



*Dr. Jane Bentley*

This was the year all my dreams came true!! That might sound odd, but in the earlier days of BB, Jeanette and I cooked up all kinds of ideas - turned out it wasn't the time for them initially, but this year, they all seemed to have happened of their own accord (and on the group's initiative) - and then some!

We've had some cracking gigs - playing outside in the summer, doing conferences, and workshops with people with special needs. We've had some great times on Thursday mornings, and it's lovely to see everyone becoming more and more confident in suggesting ideas, leading games - even in teasing each other! I very much enjoyed doing the workshop assistants' course, as it was then that our group members got to experience the kind of buzz that I get from leading groups, and seeing people open up and develop new skills.



*Lesley, myself and Jackie*



*drumming in the park- that's the life!*



*Speedy Gonzales!*

However, I've been most impressed by our video production, from start to finish - mainly because I had so little to do with it!! It's made me really proud of everyone - (well, more proud than I am already). Especially because, when we got turned down for funding, that might have been the end of it - but instead, we did our sponsored drum, and raised our own money. The responses I've had from people who've seen it so far is that everyone seems to be so open, caring, and honest about where they're at - which I think is a great example to others. It is also the result of a tremendous amount of hard work, patience, and dedication. You guys rock! A version of the film has already been sent to drumming contacts abroad, and its already having an influence on people - there will be a few more BB type groups popping up around the world as a result, which means more people will benefit.

What on earth will we get up to in the coming year?



*It's not just humans Buddy Beat appeals to...*



*Ladies with attitude*



*Oh, how we rocked the Festival Launch at The Arts Centre!*



*Jeanette Allan*

Buddy Beat 2010 was another year full of successes big and small. That Buddy Beat members continue to engage, support and involve new members, sometimes when people are still in hospital and not so well, deserves acknowledgement. The friendship, generosity and care is tangible and inclusive.

Buddy Beat playing at the launch of the Scottish Government 'Realising Potential the AHP Action Plan' at Inchyra Grange was a highlight. It was a compliment to the group to be asked and they did not disappoint, many attendees saying BB playing and the participation in the music making was a memorable part of the day. (I was relieved to lead the 200 strong Boomwhacker 'orchestra' without mishap!) I was proud to hear a number of my colleagues saying how well BB members contributed to the round table discussions and how positive they were about their experience of Occupational Therapists involvement in their recovery. Thank you!

The success of the Renfrewshire Mental Health Arts & Film Festival over the last 3 years is founded on my involvement with Buddy Beat so BB are key players, literally, in the Festival programme, storming at the Festival launch inside and outside, leading drum workshops and opening the Festival Hub one Saturday. It was great to see the confidence of members talking and listening to the public, signposting to services and introducing many to the joy of drumming. The BB stall in the Festival Hub looked fantastic and is a tribute to Alan, Hazel and Tom who sold not a few instruments too.

Meeting James the film maker and introducing him to BB, Tom rising to the challenge and learning new skills along the way, including script writing, scene making and being a camera man's gofer, on film interviewer and all round superstar! The film represents so well the BB journey through the social inclusion traffic lights, and I love the T-shirt colour changes Tom and I look forward to the film's release in April 2011!



*Here we are at The Gonnae No Dae That Conference in June*

As I endeavour to maintain that 'lighter touch' on BB, actually they need me less and less, achieving 10,000 pounds funding independently proves that. I have worked at expanding the reach of BB in the green zone and the Workshop Assistants Course was a huge step forward. The 7 week course, funded by Renfrewshire CHP's Bright Ideas Fund, and taught by the inimitable Dr Jane Bentley, was attended by 8 BB members, 2 OT staff and an OT student. We did pre and post course self esteem assessments and 4 weeks after the course's completion every one of the trainees had self esteem scores in the 'normal' range. Individuals had shared that they felt much more confident in other areas of their lives and having the concrete evidence is excellent. Just before Christmas, one of the BB Workshop Assistants, Eileen, supported me leading a training session on 'Creativity & Recovery' for NHS staff and she excelled. Eileen explained how to play a djembe drum, led some games and shared her experience of BB and its part in her recovery articulately with confidence and professionalism. Well done Eileen!

In 2011 I look forward to maximising the potential of the BB Workshop Assistants being involved in delivering sessions in Dykebar, RAH and other community groups and of course the group gig list growing and the film being out their sharing their 'Journey in Rhythm'!



Being interviewed by Radio Clyde's Gina McKie for the Festival

Jeanette



*Jess McMillan*

In early 2010 I had to return to work full time, meaning that I couldn't make it along to the weekly classes at The Arts Centre.

So thank goodness that Buddy beat run the open nights on the first of every month. That is surely my Buddy Beat lifeline and ensures that I can get my regular fix of feel good drumming. I would feel rather left out if this wasn't available to me. It is good for me to meet some of the group and swap stories and hear the latest news. Sharing the workshop with members of the public is great and they all seem to enjoy themselves. We have met a few characters along the way which adds to the fun.

In the spring I helped Jane at a few of the Flexi-Care workshops held at night-time for young adults with learning difficulties and boys with Asbergers and Autism. I went to one in Erskine, one in Johnstone and also in Paisley. They were very rewarding and it was great to see the look on everyone's faces when they began to play and take part in the various games that we played with them. I was also able to join the group when they held workshops as part of an event at Dykebar Hospital in the Recreation Hall and that was great fun too.



*Here I am with Jane and Lesley at Erskine*



*At Dykebar with Christine and Hazel*

I also managed to get along to the Bipolar Conference in September as it was held on a Saturday and I travelled up to Glasgow on the train with Tom. We all look so good at these events with our bold coloured polo shirts. We make a statement looking like that! I know that everyone in the audience really enjoyed themselves.

I went to The Glynhill Hotel for the Christmas Night Out and like some of the others I treated myself to an overnight stay. We all danced the night away and had a great time.



*All ready to party*



*Three Dancing Queens*

I hope to continue attending the monthly workshops in 2011 and I now have my own car and this gives me greater freedom, and work permitting I will be able to join in at other events.

Jess



*Karen Auld, O/T*

A place I go to on Thursday mornings where I get encouraged and my hope renewed for people.

A place where I am inspired by peoples care and compassion for each other.

A place where I see people's determination to face their fears and overcome them.

A place where I have learned that it can be the seemingly little things that matter so much, like a chat or a card or text message/phone call.

A place where each and every person Counts and adds to the Magic of What Is 'Buddy Beat'.

Karen



Here I am jamming away with some of the gang and below we are helping Jane with Paisley's (or Scotland's?) largest ever Frog Chorus at the Mental Health Arts and Film Festival launch in September.





*Marion Bisland*

I remember playing drums with Jane in the garden at Dykebar Hospital and how I connected with the music. When I came home I got the chance to join The Buddy Beat and it opened a whole new world for me, from percussion to drums.

The group is very important to me and I hope that it never stops. In 2010 I played with the group at the launch of the Mental Health Arts and Film Festival at Paisley Arts Centre and it was a great day for all of us. We were given a goodie bag and inside was a little wooden frog and even though I love him to bits, I have donated him as part of a charity hamper so that someone else will get the chance to have fun with him.

I particularly love our days out when we travel to play at conferences. I am always first there for the minibus as I would hate to miss anything and I have been to Inchyra in Stirlingshire for an Allied Health Professional Conference and then to the Gonnae No Dae That Conference in Kirkcaldy and also back to Kirkcaldy for the Dementia Learning Forum. We have also played locally and I try to be a part of as much as I can as they mean so much to me.

Medication and psychiatry are not the complete answer- it is by being part of a great group like The Buddy Beat that truly makes you feel better.

Music makes the laughter go round and opens your heart.



*This is me in the sunshine in May at Paisley's West End Fair*

Marion





*Marion Mullin*

In March I made my Buddy Beat performance debut at The Allied Health Professional Conference at Inchyra Grange Hotel in Stirlingshire. It was a splendid day out and good fun to travel on the minibus with the rest of the group and I hadn't bargained on how terrific it is to hear everyone clapping you. That was one of the biggest thrills of my life!



*This was us playing at the AHP Conference,  
Just seconds away from a huge round of applause!*

It was just a month or so later and I was back on the road once more with Buddy Beat when we held drumming workshops in the Recreation Hall at Dykebar Hospital in Paisley. It was fabulous and I feel that the benefits worked two ways- there was I with Buddy Beat playing and introducing other people to drumming while my dormant poetry talents were reawakened when I took part in a poetry workshop which I really enjoyed.



*Jackie, myself and Eileen at The Recreation Hall in Dykebar Hospital*

Drumming simply makes me feel better and does me such a power of good. I had to miss a lot of Buddy Beat in the 2<sup>nd</sup> half of 2010 due to surgery and I was unsure whether to come back or not, but I did return and the welcome that I received from the group was so amazing that I decided that I would certainly have to continue to be part of Buddy Beat. I look forward to a fun, drum filled 2011.

Marion



*Mary Graham*

2010 saw me happy to keep my place as a Buddy Beat regular. For me the best thing about the group, apart from making music of course, is the friendship. I really value meeting people and the group is where I can meet up with naturally friendly people.

Coming along to the sessions is a very positive thing for me and I have great empathy for the group, and sometimes I feel the group in a spiritual way is awesome. Being part of the group and part of something that's a real benefit to me and doing drumming is so special.

Friendship is a cornerstone of Buddy Beat and I have made great and lasting friendships with Marion Bisland and Jackie, which I value greatly.

I was out and about with Buddy Beat during 2010. In February we went to the Linwood Action Group one cold dark night. That was in itself a nice change for me and I went along with Jane, Tom, Jess and Lesley. The group we visited meet weekly and is a club for adults with learning difficulties and I guess there were around 40 in that large drum circle. We were made so welcome that night and it was a real pleasure to have been involved. It was so rewarding to play and have fun with everyone and see the happy smiling faces beam back at you. I even got a chance to entertain everyone that night by playing a few numbers on my violin, which went down very well.



*Here I am at the Linwood Action Group*

In September we played at the launch of the Scottish Mental Health Arts and Film Festival at Paisley Arts Centre. That was great for all of us to play to a packed theatre and extra special for me as I got to

start our showpiece “The Funky Lunch” when I manned the base drum and played the intro beats and solo responses.

I hope that my Buddy Beat 2011 continues to be as helpful and rewarding as 2010 was.



*This is some of the gang, taken in May at Maggi Boy’s Quest for a Choir*



*And this is us in June at The Gonnae No Dae That Conference in Kirkcaldy*

Mary



*Noreen Young*

At the start of 2010 Buddy Beat grew very fast and the numbers became quite large but soon enough things settled into a more normal sized group which made it more comfortable and enjoyable.

We had a lot of great events and performances through the year which kept us busy. I am also part of a drama group with my friend Anne Dowie which keeps us busy too. Sometimes I don't quite know if I am coming or going and I performed more times in 2010 than I had hot dinners.

In September I went to Perth for the Paths for All Conference at the Concert Hall. Tom, Anne and I were going by car to meet Jane there. We left early but terrible weather saw the roads jam packed and it took forever to reach Perth. I will always remember how we got there with minutes to spare and we only had time for a quick toilet visit, then threw our coats in a corner before we heard "Please welcome on stage The Buddy Beat!" We walked out onto a massive stage and started playing and it turned out to be a great day out.

The Christmas Night Out at The Glynhill hotel was a lovely way to round off our year and we all let our hair down and danced the night away. Some of us stayed over, which made it more special and we pigged out the following morning at breakfast.

This was taken by Connor and shows Tom, Anne and myself at The Dementia Learning Forum in November and is one of my favourite photographs.



This is Tom and I chilling between performances at The Paths for All Conference in Perth in September



*Sarah Van Der Molen*

I would have to say that 2010 has been a difficult year for me. I couldn't get to as many of the regular weekly Buddy Beat meetings as I would have hoped to, but I did manage to attend a handful. The welcome I received each time has been so warm, making it worth the effort to get there, and although my visits were often weeks apart, the friendly greeting ensured that I felt as though I hadn't been away at all. The caring and support that the group provides for each other is a very important part of Buddy Beat.

In September I travelled up to Glasgow to join Buddy Beat when they played for the 2<sup>nd</sup> year running at the annual Bipolar Scotland Conference. It was in The Menzies Hotel in Glasgow and it was great for me to hang out with everyone and also to perform for the people attending. It is always a pleasure to look out at the faces when we are playing and see the smiles beaming back at you.



*Jess, Tom and myself in a sea of orange*

I hope that 2011 is a better year for me and that I will be able to attend the Buddy Beat on a more regular basis, as I feel I want to remain a part of it very much.



*Performing for the Bipolar Conference*

Sarah



*Tom Chalmers*

I can only say that 2010 was Buddy Beat's biggest year so far. We started the year off with several new faces joining the gang such as Graeme, Ian, Marion and Angie and they all settled in well and became regulars. As a group we collectively composed our new showpiece entitled "The Funky Lunch" and we honed this over the course of many weeks and became part of our staple performance. It always goes down well and when I heard it played back for the first time, after it had been recorded, I was pretty well amazed.

As a group our name continued to spread wide and far and we took part in 25 events. A conference in March in Stirlingshire for Allied Health Professionals was our 1<sup>st</sup> of the year. Jane was unavailable for this and Jeanette grabbed control of the reigns. That event will stick in my mind for the beautiful sounds that Jeanette instructed the 200 strong audience to make with their assorted Boomwhackers and shakers. It was truly magical and I can still hear it when I think of that day. From that event we received other enquiries to do more of the same for other groups and organisations. Closer to home, Jane was sought out by Flexi-Care, a local organisation that run clubs for boys with Asbergers and Autism as well as young adults with learning difficulties. Jane ran 8 musical workshops over the course of two months and was assisted by Jess, Lesley, Mary, Christine and myself. These were immensely enjoyable and totally rewarding.

The group also began to tap into local festivals. We played at The West End Fair in May and had a stall and jammed a little during the Sma' Shot Day celebrations in early July. Both of these were terrific fun and I feel that this is an avenue we could explore further. It is such a good way for us to make a big impact and get our name known even more. Big news in 2010 was when the group was awarded generous grants from Awards from All Scotland and Renfrewshire Council. This allowed us to move forward and be in control of our own destiny and ensured that the group could function on all levels for a further year. We even started a further class called BBPlus! in the autumn for members to learn new skills that they would not normally get the chance to in the regular weekly meetings. These have been a great experience and we have all appreciated the new techniques that Jane has shown us and I hope that we can continue this into the future

But the biggest thing for me was The Buddy Beat film "Keep the Beat- Our Journey in Rhythm". It was back in June when Jeanette quietly asked if I would be interested in hooking up with a film-maker that she had met, a chap called James Cairns. Jeanette and James had previously had a conversation about making a film about The Buddy Beat. I agreed and soon met up with James and we set out on our quest over the course of many meetings and hundreds of emails. Slowly the story began to unfold and we started filming in August and finished shooting late October. James had always said that a film of this sort should be around 15 minutes tops, but what we ended up with is a film that is 26 minutes long. Eileen, Anne, Christine and I spoke on film about The Buddy Beat and what it had done for us and Jane, Karen and Jeanette were also interviewed. The Buddy Beat story was too big to scrunch into quarter an hour and when it came to the day when the group were shown the finished piece James and I were more

than a little nervous about how it would be received. The showing made more than a few of us emotional and we were totally taken aback by the response. Without sounding pompous, I believe we have created something special and inspiring and I have a feeling that this short film of ours has legs and will run and run.

From a personal point of view, being part of The Buddy Beat continues to help my well being and I have found that although some of the faces have changed, the ethos of the group remains the same and we are all a great support for one another. We have had many laughs and adventures during 2010. The Christmas Night Out at The Glynhill Hotel was excellent and 8 of us stayed over, maximising the enjoyment. My favourite event was the Paths for All Conference in Perth in September and it was a magical day for me with an audience so willing and eager to take part. My longstanding friendships in the group have grown and several new ones have sprung up with some of our “younger” members. I look forward to 2011.

Lastly, here are some of my favourite photographs of the year and the first taken at the West End Fair in May. I love Anne’s cheeky glance at the camera and her smile sums up all that is great about The Buddy Beat. I adore the splash of colour in the group photo taken at Dykebar Hospital Recreation Room and the bottom picture of Anne and Noreen? Well, that was taken at Perth Concert Hall and yes, I staged the whole picture, but it doesn’t mean that I don’t love it!





Tom

And so that was what we all thought of our Buddy Beat 2010.

Who knows what great adventures and fond memories are ahead of us?

Well, perhaps this will have some say in what happens...

<p><b>Discover Paisley drumming group "The Buddy Beat", which was formed in 2007 by Jeanette Allan- Occupational Therapist at Dykebar Hospital and Jane Bentley, Community Musician</b></p>  <p><b>The group was formed to promote social inclusion and aid in the recovery of adults with lived mental health issues.</b></p> <p><b>Hear how group members experiences and personal journeys have allowed positive outcomes as part of their journey of recovery.</b></p> <p><b>Running Time 30Mins</b></p> <p><a href="http://www.dravenproductions.co.uk">www.dravenproductions.co.uk</a> © Draven Productions 2010</p>	<p><i>"The Buddy Beat" - Keep the Beat... Our Journey in Rhythm</i></p>	<h1>"The Buddy Beat"</h1>  <p><i>Keep the Beat... Our Journey in Rhythm</i></p> <p><i>"Everyone can make music and no experience is necessary."</i></p> <p><a href="http://www.thebuddybeat.co.uk">www.thebuddybeat.co.uk</a></p>
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