



*The Buddy Beat @  
SOOPIR*



*Paisley Lagoon Centre  
Friday May 1<sup>st</sup> 2015*

*After Buddy Beat's 8 gigs ROAR Tour 2015 came to a glorious end, word of another exciting engagement came to the fore.*

*SOOPIR- Strengthening Opportunities for Older People in Renfrewshire- signed us up to close an action packed morning of events, looking for 30 minutes of bristling entertainment. SOOPIR was the brainchild of the Renfrewshire Elderly Forum and the four hour spectacular featured speakers, dancing, and comedy as well as a good lunch.*



Established 1987

# RENFREWSHIRE SENIORS FORUM



Campaigning locally and nationally for the benefit of today's pensioners and those of tomorrow

**Strengthening Opportunities for Older People in Renfrewshire**

# SOOPIR

## Day Event for Older Adults

**Friday 1st May 2015**

Enjoy a Range of Activities

**£4.00 per person**

Includes Buffet Lunch

### Lagoon Leisure Centre Paisley

## Whats On

9.30 am	Registration Tea/Coffee & Scones	
10 am	Welcome from Chair – Jeanette Nunnery	10 mins
10.10 am	Opening Speaker Bob Bogle From Scottish Huntingtons Association	10 mins
10.20 am	H-Arts performance - Scottish an' aw that	30 mins
10.50 am	Choir and sing-a-long - Shelter Housing	30 mins
11.20 am	Comfort Break – Information Stands	25 mins
11.45 am	Tap Dancers – Young at Heart	30 mins
12.15 pm	Zoomba Gold – Active Communities	30 mins
12.45 pm	Buddy Beat	30 mins
1.15 pm	Closing Thanks – Chair Jeanette Nunnery	5 mins
1.20 pm	Buffet and Information Stands	

To book your tickets contact Community Link Team on 0141 618 5598



*The venue was The Lagoon Leisure Centre in Paisley and this was not Buddy Beat's first time there. Two years ago we entertained as part of a similar event there, entitled Agefest.*

*The Buddy Beat were-*

- *Dr Jane Bentley*
- *Marion Bisland*
- *Stacey Campbell*
- *Tom Chalmers*
- *Gordon MacKenzie*
- *Eileen McGrory*
- *Carolyn Richardson*
- *Christine Robertson*
- *Marian Trainor*



*In what can only be described as a humungous room, we were announced to the 150 strong SOOPIR attendees by the*



*kindly chairman, who whipped up our pending performance, akin to announcing a Vegas headline act, saying that everyone was in for a real treat!*

*We kicked off with a performance of “The Buddy Beat Mash”. Although we have performed this before at other venues, we do like to tinkle with our musical pieces, and this one was no different. For the uninitiated, this piece takes parts from our other compositions and cohesively fuses them together into a punchy rhythm piece- Check out a previous performance of this on Youtube.*



*Part of “The Mash” features a solo rhythm repeated four times, to which the rest of the group reply with a short burst each time.*

*The day before, at our regular weekly drumalong, we split that solo spot into one that four people participate in , just to mix things up and then concluded that section with half the gang playing the beat while the other half reply before swapping that around. Anyway, we ripped along; part playing the same rhythms, part free-styling and ended with a series of increasingly loud beats in the centre of the drums*



*before finishing on an almighty beat. We could see the ladies and gents in the front rows busy tapping their fingers and toes, and we received a cheery round of applause.*

*Jane's Boomwhacker Rodeo then rolled into town and the team busied themselves by handing around Boomwhackers and shakers, which never fails to raise the level of chatter in the room. Once everyone was attired, Jane let each colour have their moment, which lets the room hear the differing tones.*





*Next, the drums joined in and we cruised along for a few moments, with Jane raising a different coloured Boomwhacker into the air, which*



*signalled when each team should come in. Happy faces abounded and soon it was time for Stage 2. Jane gave each coloured team their own short rhythm to repeat and let the room play along together, declaring over the mic “Well done, you are all now part of the Renfrewshire Tube Orchestra.” Stage 3 lets each part play individually, while the drums take a rest for a moment or two, not forgetting the few dozen shakers who proudly shoogled away.*

*Jane brought it all to a close with a community burst and the large hall at The Lagoon Centre crackled with sound until we ended with a loud finish. A cheery round of applause erupted and the speaker took over to thank us for coming along and entertaining the large crowd.*

*Below: Jane leads the hall into a frenzy*



*Well, we all agreed that it had been great fun and certainly one of our larger crowds for some time. It was a splendid way to welcome the weekend and we hope that we helped everyone go home with a smile on their face and a spring in their step.*

*One of the gentlemen from the Renfrewshire Elderly Forum came up to us afterwards and declared that we had been “Wonderful!” adding that it was a skill to get such a large group connected. The same gent also asked if we would consider visiting the Renfrewshire Elderly Forum sometime and hold a musical workshop with them. Well, how can we refuse? Watch this space.....*

*And to cap off a super day, the gang were invited to a complimentary buffet lunch. Ah, the life of a rock star!*

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*Words by Tom,*

*Photos by Tom & Stacey with a great help from Alan at SOOPIR*

