

## Buddy Beat- What We Have Accomplished so far.....

In 2007, newly formed Buddy Beat surprised themselves by performing at one event. As the group grew in 2008, the numbers of events that Buddy Beat soared to 10.

2009 saw the gang take part in a stunning 24 events, which is an average of almost one every two weeks or so. Of course we know that gigs come in tsunami like waves. That is 34 to date and I am sure that 2010 will see us hit the magic half century.

Bring it on!

### Buddy Beat Engagements to Date

December	2007	Paisley Museum Christmas Celebration
June	2008	Creating Capacity for Socially Inclusive OT Conference, Scottish Youth Theatre, Glasgow.
September	2008	Community Drum Circle Paisley Farmer's Market
October	2008	Drum Along with Buddy Beat at Paisley Arts Centre
October	2008	Mindin' the Arts in Renfrewshire event, Paisley Arts Centre
October	2008	Renfrewshire CMHT Development Day, Reid Kerr College
October	2008	Positive Mental Health Day at Reid Kerr College
November	2008	Hillside View Nursing Home, Paisley
December	2008	Renfrewshire CHP Staff Development Day, Lagoon Leisure Centre
December	2008	One Great Tapestry; A Celebration of Diversity at Paisley Museum
December	2008	How to Survive Christmas, St Ninian's Church, Ferguslie, Paisley
March 9	2009	Women's Mental Health Day, Celtic Park, Glasgow
March 17	2009	Nurses In Practice Conference 2009 SECC Glasgow.
April 16	2009	Scotia Club Open Day, Bridgeton, Glasgow
May 26	2009	The Tuesday Club, Milngavie, Glasgow
Sept 1 <sup>st</sup>	2009	National launch of the Scottish Mental Health Arts and Film Festival in Edinburgh
Sept 19	2009	Bipolar Fellowship of Scotland Conference, Perth
Sept 26	2009	Launch of Renfrewshire Mental Health Festival, Farmers Market, Paisley
Oct 3	2009	Family Fun Day, Paisley Town Hall
Oct 5	2009	Drum Circle Paisley Museum – open to the public
Oct 7	2009	Teenage Social Club, Paisley for boys with Asbergers Syndrome

Oct	8	2009	Arts, Creativity and Recovery in Occupational Therapy, Dykebar Hospital
Oct	10	2009	BBC What Makes You Smile, Edinburgh
Oct	15	2009	Arts, Creativity and Recovery, Dykebar Hospital, Paisley
Oct	15	2009	Drop in and Drum with Buddy Beat, Paisley Arts Centre
Oct	17	2009	Opening for The Parsonage Choir concert, Paisley University Student Union
Oct	21	2009	“The Arts Experiment”, Dykebar Hospital
Oct	23	2009	Recovering Ordinary Lives, London
Oct	29	2009	Renfrewshire Disability Forum Relaunch, Paisley Town Hall
Nov	4	2009	Elderly Forum, Martyrs Church Paisley
Nov	4	2009	WRVS Cafe, Paisley- Buddy Beat Drum Circle
Nov	5	2009	Asbergers Boys After School Club, Anchor Centre, Paisley
Dec	2	2009	RAMH Workshop, Charleston Centre, Paisley
Dec	7	2009	WRVS Cafe, Paisley, -Buddy Beat Drum Circle



Santa's elves- Karen, Lesley, Marion, Jane, Anne D, Jess and Tom  
**Merry Christmas!**