

Buddy Beat travelled to Edinburgh to play at a Lothian Recovery Network in February and Eileen contacted the Paisley Express and submitted this story and photo.

Left to right- Eileen, Marion Jane, Jackie, Christine, Ian, Anne and Noreen.

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Group hits right note in Edinburgh

MEMBERS of the The Buddy Beat music group have drummed up some new support by performing at an event in Edinburgh.

The Buddy Beat is a community drumming group which meets every week at Paisley Arts Centre, in New Street, to help men and women who are dealing with mental health problems.

By taking part in music therapy, they have fun, ease their depression and get a welcome confidence boost.

Eileen McGrory, from Seedhill, Paisley, has been involved with the group for two and a half years and her confidence has soared during that time.

She was among a group of eight drummers who travelled through to the capital to perform for members of the Recovery Edinburgh group.

Eileen said: "We went to a hall near to Hibernian Football Club's Easter Road stadium with our teacher De Jane Bentley and we entertained the audience for some time before encouraging them to join in the fun by trying out our 'boom busters'."

"Boom busters are instruments that each play a different note when you hit them against your hand, depending on their colour."

The Buddy Beat was launched in 2007 as part of a social inclusion project within the mental health occupational therapy service in Renfrewshire.

This provided people with an opportunity to discover new skills, build new friendships and gain confidence.

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

MAKING A NOISE: Members of The Buddy Beat are pictured during their trip to Edinburgh



