



DRUMBEAT

October 2015



The official opening of our newly refurbished centre and our art exhibition 'Wish You Were Here' took place at the beginning of September.



Parkgate Community Centre was officially opened on Friday 4th September by Richard Harrington, MP for Watford, and the event was attended by many members, staff, volunteers, friends and guests.

On Saturday 5th September we held a public open day and art exhibition and raised over £800 through the sale of art work, refreshments and cakes.

Many thanks to the Cream Tea Brigade who attended the event with some of their amazing motorbikes, offering photo opportunities for a donation to DRUM.



Some lucky staff and volunteers were also treated to an unexpected ride later on in the afternoon!



The art work was absolutely fantastic, the building looked incredible and both events were a huge success. It was a shame that so many of the health care professionals invited didn't turn up.....so that they could see just what our members are capable of doing and how much we can offer and support other disabled people!

DRUM Annual General Meeting 2014/15

The AGM took place on 4th September and below is a list of the committee members elected on to the DRUM Management Committee for the next year.

Chair - Malcolm Cracknell

Vice Chair/Secretary - Melody Mallet

Treasurer- Lilian Newman

Committee Members - Mel Goman, Keith Lovelock, Keith Darby, Jean Smith, Shirley N'Jie, Maggie Cooper, Roger Holland, Shirley Mindel & Christine Punt

Forthcoming Committee Meeting Dates:- Tuesday 13th October, Tuesday 19th January, Tuesday 19th April, Tuesday 19th July – 10.30am Parkgate Community Centre

Can all members please return their membership/medical form for 2015/16 and annual membership payment of £10. Thank you.



Congratulations to Sarah who has made it through to the finals of the Hertfordshire Care Providers Association Awards 2015, in the Inspirational Manager category. Sarah was nominated by Alan Brooks, from CLEMENTS and has been shortlisted as one of the top three inspirational care leaders in Hertfordshire.

Sarah met with the judging panel on 28th September and will find out who's won at the awards ceremony on 27th November.

Cream Tea Party at DRUM



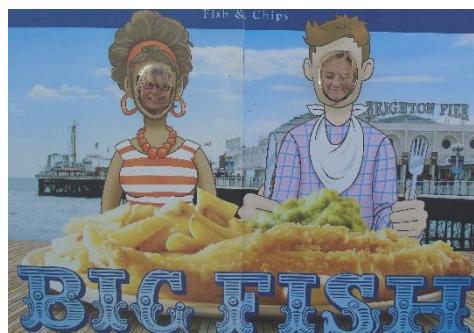
To celebrate DRUM's 21st birthday in October, we will be holding an afternoon tea party on Saturday 17th October, 12.30-3pm. The cost is £12 per person, which includes refreshments, savouries and desserts.

All proceeds to DRUM. Please complete the slip on page 7 to book.

Members and carers enjoyed a lovely day on the Grand Union Canal in August. Many thanks to our team for the wonderful lunch, especially the scones!



Another lovely day by the seaside, Brighton in September





NEW SERVICES AT PARKGATE COMMUNITY CENTRE

Stroke Support Group

Wednesday Afternoons 1-3pm

Yoga with Sharon Dodd

£4.00 per session

Refreshments included

MS Support Group

Thursday Evenings 7-9pm

Starting 5th November

£4.00 per session

Refreshments included



Hollie's Beauty Hub

DRUM members, carers, staff and volunteers can now take full advantage of our beautiful new hair salon and will receive great reductions for all of the services available.

Wash, cut, blow dry, colours, also false eye lash extensions and infills available.

Hollie is also happy to wash and blow dry your hair without a cut, especially useful for those that have difficulty doing it themselves.



Pedicures & Manicures with Prudence

Tuesday and Thursday mornings at DRUM

Manicure £15 - nail shaping, hand scrub, cuticle softening and tidying, a relaxing hand and arm massage, and painting or buffing.

Pedicure £15 - foot scrub, foot soak, nail re-shape, hard skin removal, cuticle tidy up and massage.



Chiropodist at DRUM

Neil will be in DRUM on Tuesday 27th October, Friday 4th December, Tuesday 5th January, Friday 12th February & Tuesday 15th March.



Many thanks to everyone that came along to our Mexican Quiz Night on 25th September.

Guests enjoyed a lovely meal of nachos, chilli con carne, fajitas and potato wedges, all cooked and served by our wonderful team.

We had a fantastic night and raised over £400 for DRUM.



Hairspray

Saturday 14th November - 2.30pm, Albans Arena

Tickets are £16 each and your carer goes free.

LAST CHANCE TO BOOK (by 5th October)

Please complete the slip on page 7.

Frankie and Benny's & Cinema Trip

Monday 16th November - £25 members & £18 carers

We will be meeting for breakfast at Frankie & Benny's, going to the cinema next door and then back to Frankie & Benny's for lunch. To book, please complete the slip on page 7.

Price includes your cinema ticket, breakfast with unlimited tea & coffee, lunch and dessert with unlimited Pepsi, Lemonade or Tango orange. All other food and drinks should be purchased separately.



The Lady in a Van – is a quintessentially British comedy starring Maggie Smith, Alex James and James Cordon.

Miss Shepherd is an eccentric old soul who spends her time by covering miles in her van, which happens to double up as her home. A young writer invites her to park in his driveway in a Camden street, fifteen years later she is still there.

Long sleeved, full zip DRUM Fleeces are now available to order from the DRUM office - £25 each. Available in black or navy, men's and ladies fit.

LAST CHANCE TO BOOK.....on yes it is!

Christmas Panto – Peter Pan, Albans Arena

Saturday 19th December, 2pm



Join Wendy, John and Michael in their adventures with Tinkerbell and Peter Pan. Watch as they battle pirates, meet mermaids and rescue Tiger Lilly from the evil Captain Hook.

We will be meeting in the pub next door for lunch at 11.30am, or you can meet in the theatre at 1.30pm.

Tickets are £20 each and your carer goes free. Friends & family are also welcome to book – please speak to the office as soon as possible, as we need to confirm the tickets.

DRUMWORKS 2015/16

Our new art project is inspired by your favourite hobbies and interests. This could be anything that you love to do (or did), anything that you have a real passion for or an interest in. It could be something you enjoy at DRUM, at home or on holiday – art, reading, cooking, music, sewing, knitting, gardening, fishing, sporting activities, exercise, going to the theatre or cinema. You could theme your art work on your favourite hobby or something to do with it, like your favourite artist, musician, author or director.



Christmas Craft Sessions

On Tuesday 6th, Thursday 8th, Friday 9th, Monday 12th and Tuesday 13th October we will be making Christmas ceramics to sell at our fundraiser on 21st November.

Designs for this year's DRUM Christmas card need to be in by 16th October.



NEW Drama workshops with Zinc

**Tuesday 3rd, 10th and 17th November
10am-12.30pm at DRUM**

DRUM Christmas Fundraiser

Saturday 21st November, 12-3pm

Christmas presents, crafts and raffle prizes are needed.



Christmas Lunch at DRUM – Not to be missed!



A traditional three course meal, which is lovingly prepared, cooked and served by our wonderful DRUM team, on Friday 18th December.

£15 per person – all proceeds to DRUM.

To book, please complete the menu and booking form below.

Carers and family are very welcome to join us.



Dates for your diary

Monday 12 th October	West Herts Students – Work experience all week
Tuesday 13 th October	Committee Meeting 10.30am
Saturday 17 th October	DRUM's 21 st Birthday Tea Party 12.30pm
Thursday 22 nd October	Visit from Iain McBeath, Director of Health & Community Services
Tuesday 27 th October	Chiropodist
Tuesday 3 rd November	Drama Workshop 10am-12.30pm
Tuesday 10 th November	Drama Workshop 10am-12.30pm
Saturday 14 th November	Hairspray the Musical, Albans Arena, 2.30pm
Monday 16 th November	Frankie & Benny's and Cinema Trip
Tuesday 17 th November	Drama Workshop 10am-12.30pm
Saturday 21 st November	DRUM Christmas Fair, 12-3pm
Friday 27 th November	HCPA Care Awards
Friday 4 th December	Chiropodist
Friday 18 th December	Christmas Lunch at DRUM
Saturday 19 th December	Peter Pan Pantomime – Albans Arena 2pm
Monday 21 st December	Christmas Closed (open again on Monday 4 th January)
Tuesday 5 th January	Chiropodist
Tuesday 19 th January	Committee Meeting 10.30am

Christmas Dinner at DRUM, Friday 18th December - £15

Name(s) _____

Payment Total Enclosed £ _____ Cash Chq

Menu (please indicate your food choice from the menu below ✓)

Starters

- Prawn Cocktail
- Pate
- Leek & Potato Soup

Main

- Roast Turkey
- Beef Bourguignon
- Cheese & Onion Tart

Dessert

- Christmas Pudding
- Cheese Cake
- Mince Pies

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DRUM's 21st Birthday Afternoon Tea Party

Saturday 17th October - £12 per person

Name(s) _____

Payment Total Enclosed £ _____ Cash Chq

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Hairspray, Saturday 14th November – Tickets £16 (carers free)

Name _____

Do you require a free carer ticket?

Payment Total Enclosed £ _____ Cash Chq

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Frankie & Benny's / Cinema Trip

Monday 16th November £25 (Carers £18)

Name(s) _____

Payment Total Enclosed £ _____ Cash Chq

Menu (please indicate your food choice from the menu below ✓)

Breakfast

- Mushroom & Tomato Bagel - an American style bagel served with butter, flat mushrooms and sliced tomato
- Maple & Banana Porridge - warm porridge oats topped with maple flavour syrup and fresh banana slices
- Big Breakfast - sausage, bacon, two fried eggs, grilled tomato, flat mushroom, baked beans, herb potatoes
- Three poached eggs, grilled flat mushroom, fresh tomato on wholemeal toast
- Omelette - Choose from: Bacon Cheese & Tomato Mushroom & Cheese Cheese & Tomato
- Eggs Benedict - Toasted muffin, two poached eggs, hollandaise sauce, pinch of fresh chopped chives, with your choice of Bacon Ham Flat Mushrooms

Lunch

- Beef Burger - with baby gem lettuce, fresh tomato, red onion, dill pickle, mayo and a pot of tomato-chilli relish, served on a toasted sesame seed bun, served with house fries
- Spaghetti Bolognese - beef ragu, tossed with spaghetti, served with house fries
- Penne Arrabiata – Penne pasta with roasted red peppers, red chilli, rocket, red onion, tossed in Neapolitan sauce, served with house fries
- Hot Dog - in a toasted bun topped with BBQ & jalapeño cheese sauce , or plain Hot Dog served with fried red onions on the side and house fries
- Chicken Tortilla Wrap – with roasted red pepper, cheddar cheese, iceberg lettuce, BBQ sauce, coleslaw, fries
- Spaghetti Carbonara - streaky bacon, mushrooms, creamy cheese sauce, served with house fries
- Pizza - lunch-sized tomato topped base with melted mozzarella, fresh sliced tomato, served with house fries
- BLT - wholemeal bloomer with crispy bacon, fresh tomato, rocket, mayo, served with coleslaw and house fries

Dessert

- Cinnamon Waffle Crunch - a warm cinnamon waffle topped with vanilla ice cream, toffee crunch pieces, drizzled with toffee flavoured sauce
 - Lemon Sorbet - three refreshing scoops served with a sprig of mint
 - Three scoops of our real dairy ice cream served with a fan wafer. Choose any three of the following:
Vanilla Strawberry Chocolate Toffee Brownies & Cream
 - Brownies & Ice Cream - warm chocolate brownies with cream, ice cream, topped with chocolate sauce.
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