

The Buddy Beat:
What It Meant To Me
2010



What it Meant to Me 2010

In early 2010, I produced the “Buddy Beat “What it Meant to Me 2009” document. Having asked the group for their own words on how Buddy Beat had helped them and what had been some of their favourite memories, I had hoped to get perhaps 10 submissions and was stunned to get 15 in all. The end result was what I would consider a very special document and it was so well received.

Jeanette quietly confided to me in the winter of 2010 that she hoped we would manage to produce another. So, I put the message out once we had got over all our Christmas activities and things trickled along slowly and quietly at first before the train gathered speed and we have ended up with not the 15 of last time out, but an extremely healthy 19 tales to be told! Now, that is what I call a group effort!

Putting this document together was as enjoyable for me as my normal reports, but surely all the more special as I am just the messenger and not the sole author. I hope you enjoy reading how the members benefit from being part of the best community group in Paisley, if not in the entire UK , and also enjoy the range of photographs that gives you a peek into what we all got up to in our Buddy Beat 2010.

Enjoy!



Tom Chalmers



Angie Gilmour

When I first came to Buddy Beat in 2010, it was with Jeanette Allan who brought me from hospital. I remember that I was excited about coming and I enjoyed meeting the group.

I quickly discovered that I really liked making music- it makes you feel good. Being part of The Buddy Beat has given me extra self esteem and improved my confidence.

I went to the Christmas Night out and it was just excellent. I was buzzing and danced for the first time in many years. It was because of that night that I had the confidence to join a Zumba fitness class.



Here we are, desperate for the meal to be over so that we can hit the dancefloor!

Angie



Anne Dowie

I feel that last year my life had plenty of hiccups and it was The Buddy Beat which proved to be a great support to see me through these times. Simply put, when I beat away on the drums my troubles fly away.

I enjoyed all our minibus rides to the various events and conferences and it's great to have the countryside to look at while our very own reliable sat-nav Christine ensures we get there. For one event, The Paisley West End Fair in May, the sun was shining, the sky was blue and the congregation grew more and more as we blew our hands off with drumming galore!



Myself and Noreen- West End Girls

During the Mental Health Arts and Film Festival I was disappointed as I felt I was being drawn apart as my heart was in drumming but my body was busy in acting. Such is the lifestyle of an artiste!

I feel as if drumming opens doors personally, whereas before I took to drumming I would close them so I couldn't do whatever it was any more. When I was asked to be part of the Buddy Beat film, I thought that I would have nothing to say but once we started filming I had no trouble and nattered on. I am glad that I did it and can look back on it in the years to come. My face on screen was the answer to my dreams!

Being part of the group continues to help improve my self confidence and although I have lost some of my friends, I am gaining new Buddy Beat ones which make the difference and helps heal the wounds.

I didn't think it would last but all friends are beating fast. We go out now and show off proudly what we have learned from Jane Aloud!

The support that I get from Jeanette, Jane and Karen helps keep me on the straight and narrow. It is certain that life has changed for the better. I can say that just drumming gives me a brilliant day!

The photo of Noreen sitting on my lap is one of my favourite from last year. That was taken at Perth when we played at The Paths for All Annual Conference. Then there is one of me and Eileen taken when we helped Maggi Boyd in her Quest for a Choir in May and the last one is Tom and me taken at The Recreation Hall in Dykebar Hospital when we played there in April.



Anne



Christine Robertson

For me 2010 saw The Buddy Beat continue to grow and grow. The group saw new members coming on board, many of whom took to us like ducks to water and have become regular and valued team members.

In March we travelled to Inchyra in Stirlingshire to play at The MacDonald Grange Hotel for a conference called “Allied Health Professionals; Collaboration for Change”. That was a great day for the group. Not only did we go down very well indeed, we all got to mix with the delegates and we networked and made quite an impression and so much so that we ended up getting further bookings. But what was really nice for me was that I was in the very same hotel where my husband Walter and I had married 40 years previously. I was transported back to that day and it brought back many happy memories.



Friends together- Anne, Mary, myself and Eileen

Changes in our committee set up saw me take over as Chair Person from former chair Anne Ross. I enjoy being part of the committee and helping take the group forward with the many decisions that need to be made in a self governing group such as ours. The committee is now healthier in numbers and everyone is happy to take on responsibility for various things ensuring that no-one gets overloaded, and that kind of thing is what we excel at.

Buddy Beat were certainly on the road a lot in 2010, spreading our magic in an ever widening circle. At the same time we were putting together our film, “Keep the Beat...Our Journey in Rhythm” and it was a real pleasure for me to take part in it. I feel that the end result is rather special and sums who we are and what we do perfectly. I think that this film will have a big effect and be seen by many. And on a

personal point, it is something I can treasure and my grandchildren can look back on in years to come and say “Here’s Granny Robertson!” There aren’t many families that can pass something like that on!



At the AHP Conference at Inchyra with Anne, Noreen, Allan and Hazel

I hope that in 2011 we continue to help and support one another and welcome new members. In the film I mention that “the music certainly lifts you” and it is that aspect that helps us all feel better.



Reliving fond memories at the Inchyra Grange Hotel

Christine



Connor Muir

I arrived late in 2010 after meeting the group through the Mental Health Arts and Film Festival, having joined the ranks in October. I would have to say The Buddy Beat has helped me improve my confidence level dramatically and that I hope to continue coming along to the group and going to events, which will help boost my confidence and morale more.

I went with the group to Kirkcaldy for The Dementia Learning Forum and it was great performing there and meeting new people

The group have been very welcoming to me and I have made some new friends, some of whom came along to see me perform in a drama group, The Wynd Up Drama Group that I am part of. I attended the Christmas Night Out and sang my heart out all night and danced until the wee small hours. I should have saved my tootsies, as my taxi never turned up and I had to walk all the way home!

And the best hat goes to....



Thirsty work



Me, maw and paw





Eileen McGrory

Only one word can describe my 2010 Buddy Beat- wonderful! I so look forward to a Thursday morning and can't wait to start drumming and I miss it when I can't make it along. I am always disappointed when it finishes. When I am having a hard time it really keeps me going. I really enjoy drumming and I also think that the support which we receive from one another is a very special thing. It's okay to be unwell and people accept that, which is why the group is so important to me.

During 2010 I joined the Buddy Beat Committee. I enjoy being part of the committee as it makes me feel as though I am contributing to the future of Buddy Beat. We had a busy year and I can't really pick a favourite event. They were all so different but equally good and the conferences and events we travel to make for an exciting and fun day out.

I loved The Christmas Night Out at The Glynhill Hotel. It was such a good night and a few of us stayed overnight which made it extra special. We checked into our rooms in the afternoon and spent time together, having a tittle and a wee blether, which was really nice. And I also loved the Christmas Party we held at The Wynd. I ran the Secret Santa and arranged for Santa Anne and helper Elf Noreen to travel from Lapland to hand out the presents and it was hilarious. I also helped organise the buffet that day and made hundreds of sandwiches. The responsibility of putting this all together had further helped increase my confidence. Also, being part of the film that we made was something I had never imagined before and it is something I will treasure in years to come. When I look back I think I have had a busy year. My favourite photo is this one that Tom took of me when we went to Grangemouth in November for The Dementia Learning Forum. He just shouted my name and I turned around, and that's why it is very natural. I have it framed on my wall at home. The other photo is me showing off my Stick of Power that the group gave me for my birthday.





Eileen

Graeme Tytler

I first became aware of drumming at Dykebar Hospital and although I knew that I liked it, it took me time to build up the courage to come along to the Arts Centre to meet the Buddy Beat.

I persevered and eventually made it and at first I thought it was more about the social element than playing but soon I connected with the drums and now I love making music.

After a while I ventured out with the group for a conference they had been booked to perform at. It was in June in Kirkcaldy and was called "Gonnae No Dae That". It was good to be part of the group that day with us all piling into the minibus for the journey. When we got there and played I thought it felt great to be performing. A neat surprise after that was when we took the bus down the coast to Kinghorn where we soaked up great views in roasting sunshine.

And I can definitely say that The Buddy Beat is one of the best groups that I come to.



Here we are at The Festival Hub in October

Graeme



Hazel Borland

2010 was a change for me in that I took over as Secretary at the AGM, thanks to Allan for nominating me in my absence! Also, with Allan we started the Buddy Beat Information Stall ... with our display stand showing photographs of the various places we have played as a group, and our fundraising stall with our drums, frogs, thunder drums & more, and of course our re-vamped leaflets. Manning the stall at the various events we have played at throughout the year has been great fun, and it has been a pleasure talking to everyone, whether they are a health-care professional or just an interested member of the public.

Highlights of the year, drumming wise would most likely be the Renfrewshire Mental Health Arts & Film Festival. It was great to play at the Festival Launch – and the ‘Frog Chorus’ filling the Arts Centre auditorium was something I’ll always remember. But for me the highlight of the festival was playing our sessions with Buddy Bear, and the kids joining in with us – and at times taking over! A future drumming star was in our midst. Being involved in the Festival Hub itself was a great memory for me, again that opportunity to simply chat to people about Buddy Beat, what we do & where we’ve been – meeting so many people that I wouldn’t normally get the chance to meet.



Playing in style outside the Paisley Arts Centre just prior to the Festival Launch

Main highlight has to be the making of our film – great fun was had during our many filming sessions, both indoors & outdoors ... and then the nerve-wracking task of having to speak my own part, with a special thanks to my 2 stall customers! Seeing the final film shown at the group was an emotional moment And made me realise just how far I have come since first joining the group in 2009. At that point, I would have never thought I would have had the confidence to be filmed speaking about my Buddy Beat journey.

As for the drumming – Buddy Beat is what keeps me sane. I look so forward to our Thursday sessions, and have thoroughly enjoyed the additional Monday morning advanced groups or BBPlus! as it has now become. Add to that the monthly sessions at the WRVS – and you could say that drumming has become a very large part of my life. I find drumming very healing and therapeutic – often finding myself slipping into a meditative state during our free-play jam sessions. My life would be missing something if I did not have my drumming, and the support that I get from my friends in the group.

I have to give a huge thanks to my dear friend Lesley King, for it was she who introduced me to the Buddy Beat and encouraged me to start coming along, and for that I will always be grateful to her.



Lesley, myself and Allan at
The West End Fair in May



And at Sma' Shot Day in July

Me and Buddy Bear- a match made in heaven!
We've already been signed up for the next series
of Strictly Come Dancing!





Ian Tobin

Hazel

Over the past year my experience with Buddy Beat has helped to build my confidence and to socialise more.

I do not feel so anxious when I am in the company of other people. I feel a lot happier and contented with my life.

I enjoy The Buddy Beat because it gives me a purpose in life. I also enjoy the music and the beat of the drums as it helps to make me more relaxed.

I feel that Buddy Beat has helped me in all parts of my life.



Outside The Arts Centre, launching the Festival

At the Festival Hub





Tom and I at the night out

Ian



Jackie McDowall

Buddy Beat in 2010 has continued to help me in many ways. My confidence has grown more thanks to being part of the group and I feel that I am able to get more involved in things. If someone says we should do this, go there or whatever I tend to think “Why not?” which is a big change for me.

I am a chattier person now and find myself out and about more, doing more exercise and I find that I am more able to cope with things.

I have enjoyed all our Big Days Out and if I had to pick a favourite it would be when we went to Kirkcaldy in June for a conference called Gonnae No Dae That. I really enjoyed myself that day and our performance went down very well. It was a very warm day and we all relaxed after we had played and later we took the minibus along the coast where we soaked up the views which was a nice bonus. On that same day Mary and I had this great photograph taken of us chilling on a bench in the sunshine. Tom says it is one of his favourite pictures from all of 2010!



My friendship with Eileen has continued to grow which has been great for me. I have also struck up a lovely friendship with Mary too and we sometimes meet for lunch and have a chat outside group hours.

Jackie