

# December 2<sup>nd</sup> 2009- RAMH Workshop, Charleston Centre, Paisley

RAMH held a day of workshops at Paisley's The Charleston Centre for support workers and service users and Jeanette was recently asked if Buddy Beat would come along and provide a short 20 minute workshop before they broke for lunch.



Jeanette duly got Jane on board and invited anyone in the group that was free to meet at the centre at 12.30. Jeanette and Jane seemed pleasantly surprised by the healthy turnout from the gang. Making their Buddy Beat "Event Debut" were new members Marion Bisland and Jess McMillan.

The Buddy Beaters were:-

- ✓ Jeanette Allan
- ✓ Jane Bentley
- ✓ Marion Bisland
- ✓ Allan Borland
- ✓ Hazel Borland
- ✓ Tom Chalmers
- ✓ Anne Dowie
- ✓ Jess McMillan
- ✓ Noreen Young.

We quickly set up and Jeanette was introduced to the 14 visitors. Jeanette spoke briefly about who we are and when we meet and took this great opportunity to hand out flyers (superbly designed by Allan by the way!) advertising our evening drum circle next Monday night at the WRVS Cafe. Jane then said hello and we played for a few minutes to give everyone a taste of the joy of drumming. Not all of us had drums- Jess and Allan had a pair of Boomwhackers each which helped give the beat a different flavour.

Jane had us rhumbling away like billy-o and that was followed by some powerful Echo and Response. We then jammed and finished with a rumble which started hush hush and built up into a loud crescendo! We got a hearty round of applause.

Jane had brought her bag of Boomwhackers and Jeanette helped her pass them around the audience. The group were split into mini groups, with each having a specific colour of tube, although one lady who must have surely been an Ibrox supporter wasn't terribly keen on green and Jane let her swap with someone else for orange. Jane instructed each group on their beat and soon everyone was jamming. Next Jane sat on the floor and raised each Boomwhacker colour in turn to show the group the different tones of the tubes and as always it is lovely to see people smile when they hear this.



*Everyone ready for action!*

Jane then restarted the group as one and then got them to stop and start on a count of four. This was followed by Echo and Response and in the final jam session, we were split into halves and each stopped in turn while the other played. We ended with the usual jam and ending with a crashing ba-boom!

We received a great round of applause and to end Jeanette asked if anyone from Buddy Beat would care to share what drumming has meant to them. Hazel and Allan both spoke about the beneficial aspects of drumming and Jess told everyone that although she is new she has found it all very rewarding and enjoyed meeting new people. This encouraged some questions from the attendees and we were asked about where we meet etc. One chap was busy looking at the evening drum circle flyer and he joked that the 7-9pm slot was past his bedtime.

This was a charming little workshop and seemed to go down very well. We may in turn see one of the today's participants on a Thursday morning or even at one of our evening events! That's what it is all about- spreading the joy!