

# DRUMBEAT

Disability Recreation Unity Movement - Registered Charity 1044836

Parkgate Community Centre, Southwold Road, Watford WD24 7DN

Tel: 01923 442114 drumwatford@btinternet.com www.drum.btck.co.uk

**April 2017**

**DRUMBEAT is sponsored by Metro Printing of Watford**

## Art & Crafts at DRUM

**Monday, Tuesday, Thursday, Friday 10.15am-12pm**



Our morning art and craft classes include activities in drawing, painting, textiles, sculpture, ceramics and papier-mâché.



Our current art project is inspired by India and art work will be exhibited to the public at our DRUMWORKS Exhibition in the summer.



# drumworks 2017

**DRUM Art Exhibition**

Friday 30<sup>th</sup> June, 12-3pm - Art Exhibition Opening

Saturday 1<sup>st</sup> July, 12-4pm - Public Open Day & Art Exhibition



## Gardening

Don't forget that we have a lovely patio area for you to enjoy, with planters and raised beds, which we will continue to add to this year.

If anyone has any large patio containers or plants that you don't want then please donate them to DRUM!

## DRUM Woodwork and Carpentry

Watford Borough Council has awarded DRUM a grant of £2,000 towards our latest project, to turn the outside store room in to a wood-work room, where members can take part in carpentry sessions later this year. If you have any unwanted tools then please contact Sarah in the DRUM office Tel: 01923 442114

Email: [drumwatford@btinternet.com](mailto:drumwatford@btinternet.com)

## Yoga Sessions

Every Monday, Tuesday & Friday,  
1.15-2.45pm

## Tai Chi Sessions

Thursday afternoons  
1.15-2.45pm

## Stroke Support Group

Wednesdays from 1-3pm  
Enjoy a cuppa and a chat before a  
yoga session with Sharon

**Get active, keep healthy  
and stay fit at DRUM!**





## Sport

Tuesday mornings 11am from 18<sup>th</sup> April.

Sessions includes activities such as football, indoor bowls, darts and table tennis.



## Dance

Coming again to DRUM this year!

Tuesday mornings, 10.30am

Tuesday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> July

Tuesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>,

31<sup>st</sup> October & 7<sup>th</sup> November

## Asda Shopping



Are you having problems getting your weekly shopping?

The DRUM minibus goes to Asda every Tuesday & Thursday afternoon.

The minibus leaves DRUM at 1.15pm and is back before 3pm.

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## Chiropodist

Neil will be in DRUM on the following days:-

Friday 5<sup>th</sup> May, Tuesday 6<sup>th</sup> June, Friday 14<sup>th</sup> July, Tuesday 15<sup>th</sup> August, Friday 15<sup>th</sup> September, Tuesday 10<sup>th</sup> October, Friday 10<sup>th</sup> November, Tuesday 12<sup>th</sup> December & Friday 5<sup>th</sup> January.



Congratulations to Sarah who was presented with a Rotary Paul Harris Fellow Award, by the Rotary Club of Watford, in December.



## Hairdressing & Beauty

In-house services at Hollie's Hub.

From a relaxing hair wash & blow dry to award-winning haircuts, colouring services, semi-permanent eyelash extensions and infills, facial hair removal and eyebrow shaping, gel nails & extensions. Book with Hollie at DRUM.

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## Stroke Communication Group

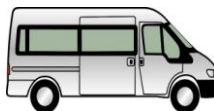
A communication group run by the Stroke Association, on a Thursday morning, based around communication for those with aphasia following a stroke.



Contact Sarah at DRUM for further details  
Tel: 01923 442114

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## Transport



Transport to and from DRUM may be available through DRUM or Hertfordshire Dial-a-Ride.

Dial-a-Ride is a door to door service for people who find it hard to use public transport because of a permanent illness or disability. You must be a registered member of Dial-a-Ride to use the service. Membership forms are available from the DRUM office or call **Dial-a-Ride office on Tel: 01992 556771**

Once registered, DRUM can arrange your transport to and from our centre however, you **must** remember to cancel your booking with the Dial-a-Ride office. You can also use Dial-a-Ride to visit local shops, friends, relatives and GP appointments.

Costs - £1.90 for the first mile, 45p every mile thereafter.

The service is available Monday to Friday 9:00am - 4:30pm.

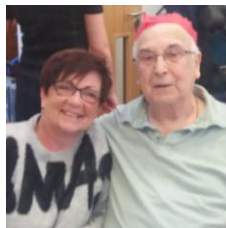
# Fundraising



Thank you to all our volunteers and staff for their help on the Intu gift wrapping stall at Christmas. We raised £456 on the day.



Thank you to all our volunteers and staff who spent two days collecting at Asda Watford in December. We raised an incredible £1,400 over both the days!



Over 70 members, families and friends enjoyed a three course Christmas meal at DRUM on 20<sup>th</sup> December. Well done to all the DRUM team. We raised just over £400.

Huge thanks to Beverley and Asda Watford for their kind donation!



DRUM is a small and local registered charity, not part of a larger group or nationwide organisation. DRUM is a user-led service which is run by a management committee of disabled members, carers and volunteers and managed by a dedicated team of part time staff, who are assisted by a fantastic team of tutors and volunteers. All the DRUM team work additional hours unpaid. DRUM does not employ a caretaker, fundraiser, catering or cleaning staff. These jobs are all carried out by our staff and volunteers in their own time.

DRUM receives some funding towards the salaries of our part time staff from Hertfordshire Health and Community Services however; we still have to raise at least **£50,000** to keep services at the current level. This figure would be considerably higher if not for all the unpaid hours put in by our team and the support of the local community.



A huge thank you to Ross Goman and everyone at the On the Run Scooter Club of Watford, who raised £825 for DRUM at their Christmas Party. Thank you all for your continued support.

A huge thank you to everyone at Humphrey's who raised £1,563 for DRUM at this year's charity Shred-a-thon.

Thank you all for your continued support.





Huge thanks to Simon Jones, Malcolm & Sheila's son, who has set up a donation page for DRUM instead of presents for his forthcoming wedding to Chelle.

*"DRUM is a charity which was incredibly close to Sheila's heart. She spent time raising money for them and also supporting the work they do at their centre. To help us celebrate our wedding day, we would love to be able to make a donation to the charity, in her memory, to allow Shelia to be part of our day. If you would like to, please make a donation through our fundraising page".*

<https://mydonate.bt.com/fundraisers/chelleandsimon>



## Brighton Marathon

9<sup>th</sup> April 2017

Huge congratulations and well done to Stephen Brown who ran 26.2 miles in the Brighton Marathon to raise money for DRUM. So far Steve has raised over £800 but there is still time to show your appreciation and make a donatation.

Thank you to Simon at Millpress for Steve's running vest.

You can either donate on line or via the DRUM office.

<https://mydonate.bt.com/fundraisers/stephenbrown3>

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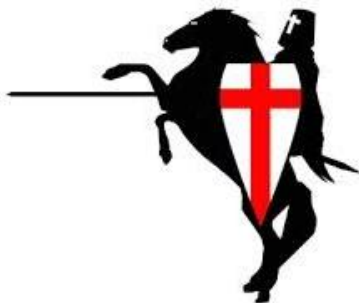
## St George's Day Quiz Night & Three Course Supper

St. Paul's Church Hall, Bushey

Saturday 22<sup>nd</sup> April at 7.00pm Tickets  
£12.00.

There are only 60 tickets on sale so if you wish to go then please speak to Sarah as soon as possible.

**ALL PROCEEDS TO DRUM**



A huge thank you to everyone at the Morris Minor Club of Hertfordshire who have raised £2,000 for DRUM over the past 2 years. Thank you for all your help and support.



A huge thank you to everyone at the Cream Tea Brigade who raised £1,500 for DRUM over the past year. Thank you for your continued support.



Congratulations to Martha, Amelia and Jaz, from Ashlyns School, who chose DRUM as their charity in this year's First Give Programme.

The Programme encourages students to identify social issues and engage with local charities that address them.

The students are then given an opportunity to compete for grant money by advocating for their charity in a school competition. These amazing young ladies not only came top of ten teams but won £1,000 for DRUM!

**A huge thank you to Garston Ladies FC who are supporting DRUM by promoting DRUM on their pink kit this season.**



## Blue Check Restaurant, December 2016



## Ten in Bowling, February 2017



## Wicksteed Park, Twist & Shout, March 2017



# Forthcoming Day Trips



## Southend - Tuesday 16<sup>th</sup> May

The Coach leaves DRUM at 9.30am and will return to DRUM about 7.30pm.  
£23 per person



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## Canal Boat Trip, Friday 28<sup>th</sup> July



The boat will leave Nash Mills at 10am and return at 4pm. The cost is £23 per person, which includes lunch and refreshments.

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## RAF Museum - Thursday 14<sup>th</sup> September



Enjoy a day out at the RAF Museum, along with tea or coffee on arrival, lunch with dessert (including a glass of juice) and afternoon cream tea (scone with clotted cream, preserve and tea or coffee). The RAF Museum houses a world-class collection of aircraft, aviation artefacts and memorabilia, flight simulators and 4D theatre films. If you have ever wondered what it actually feels like to soar amongst the clouds or to participate in an intense aerial battle, you can now experience it at the museum's new 4D Theatre. Please note – there are additional charges to pay on the day if you wish to go on the the flight simulator (£3.00 each) or 4D films (£5 each).

The cost of the day is £17 per person. There will be additional charges for transport, which we will confirm nearer the time.

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**TO BOOK TRIPS, PLEASE COMPLETE THE SLIPS ON PAGE 13**

# Community Care Scheme

Transport is provided for those with mobility and/or sensory issues and also those needing the service on short term recovering from an operation or general ill health.

Community Cars serves residents across Watford and Three Rivers and provides a safe, reliable and affordable service. The team of friendly volunteer drivers use their own cars to provide transport to medical appointments, day centre's, social engagements, to visit relatives and much more. Journeys are charged at 45p per mile and charges are based on mileage travelled by your driver for a round trip, starting and finishing at their home address. The charge will include the full journey from their home address, to your pick up location, to your drop off point and the return to their home address. They won't charge for waiting time of up to an hour but you need to pay the costs for double journeys. To request a booking call **01923 216964** or emailing [communitycars@w3rt.org](mailto:communitycars@w3rt.org).

The booking line is open Monday to Friday, 10am to 2pm.

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## Watford's Disabled Drivers Car Park Scheme

The scheme is open to disabled badge holders that live within the **Borough of Watford** and claim one of the following income related benefits:

- Housing Benefit, in the form of Rent Allowance or Local Housing Allowance for people living in rented accommodation
- Council Tax benefit
- Income Support
- Job Seekers Allowance (Income based)
- Working Tax Credit
- Child tax credit
- Guaranteed Pension Credit (not 'Savings Pension Credit')
- Employment and Support Allowance (Income based)

The charge for the pass is £10 for 1 year and enables the applicant to park in any of the following car parks: Kings Car Park, Queens Car Park, Palace/Charter Car Park, Gade Car Park, Sutton Car Park, Church Car Park

**WBC Parking Shop Tel: 01908 223 679**

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# DRUM Sweatshirts & T-Shirts



New t-shirts are now available to order for the summer.

Look smart and help us promote DRUM!

Order your items on page 14.



<b><u>LADIES</u></b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>
<b>UK size</b>	8	10	12	14	16	18	20	22
<b>Bust (inch)</b>	30-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46
<b>Bust (cm)</b>	76-81	81-86	86-91	91-96	96-101	101-106	106-111	111-116
<b><u>MEN'S</u></b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>5XL</b>
<b>Chest (inch)</b>	38	40	42-44	46	48	50-52	52-54	54-56

## Dates for your Diary

Friday 14 <sup>th</sup> April	DRUM Closed - Good Friday
Monday 17 <sup>th</sup> April	DRUM Closed - Easter Monday
Saturday 22 <sup>nd</sup> April	St George's Day Charity Quiz Night
Monday 1 <sup>st</sup> May	DRUM Closed - Bank Holiday
Thursday 4 <sup>th</sup> May	DRUM Closed - Elections
Friday 5 <sup>th</sup> May	Chiropodist
Tuesday 16 <sup>th</sup> May	Day Trip to Southend
Monday 29 <sup>th</sup> May	DRUM Closed - Bank Holiday
Tuesday 6 <sup>th</sup> June	Chiropodist
Friday 30 <sup>th</sup> June	Art Exhibition Opening
Saturday 1 <sup>st</sup> July	Open Day & Art Exhibition
Tuesday 4 <sup>th</sup> July	Start of 4 week dance sessions 10.30am
Friday 14 <sup>th</sup> July	Chiropodist
Friday 28 <sup>th</sup> July	Canal Boat Trip
Tuesday 15 <sup>th</sup> August	Chiropodist
Monday 28 <sup>th</sup> August	DRUM Closed - Bank Holiday
Thursday 14 <sup>th</sup> September	Day trip to RAF Museum
Friday 15 <sup>th</sup> September	Chiropodist

# BOOK DRUM DAY TIPS

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**Day Trip to Southend, Tuesday 16<sup>th</sup> May**  
**£23 per person**

Name(s) \_\_\_\_\_

Amount Enclosed £ \_\_\_\_\_ Cash ☐ Chq ☐

Do you require transport to DRUM in the morning Yes ☐ No ☐

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**Canal Boat Trip, Friday 28<sup>th</sup> July - £23 per person**

Name(s) \_\_\_\_\_

Total Amount Enclosed £ \_\_\_\_\_ Cash ☐ Chq ☐

Do you require transport to and from the boat? Yes ☐ No ☐

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**RAF Museum, Thursday 14<sup>th</sup> September**  
**Deposit £17 per person**

Name(s) \_\_\_\_\_

Total Amount Enclosed £ \_\_\_\_\_ Cash ☐ Chq ☐

There will be additional costs for fares.

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# ORDER DRUM CLOTHING

Name \_\_\_\_\_ Enclosed £ \_\_\_\_\_ Cash ☐ Chq ☐

Please ✓ the colour and the size required below

## Men's Polo T-Shirt (UC101) £16

Black ☐ Light Grey ☐ Navy ☐ Royal Blue ☐ Light Blue ☐ Maroon ☐ Red ☐  
Orange ☐ Yellow ☐ Bottle Green ☐ Hot Pink ☐ White ☐

Size \_\_\_\_\_ (S, M, L, XL, 2XL, 3XL, 4XL, 5XL)

*Size 5XL is only available in Black, Navy, Royal Blue, Light Grey & White*

## Men's Classic Round Neck T-Shirt (UC301) £12

Black ☐ Light Grey ☐ Navy ☐ Royal Blue ☐ Light Blue ☐ Maroon ☐  
Brown ☐ Beige ☐ Red ☐ Orange ☐ Yellow ☐ Bottle Green ☐ White ☐  
Hot Pink ☐ Size \_\_\_\_\_ (S, M, L, XL, 2XL, 3XL, 4XL, 5XL)

*Size 5XL is only available in Black, Navy & White*

## Men's Classis V Neck T-Shirt (UC317) £12

Black ☐ Light Grey ☐ Navy ☐ White ☐  
Size \_\_\_\_\_ (S, M, L, XL, 2XL, 3XL, 4XL)

## Men's Round Neck Sweatshirt (UC203) £22

Black ☐ Charcoal ☐ Light Grey ☐ Navy ☐ Light Blue ☐ Maroon ☐ Red ☐  
Brown ☐ Olive ☐ Pink ☐ Size \_\_\_\_\_ (S, M, L, XL, 2XL, 3XL, 4XL)

## Ladies Polo T-Shirt (UC106) £16

Black ☐ Light Grey ☐ Navy ☐ Royal Blue ☐ Light Blue ☐ Maroon ☐  
Red ☐ Orange ☐ Yellow ☐ Lime Green ☐ Hot Pink ☐ Light Pink ☐  
Lilac ☐ White ☐ Size \_\_\_\_\_ (XS, S, M, L, XL, 2XL, 3XL, 4XL)

## Ladies Classic V Neck T-Shirt (UC319) £12

Black ☐ Hot Pink ☐ Navy ☐ Royal Blue ☐ White ☐  
Size \_\_\_\_\_ (XS, S, M, L, XL, 2XL)