us to Drew McAdam, a guest speaker.

Drew began with asking us to put our hands out to the front with thumbs pointing upwards. Then we were told to clasp our hands together and turn this way and that, upside down, leftside right and we all got into a pickle. He inverted his hands with his thumbs still sticking upwards and we all got a tad confused. His point was that “Almost nothing is impossible” and he then went on to call Doreen Bell back onto the stage as his assistant and he proceeded to bend spoons. He actually bent the handle of one to an almost right angle by just stroking it and on another the head of the spoon actually fell off. Whatever this parlour trick was, it certainly went down well and as he exited the stage he passed the spoons around for everyone to examine.

At 10.25 it was time for Buddy Beat and we took our seats. With Jane away in Texas, Lesley King offered to lead us in playing “Where’s My Lunch?” which has now been renamed “The Funky Lunch”. Sitting in front of us, she had our rapt attention and we played through our piece and once ended we received a hearty round of applause. Well done Lesley! Jeanette leapt from her chair and introduced ourselves to the audience and then led a Boomwhacker session.



*Jeanette's joke about those with red Boomwhackers  
being the biggest tubes went down well.*

With the aid of the team, Jeanette soon had each coloured group beating a rhythm and there were plenty of smiles around the hall. Moving from there she had pairs of colours playing together and graduated to the whole hall playing an ensemble. Using techniques such as start and stop, soft and loud, drums alone

and percussion alone we ended with a massive rumble and as Jeanette instructed everyone on the exact beat to stop, she seemed to go into orbit and leapt into midair! (Anne Dowie later called Jeanette Zebedee from The Magic Roundabout!) Well, the audience were enthralled and the room buzzed with laughter and chatter. It was now time for a break and as we tidied up, one man said to Tom that we had been “superb” and another lady told us that “We had energised everyone and set the tone for the rest of the day”.



*Noreen and Lesley hanging on Jeanette’s every word while Anne Dowie has just spotted a pound coin lying on the floor!*



*Zebedee*



*Jeanette Allan*

Earlier Jeanette had discovered that Fife doesn’t buy into the annual Mental Health Arts and Film Festival each October, something that Buddy Beat has been a big part in over the last two years in Renfrewshire. So, Jeanette “Networking” Allan made a few contacts and set a date for a working lunch later the same day, when a brief ABC of the Festival could be provided.

Jeanette had opted for a workshop called “Scambusters” and most of the gang trooped into the room set aside for this. Inside, we were joined by perhaps a dozen of the attendees and this workshop was hosted by Police Constable Fraser Liard, Crime Prevention Officer for Dunfermline. This 30 minute session over-ran to almost 45 as PC Laird found he had an audience willing to talk. He spoke about bogus callers and how to ensure your safety when at home by installing door chains, locking your doors at all times, fitting alarms. One of the gentlemen there spoke about how he had been robbed twice in a week by bogus gas repair workers. Eileen had a few things to say also, as did a few others and this helped, alongside PC Laird’s style of delivery, to make the workshop interesting and informative.

After that some of the crew joined an exercise workshop which they seemed to enjoy. In fact Noreen seemed to appreciate exercising when you are sitting in a chair. Bless.

As for the others, well, Allan, Hazel, Tom, Lesley and Graeme sauntered out to the back of the hotel where they discovered a small decking fitted with chairs and tables. With a glass of iced water in their palms, they sat in the blistering sun for half an hour, chatting idly and chilling out. It was then time for lunch and we all filed into the dining area which was set out with circular tables. Most of the gang sat at one table, while Jeanette and a few others sat

elsewhere, and were joined by two people that Jeanette had earmarked earlier to talk Festival possibilities with. We were served with plates of sandwiches which seemed to be going down well and everyone got stuck in, and we were soon delighted when the waitress brought out chicken drumsticks, sausage rolls, quiche and other nibbles. So, it was a different rhythm that was heard from the gang- yummy yummy, slurp slurp, chomp chomp.



*The cast of Come Dine With me eagerly await their scan*

Also at the table was cartoonist Graham Ogilvie. Graham specialises in corporate and NHS conferences and he basically sets up boards in the venue and using whatever happens during the event as inspiration, he will turn that into a drawing. Then he will ask people to use stickers in the shape of a thumbs-up to nominate their favourite. Graham drew perhaps 14 throughout the morning and surprisingly one of Buddy Beat playing Boomwhackers. The most popular drawing would then be recreated in colour and put on Graham's website. So soon we were all pasting our stickers of approval on our caricature.



*Cartoonist Graham Ogilvie*



*Christine pointing out our drawing*

After lunch, we had some downtime and Anne Dowie, Noreen and Eileen were pampered with a massage and they all looked calm and serene when done. Jackie and Mary sat outside on a bench, shading under a

tree from the intense heat and soon it was time for us to leave, just as the afternoon session was about to begin.



*“Ah, this is the life Jackie.....”*

Before we got back into the minibus we had important business to attend to. We all sang Happy Birthday to Eileen and presented her with a card and pressies. She looked surprised and delighted that we had taken the trouble and her amazement and drawing of breath when she unwrapped her Stick of Power was very funny to witness. (See picture on front page) Now, in gaining a Stick of Power, Eileen has joined a small select circle alongside Tom, Jane and Christine. The Magic Circle of Buddy Beat, if you like!

So, then it was back on the bus and we didn't head straight home. Oh no! Allan drove us along the coast to Kinghorn where we alighted in a car park with stunning views of the water and hills. We remained there for 30 glorious minutes soaking up the heat and vistas. Jeanette came up with a diamond idea of Buddy Beat taking off down the coast some other day and playing on a beach somewhere. Sounds wonderful, Jeanette!



*Kinghorn- we didn't want to leave*



*Do you come here often?*



*Christine and Tom taking a break*

We then headed back home down the coast road, stopping once for Noreen who felt a tad unwell and then later at a petrol station to spend a penny. Well, that was a very expensive nature call, for we flowed out the bus like lava from a volcano and the tills of the shop rang as we bought up ice-lollies and cold drinks.

We arrived back in Paisley at 5.00 and that was another good day out in what was surely Scotland's hottest day of the year. We went down very well at the conference and received some lovely compliments and made a few more friends and contacts. These days out often have super fringe benefits and besides having a lovely lunch, massages and being drawn by a cartoonist we also got to spend time at Kinghorn which is so beautiful. A big thank you from everyone goes to Allan for driving us there and back. Cheers Allan! Graeme and Mary enjoyed their first Big Day Out and Graeme was heard to say how he liked seeing all the smiling faces in the audience when we were playing. Now, isn't that what we do best?



Words and pictures by Tom Chalmers