

**The Buddy Beat**  
**At**  
**The 37<sup>th</sup> Annual**  
**College of Occupational Therapists**  
**Conference & Exhibition**  
**SECC Glasgow Thursday June 20<sup>th</sup> 2013**

*Buddy Beat had the honour of closing the above national conference and went down a storm, receiving a huge standing ovation. Enclosed are pages from the latest Occupational Therapy News which show Jane on the front page and the article about Buddy Beat from the inner pages. Buddy Beat co-founder Jeanette Allan was reportedly grinning like the proverbial Cheshire cat when she saw the magazine. It is memories like this that make The Buddy Beat so special.*

*Tom Chalmers, July 4<sup>th</sup> 2013*



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# OTnews

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## Highlights from Glasgow 2013

The heartbeat of OT: making a difference



### Social media

Tweeting as a professional tool



## Adults recovering from mental illness perform in award winning drumming group

Members of Buddy Beat, a drumming group of mental health service users from Renfrewshire, took to the stage to rapturous applause and a standing ovation to close COT's annual conference at the SECC in Glasgow on 20 June.

Buddy Beat was set up by occupational therapist Jeanette Allan and community musician Dr Jane Bentley to support people with mental illness, including severe depression and isolation.

The group has had a powerful impact on its members, giving them a sense of belonging, acceptance, friendship and the unique opportunity to learn and perform drumming. For many, attending Buddy Beat provides focus and structure to their week.

Tom, a member of Buddy Beat says: 'Buddy Beat has been the single biggest support in my recovery over the last four years... The support we offer one another is better than any prescribed medication and I have found my self belief and creativity expand to a place I thought was long out of bounds.'

Anne adds: 'When I joined the group four years ago, that is when my life began.'

Jeanette, who is passionate about the use of arts and creativity, says: 'It is a kind of magic, which is all down to a wonderful group of people who care and cheer each other on. I am so glad to be a part of Buddy Beat, having the opportunity to nurture and encourage the development of this thriving group is a major highlight of my whole career.'

Buddy Beat is a 'constituted group in its own right' Jeanette told delegates in the closing plenary session, and raises its own annual funding. 'The heartbeat of occupational therapy is making a difference,' she told the audience. 'Buddy Beat is a place where people belong'.

