



DRUMBEAT

February & March 2012

DRUM (Disability Recreation Unity Movement) Registered Charity No. 1044836
Parkgate Community Centre, Southwold Road, Watford WD24 7DP Tel: 01923 442114
Email: drumwatford@btinternet.com Web site www.drum.btck.co.uk

Didn't we do well!

Congratulations to everyone involved in the Orient Express art project and exhibition. Your work looked absolutely stunning and everyone should be extremely proud of themselves.

Special thanks must go to the staff, tutors and volunteers that helped set up the exhibition. It took a lot of time and effort but was well worth it, the centre looked stunning.

It really was lovely to see so many people at the opening, which was sponsored by YouTour Ltd, who produced the lovely exhibition brochure and provided the fireworks. The Bowl Restaurant, in St Albans Road, very kindly provided the Chinese food.

The exhibition was officially opened on Friday 20th January, by Richard Harrington, MP for Watford. Richard said, 'I really enjoyed my visit to DRUM, it's an excellent organisation that I am very proud to support. The work you do for our community is vital and I cannot emphasise enough what a difference you make to people's lives. It's an absolute honour to be a part of it'.

Watford Central Councillor, Rabi Martin, who helped secure the sponsorship for the event from Chinese businesses said, 'DRUM is an unique charity and each time I visit DRUM I am amazed by the positive energy in the place, considering the varying degree of disability the members carry. This exhibition was no exception. The quality of the Chinese paintings and the sculptored Terracotta Army heads could easily grace any professional art gallery. I can't help thinking how much more DRUM could do for so many more people with disabilities if they had larger premises and more facilities'.



We have so far raised over £350. All art work is available to take home but if you do not wish to keep it we will put it up for sale. If you do decide to keep your work can we please remind everyone that a donation towards the art materials is very much appreciated.

Art materials can be expensive, especially the paints we use and we do not include the costs of materials in our charges for the art sessions. All money raised, either through public sales or from your donations is used to fund new art materials.

Local Support

DDD Ltd, based in Watford, has been making health and beauty products for 100 years. As part of their centenary celebrations this year, staff were asked to nominate local charities and we are very pleased to announce that DRUM has been chosen as one of two local charities to receive support during 2012.

DDD are currently planning various fundraising events and looking in to volunteering opportunities for DRUM and The New Hope Trust.

Many thanks to Karen, Ken Gerrelli's daughter, for putting DRUM forward for this.



Owl's Bowls Club Quiz Night

Saturday 18th February



The Owl's will be holding a charity quiz night, hosted by quiz master Gill Goman, in aid of DRUM, on Saturday 18th February.

The event will start at 8pm and there is a light super provided, usually a jacket potato or similar. Teams have a maximum of 5 people on each and if you are thinking of attending, can you please let the DRUM office know.

The club house is situated to the rear of the Watford Leisure Centre in Garston, off Horseshoe Lane.



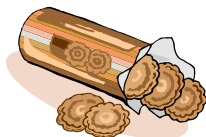
Breakfast & Ten Pin Bowling

Monday 13th February

9am-3pm (DRUM Closed)

We will be meeting at Frankie & Benny's from 9am and breakfast will be at 10am, followed by ten pin bowling at Hollywood Bowl from 12.30pm.

£10 per person - Extra money is required for transport and refreshments during the afternoon. There is a licensed bar.



Donations

To help keep our costs down, we rely on your regular donations of coffee, sugar, biscuits and squash. Thanks for your continued support.

Volunteer Driver Required

Mondays

8.30-9.30am & 1-2pm

Tuesdays

8.30-9.30am & 1-2pm

Fridays

8.30-10am & 3-4pm



Even if you know someone that can only do once a week, please contact the DRUM office.

Theatre Trip - Hair the Musical

Albans Arena, Matinee Performance, Sat 16th June

The international smash hit production of Hair arrives in the UK for the first time, bringing tales of love, peace, freedom and a timeless soundtrack packed with classic songs including Aquarius, Let the Sunshine in and the infectious title track Hair.

Staring Gareth Gates (Pop Idol, Joseph and the Amazing Technicolor Dream Coat) and directed and choreographed by Gary Lloyd (Thriller Live, X Factor).

We have excellent seats available, with 7 fixed wheelchair spaces. The theatre has excellent disabled facilities and disabled parking next door.

To book, please complete the slip on page 6 and return your form, along with either a deposit or full payment, to the DRUM office by the end of February.

We will be meeting for a pub lunch at 12pm.

The DRUM centre will be closed on Saturday 16th June.

DRUMWORKS 2012/13 - New Art Projects



We have two themed art projects planned for 2012/13. The first, running from February – July 2012, is inspired by the London 2012 Olympic and Paralympics Games. The project aims to explore what the games mean to us and the communities in which we live. The project will also focus on the game's opportunity to embrace good relations, leadership, social integration, equality and diversity.

Art sessions will be held four mornings a week and you will be able to create works of art, in any medium, inspired by the spirit of the Olympic Games.

The project will also include Disability Awareness Workshops with local schools and will focus on the Olympic values of friendship and respect.



These sessions help to break down traditional barriers as our disabled members and young children come together to discuss, design, create and celebrate collective views of our community.

We will hold an art exhibition and open day at the beginning of July and a community event is also planned, at Radlett Road Rugby Club, for Saturday 21st July.

Our second project, running from August 2012 – May 2013, will be inspired by Afro-Caribbean culture. Further details to follow....

Make a note of this date...Tuesday 5th June The Queen's Diamond Jubilee DRUM Tea Party



To be held at Parkgate Community Centre
More details to follow soon.....



Drama Workshops with Zinc Monday 5th & Tuesday 13th March



(There will be no art or yoga session on the above dates)

DRUM will be open from 9am for refreshments. The workshops will start at 10.30am and we will break for lunch at 12.15pm. The session will resume at 1pm and finish by 2.45pm.

These sessions are always great fun and should not to be missed!

DRUM Yoga Sessions 1.15-2.45pm



Monday & Tuesday with Jane
Friday with Sharon

£3.50 per session
Carers are welcome

DRUM Drop-In Art Session



DRUM members, carers, family & friends are all welcome to attend our drop-in class on a Saturday morning, from 10am-12pm.

The sessions are £4.00 and this includes refreshments.



The Bowl, Chinese Restaurant
St Albans Road, Watford
Tuesday 28th February 12.30-2.30pm
Buffet Lunch £6 per person, drinks will be extra



Transport will bring you in to DRUM as normal in the morning but pick you up from The Bowl. There will be an art session during the morning and we will then head off to the restaurant (just around the corner) about 12.15pm.

For those of you that are not in a wheelchair and may find the walk a little too much, we can always drop you off in one of our cars. Please complete the slip on page 6.



Cold weather, snow & ice can often lead to problems, especially cancellations with transport and this may result in the DRUM centre closing. In the event of adverse weather conditions, please call the DRUM mobile, send an email or check our website for further details.

DRUM Mobile Tel: 07748005712

www.drum.btck.co.uk drumwatford@btinternet.com

Hertfordshire County Council, working with NHS Hertfordshire, the ten district councils and voluntary organisations from across the county, has secured extra funding to help keep vulnerable people warm this winter.



If you are struggling to keep your home warm or are worried about a friend, neighbour or family member who is, please contact HertsHelp to find out what help might be available. Tel: 0300 123 4044

HertsHelp is a network of community organisations working together. They can help you find the practical support, guidance and information you need to get the most out of life. HertsHelp has one phone number and website address to help you find your way around the 100s of community groups in Herts who may be able to help. To get in touch, call 0300 123 4044 or email: info@hertshelp.net

HertsHelp is open Monday to Friday 9am to 5pm and until 7pm on Thursdays.

www.hertsdirect.org/hertshelp By text: Text hertshelp to 81025

Hertfordshire Health & Community Services (Adult Care Services)



Customer Service Centre Tel: 0300 123 4242 www.hertsdirect.org

Dial-a-Ride Tel: 01707 343600 dialaride@hertscc.gov.uk

For health advice and information call **NHS Direct** on Tel: 0845 4647 or log on to www.nhsdirect.nhs.uk

PLEASE REMEMBER TO CHECK ON YOUR DISABLED FRIENDS, ELDERLY OR SICK NEIGHBOURS OR PASS ON THE ABOVE INFORMATION TO THEM



You can arrange for your shopping to be delivered to your home, for a small cost, from all the major supermarkets. If you require help or access to a computer please just ask a member of DRUM staff.

If you are receiving Direct Payments or pay by cheque for your attendance at DRUM why not set up a monthly Standing Order with your bank? Setting up a monthly standing order will help reduce our administration time and paper work.





Your Chance to win a Free Holiday!

The Watford Lions have very generously donated a free holiday for one DRUM member and a carer. The offer is for a 7 night holiday from 15th June, near Great Yarmouth.

Seacroft Holiday Village is an adult only village situated on the Norfolk coast in Hemsby. The village is a catered site, providing a full waitress service in the restaurant and breakfast and dinner is included in this offer. The village is a 10 minute walk away from the beach.



There is daytime and evening entertainment provided and a gift shop on site. Daytime activities include hoy, quizzes, snooker competitions, dart competitions, bowling competitions, dance tuition & gentle exercises.

Free Facilities available:- 5 snooker tables, indoor & outdoor bowls, use of indoor pool at our neighbouring site, tennis courts, putting green and table tennis. Equipment is available from reception free of charge. Evening entertainment consists of live shows provided by the entertainments team and nightly dancing with a resident band.

Chalets are wheelchair accessible, have one or two bedrooms, shower or bath and color TV. You will need to make your own travel arrangements to and from Seacroft holiday Village.

By Road: From Great Yarmouth take A149 north towards Caister. Fork left at 1st roundabout. Follow signs to Winterton B1159. Turn right at Scratby garden centre. Park is 400yds down the road on the right. By Public Transport: From Great Yarmouth - 6 miles.

If you would like to put your name in for the free holiday draw, to be held at DRUM on Friday 17th February, please complete the slip on page 6 and return this to the DRUM office.



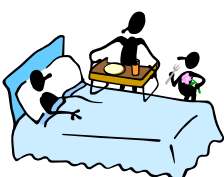
The Barbara Bus Fund has a small fleet of adapted vehicles for wheelchair users. You will need your own driver and the vehicles may be borrowed by individuals or groups for either a day or up to two weeks at a time. You will be able to use this service if you are dependent on a wheelchair and cannot transfer to use cars, taxis or public transport

Tel: 020 8416 0733 Email: office@barbarabus.com www.barbarabus.com

DRUM is a small registered charity, a not-for-profit organisation. Despite continued funding from Hertfordshire County Council, to keep our services running at our current level, we still need to raise £45,000 per year, through your membership fees, small grant applications, donations and fundraising.

Can you help - maybe you could hold a coffee morning, car boot sale, sponsored or fundraising event?

Please don't forget to do Lauren's Lottery every week and keep on sending in your jars filled with your small change.



If you are off ill can you please let the DRUM office know Tel: 01923 442114 and if you travel on Dial-a-Ride, please inform the Dial-a-Ride office that you do not require transport Tel: 01707 343600.

Our best wishes to Alex, who is currently in hospital after undergoing an operation and our love to Keith Batchelor, who is in the Watford Peace Hospice.

Got any news or information to include in the next edition of DRUMBEAT? Please pass this to Sarah in the DRUM office drumwatford@btinternet.com



Please complete the slips below and return to the DRUM office.



Watford Lion's Free Holiday Draw

Seacroft Holiday Village, Great Yarmouth - Friday 15th June 2012 - 7 Nights (Half Board)

Name _____

Please complete all the questions below:-

1. I have a carer/friend to accompany me I will be travelling alone
2. I can make our own travel arrangements
3. I am in a wheelchair Yes No



Hair the Musical Sat 16th June, Albans Arena

Name(s) _____

Number of tickets required _____

Deposit Enclosed £10.00 each Full Payment Enclosed £25.50 each

Total Amount Enclosed £ _____ Cash Cheque

Do you require Dial-a-Ride transport? Yes No



The Bowl – Chinese Lunch Tuesday 28th February - £6 per person

Name(s) _____

Total Amount Enclosed £ _____ Cash Cheque

Do you require Dial-a-Ride transport? Yes No

Transport to DRUM & collection 3pm at The Bowl

We may be able to arrange transport to take you from home to The Bowl for 12.30pm. If you would prefer this please ✓ the box - this is subject to availability.