



# DRUMBEAT

April/May 2014



The Dragon's Apprentice Challenge provides a platform linking students from local schools and colleges with local businesses and charities.

The Dragon's Apprentice Challenge offers Year 12 students the opportunity to experience setting up and running a business, gaining organisational and job related skills and learning about the work and beneficiaries of their designated charity.

Teams of young people are matched with a local business mentor (their dragon) and a local charity. Their challenge is to "turn £100 into £1,000+" for their designated charity.

Twelve teams took part in this year's challenge and nearly £30,000 was raised for local charities in total.

Congratulations to Team Oracle, from Rickmansworth School, who raised £1,600 for DRUM.

The team was presented with an award for 'Best Fundraising Event' at the awards ceremony on 20<sup>th</sup> March.

This is the second year that DRUM has taken part in the challenge and we have met some incredible people along the way. We have been very fortunate with our teams and over £6,500 has been raised for DRUM however, the friendships formed over the past two years is better than any amount of money raised.

Thank you to all our students and especially our incredible Dragons - Alan Brooks from CLEMENTS last year and this year's Dragons, Sean Mahon from Travis Perkins and Peter Neighbour from Home Instead Senior Care.



Congratulations to Sean and Peter for winning the 'Best Dragons' award this year.

## 100 Club Charity Gig

A massive thank you to The Spitfires who raised just over £3,000 for DRUM at the 100 Club in Oxford Street on 15<sup>th</sup> March.



The Spitfires will be performing at the DRUM Fundraiser 'On The Run Scooter Day', 13<sup>th</sup> July in Croxley Green. Further details on page 7.

Although DRUM receives funding from Hertfordshire County Council (Health & Community Services), we still have to raise at least £45,000 each year to keep our services at the current level, not including improvements at the community centre.

We would have to raise even more money every year if not for the many unpaid hours and hard work put in by our amazing staff, tutors and volunteers.

We raise our money through the membership fees, daily attendance charges, fundraising and donations, so it is important that all our members try and support the fundraising events organised by DRUM and also events organised by other people who are raising money for us.



Many thanks to the Three Crowns Pub in Bushey who held a quiz night in aid of DRUM on 18<sup>th</sup> March. Thank you to those that attended the evening or donated raffle prizes.

Many thanks to Bernard, Janet and all the members of Oxgate Masonic Lodge who have raised £1,500 for DRUM.

Many thanks to Décor Tiles for their continued support. The store's charity box is regularly emptied and donated to DRUM, providing £40-£60 each time!

The Halifax Building Society has chosen DRUM as one of their charities for this year. A quiz night was held on Wednesday 27<sup>th</sup> March, at the Circle Lunch in Harrow and this was the first of many fundraisers planned by staff this year. The proceeds raised on the night will be split between DRUM and St Lukes Hospice in Harrow.



#### **Weekly Bonus Ball Fundraiser - £1 per number**

Pick a number between 1-49 and whoever picks the bonus ball will receive half the money raised. The other half will be donated to DRUM.

If all 49 balls are chosen that's £24.50 each! See Gary Armstrong.

#### **DRUM Membership Charges**

The DRUM charges have remained the same for the past two years but an increase in expenditure means that the daily attendance fees (for a whole day) and lunches will need to be increased by 50p from May. The morning and afternoon sessions only will remain the same. Refreshments are still free but all members are asked to donate teabags, coffee, biscuits and squash from time to time.

#### **NEW DRUM CHARGES FROM 1<sup>ST</sup> MAY 2014**

Annual Membership	£10 (renewed annually by 1 <sup>st</sup> August)
Full Day Attendance	£8.50
Morning Only	£4.50
Afternoon Only	£4.00
Lunch	£3.50 (Mon, Tue & Fri)
Cooked Breakfast	£3.50 (Thursday only)
Shopping at Asda	£1.50 (Thursday only)

If you pay by monthly standing order then you will need to advise your bank. If you need a new Standing Order form then please speak to the DRUM office as soon as possible.

# DRUM Spring Fair

## Saturday 26<sup>th</sup> April, 11am-2pm

### Parkgate Community Centre



Please send in your donations the week before the fair.

Cakes should be brought in the day before or on the morning of the event.

We will need bric-a-brac, DVD's, CD's, books, handmade crafts, potted plants, clothing & curtains (washed & ironed please), raffle prizes and cakes.



## Lunch at the Tudor Arms Pub

### Tuesday 13<sup>th</sup> May 2013

DRUM will close at 12.30pm on this date and we will walk/push to the Tudor Arms for lunch. £6 per person, booking slip on page 9.

Please don't forget to choose your lunch from the menu on the booking slip.

Bookings must be in by the end of April.



## Safer Neighbourhoods Coffee Morning

### Friday 16<sup>th</sup> May, 10am-12.00pm

Join us for an informal coffee morning with information and advice from the Hertfordshire Constabulary.

Open to all DRUM members, family, friends and neighbours.

Although Hertfordshire still remains one of the safest places in the country, the Constabulary is committed to working with local councils, other groups and local organisations to keep crime low.

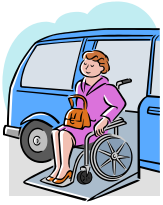
There are some simple measures that you can follow yourselves to help keep you, your family and your property even safer and the aim of this event is to provide you with some useful information and advice on home security and personal safety.



# Lights, Camera, Action!

DRUM Art Exhibition Opening, Friday 6<sup>th</sup> June, 12.30pm-3pm

DRUM Public Open Day, Saturday 7<sup>th</sup> June, 11am-3pm



Although all transport is booked through the DRUM office, if you are not coming in and use Dial-a-Ride then can you please call their office to cancel. The drivers have usually left by the time DRUM opens in the morning.

Please remember that Dial-a-Ride is not an exclusive service to DRUM members and unnecessary journeys prevent other people from getting transport and you may even be charged. **Tel: 01992 556771 Email: [dialaride@hertfordshire.gov.uk](mailto:dialaride@hertfordshire.gov.uk)**



## DRUMWORKS 2014

Our current art project is inspired by our favourite movies, actors, directors or the music, props and scenery used in films.

### MAD HATTERS TEA PARTY PROJECT

**We need old teacups, teapots, candelabras, candle holders, and chandeliers.**



All artwork should be finished at the end of May.

Mad Hatter's Community Tea Party on 1<sup>st</sup> June at Queen's School more details to follow!

Art work will be exhibited at DRUM on 6<sup>th</sup> & 7<sup>th</sup> June.

## DRUM Art Sessions

**Monday, Tuesday, Thursday & Friday Mornings**

Sessions include art activities in painting, collage, crafts, papier-mache, textiles and ceramics.

## DRUM Yoga Sessions

**Monday, Tuesday and Friday afternoons**



Yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breathing work.

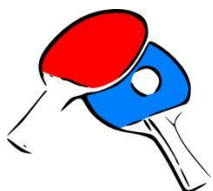
Each pose can be modified or adapted to meet the needs of the group and can be performed while seated in a chair or wheelchair.

Yoga techniques, if done correctly and on a regular basis, can lead to increased flexibility of your body. Yoga and meditation are perfect to release stress, anxiety and allow you to relax.

## DRUM Tai Chi Sessions – Thursday Afternoons

Tai Chi brings together deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, Tai Chi is today practiced all around the world. Tai Chi can help reduce stress, improves general balance and mobility and increases muscle strength in the legs.

Tai Chi is a low impact form of exercise, meaning it will not put much pressure on joints and bones and many movements can be adapted to people with a disability, including wheelchair users.



Don't forget – if you do not wish to take part in any of the planned activity sessions then there are always board games, reading books and tape books available and we also provide daily newspapers and have table tennis, TV, DVD and Wii. Just ask a member of staff or volunteer.

# Healthwise Sessions at Parkgate Community Centre

## Wednesday afternoons 2-3pm



Age UK are running a countywide service which offers a programme of healthy eating, gentle exercise and social interaction in the local community.

The Healthwise programme will run for 10 weeks at Parkgate Community Centre on a Wednesday afternoon, from 2-3pm, from Wednesday 23<sup>rd</sup> April.

**The sessions are FREE**, fun and a great way of meeting new people, offering you healthy food advice and gentle chair-based exercises.

The sessions are open to all DRUM members, carers, volunteers, family, friends, neighbours and the local community aged 55 and over – so tell everyone!

No need to book – just turn up and have some fun!



DRUM was first formed by a small group of disabled volunteers who wanted to meet up with like-minded people and pursue activities within the local community.

DRUM became a registered charity on 15<sup>th</sup> October 1996.

We will be celebrating our 20<sup>th</sup> anniversary with various events later this year.

Saturday 4<sup>th</sup> October

Quiz Night at DRUM, 7-10pm

A quiz night for all members, family & friends

Including fish & chip supper, bring your own booze!

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Wednesday 15<sup>th</sup> October

Anniversary Celebration, 12.30-3pm

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Saturday 1<sup>st</sup> November

DRUM Halloween Party, 7-10pm

Bring your own booze!

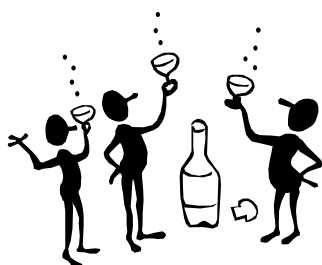
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**Parkgate Community Centre**

The community centre is available to hire at weekends and some evenings during the week.

Hire Rates - Community Groups £15 per hour, Other Events & Parties £25 per hour

Speak to the DRUM office for further details.



## **Dreamboats & Petticoats, Saturday 24<sup>th</sup> May**

**Albans Arena, 2.30pm**

If you have booked this event then your tickets will be issued to you the week before. We will meet in the pub for lunch at 12pm or in the theatre foyer at 2pm.

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## **Day Trip to London, Tuesday 3<sup>rd</sup> June – This trip is now full**

The coach will leave the DRUM centre at 9.30am sharp – so don't be late!

We are booked on the London Eye for 12pm. We have two groups booked on the River Thames Cruise, the first at 1.45pm & the second at 2.45pm. We will leave London by 4.30pm.

We would suggest that everyone brings a packed lunch and some refreshments, although there are places to purchase hot drinks and food but it could be rather expensive!



## **Fundraising Boat Race in aid of DRUM and CVSS Saturday 5<sup>th</sup> July, Rickmansworth Aquadrome**

The CVSS is a registered charity providing sailing for people with disabilities and is run entirely by volunteers.

A fundraising day is being organised for Saturday 5<sup>th</sup> July to raise money for DRUM and the CVSS.

We will be looking for teams of seven people for each boat. This is something that all your friends and family can take part in. You don't have to race to support this event as we will have a BBQ and refreshments available for all the spectators.



This is a great afternoon out, in beautiful surroundings, and lots of fun - so please encourage family and friends to come along and take part. There are disabled toilets and disabled parking on site.

The CVSS does have the facility to hoist and there are also slider boards to assist people getting in and out of the boat. No previous sailing experience is necessary and the CVSS provides life jackets for all sailors. Further details to follow soon.....

## **Day Trip to Little Hampton - Tuesday 15<sup>th</sup> July**

£32 per person - The price includes your coach fares and lunch at the Harvester. Drinks and desserts should be purchased from the bar.

We will be boarding the coach at the DRUM Centre at 9am, returning to DRUM at about 6.30pm.

Please complete the slip on page 9 and return with a deposit of £10 per person or full payment.





## Christmas Pantomime - Oh yes it is!

Jack in the Bean Stalk, Albans Arena

Saturday 13<sup>th</sup> December

Featuring St Alban's favourite Bob Golding and EastEnder's very own Steve McFadden (Phil Mitchell).

Tickets are £20.00 each and your carer goes **FREE**.

We will meet in the pub for lunch before the show or you can meet us in the theatre foyer at 1pm. To book – please complete the slip on page 9 and return with either full payment or a deposit of £10.



## On The Run Scooter Club Family Fun Day

Sunday 13th July

11am-5pm

Croxley Green Guild Sports & Social Club

Ross Goman and his scooter club are arranging a family day to raise money for DRUM.

They have loads planned for the event including live music and DJ's. There will be a licensed bar and food available.

Please tell all your family and friends!



## Youth Philanthropy Initiative (YPI)

### Rickmansworth School

YPI is a program that provides secondary school students with hands-on experience of philanthropy through which they develop the skills and awareness to make a difference to their community.

Working in small teams, the pupils identify and research local groups that are tackling the issues that they care most about. Each team spends some time at their chosen group and with guidance from their teachers, YPI staff, charity staff and volunteers, prepare presentations on why their charity is most worthy of support.

The team judged to have made the best presentation in each school is granted £3,000 for their chosen charity. Connie's Team won this for DRUM 3 years ago!

Our new team visited DRUM on Tuesday 8<sup>th</sup> April and we wish them all the very best with their project.



**Shopmobility** is based on the ground floor of Church Car Park in Watford Town Centre and loans manual and battery powered wheelchairs and scooters to anyone with a mobility problem. This is ideal for those that are shopping, using the library or going to the bank etc.

Shopmobility is open Monday – Saturday from 10am to 5pm & 11am to 5pm on a Sunday. It is not necessary to book except at busy times like Christmas, but if you prefer a particular vehicle it is advisable to ring in advance.

To join, call in to their office and complete a registration form. You will need photographic proof of identity (passport or drivers license). **Tel: 01923 211020**

## Dates for your Diary



Friday 18 <sup>th</sup> April	Easter - Good Friday – DRUM Closed
Monday 21 <sup>st</sup> April	Easter Monday – DRUM Closed
Wednesday 23 <sup>rd</sup> April	Age UK Healthwise, Parkgate Community Centre 2-3pm, 10 week course
Saturday 26 <sup>th</sup> April	DRUM Spring Fair 11am-2pm
Tuesday 13 <sup>th</sup> May	Pub Lunch at the Tudor Arms, (DRUM Closed from 12.30pm)
Friday 16 <sup>th</sup> May	Coffee Morning with Herts Police 10am-12pm (yoga in afternoon)
Thursday 22 <sup>nd</sup> May	DRUM Closed (as the DRUM Centre is being used as a Polling Station)
Saturday 24 <sup>th</sup> May	Dreamboats & Petticoats, Albans Arena, 2.30pm
Sunday 1 <sup>st</sup> June	Halifax Building Society Big Community Lunch – details to follow
Tuesday 3 <sup>rd</sup> June	Day Trip to London (DRUM Closed)
Thursday 4 <sup>th</sup> June	DRUM Closed (exhibition preparation)
Friday 6 <sup>th</sup> June	DRUM Art Exhibition Opening 12.30-3pm
Saturday 7 <sup>th</sup> June	DRUM Art Exhibition & Public Open Day 11am-3pm
Thursday 26 <sup>th</sup> June	DRUM Closed – Staff Training
Saturday 5 <sup>th</sup> July	Boat Race Fundraising Day – in aid of DRUM and CVSS
Sunday 13 <sup>th</sup> July	On The Run Scooter Club Family Fun Day & Fundraiser – in aid of DRUM
Tuesday 15 <sup>th</sup> July	Day Trip to Little Hampton (DRUM Centre closed)
Tuesday 5 <sup>th</sup> August	DRUM Annual General Meeting 11am-12pm
Tuesday 23 <sup>rd</sup> September	DRUM Closed – Staff Training
Saturday 4 <sup>th</sup> October	Quiz Night at DRUM, 7pm-10pm
Wednesday 8 <sup>th</sup> October	Staff Training
Wednesday 15 <sup>th</sup> October	20 <sup>th</sup> Anniversary Celebration, 12.30pm-3pm
Saturday 1 <sup>st</sup> November	Halloween Party at DRUM, 7pm-10pm
Saturday 22 <sup>nd</sup> November	Christmas Fair 11am-2pm
Saturday 13 <sup>th</sup> December	Christmas Panto, Albans Arena 1.30pm
Friday 19 <sup>th</sup> December	Christmas Dinner at DRUM

**Chiropodist at DRUM - Tuesday 15<sup>th</sup> April, Friday 2<sup>nd</sup> May & Friday 30<sup>th</sup> May**





.....✂.....**Reply Slips**.....✂.....

**Tudor Pub Lunch, Tuesday 13<sup>th</sup> May**

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

Full Payment Enclosed £6 per person- Total Amount Enclosed £\_\_\_\_\_ cash / cheque

**Please choose your lunch from the menu below ✓**

Scampi, Chips & Salad  Fish & Chips with Peas  Beef & Ale Pie, Chips & Peas

Cheese Burger and Chips  Ham, Egg & Chips  Sausage & Mash

Roasted Cauliflower & Cheese Tart, Chips & Salad (Vegetarian)

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**Day Trip to Little Hampton, Tuesday 15<sup>th</sup> July**

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

Deposit Enclosed - £10 per person, full payment by 1<sup>st</sup> June

Full Payment Enclosed £32 per person

Total Amount Enclosed £\_\_\_\_\_ cash / cheque

**Please choose your lunch from the menu below ✓ - all meals include unlimited salad**

Beef Burger & Emmental Cheese in a toasted bun with lettuce, tomato, onion, mayo & fries

1/2 spit roast chicken with fries & buttered peas, served with BBQ dip  or gravy

Pork ribs, glazed in classic BBQ sauce, served with grilled corn on the cob and fries

Gammon Steak with fries & buttered peas served with grilled pineapple rings  or fried egg

Chunky battered fish served with fries, buttered peas and tartare sauce

Grilled peppers stuffed with creamy tomato & mascarpone risotto, topped with melted cheese & served with buttered peas and jacket potato (Vegetarian)

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**Jack and the Beanstalk Christmas Panto, St Albans Arena**  
**Saturday 13<sup>th</sup> December 2014, 1.30pm**

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

**Do you require a free Carer Ticket? Yes  No**

Deposit Enclosed £10 per person (carers free)

Full Payment Enclosed £20 per person (carers free)

Total Amount Enclosed £\_\_\_\_\_ cash / cheque

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Please return to DRUM, Parkgate Community Centre, Southwold Road, Watford WD24 7DP  
Please make cheques payable to DRUM