



DRUMBEAT

September/October 2011

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



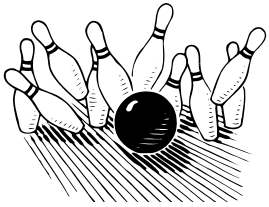
Tudor Arms Pub Lunch £5 per person Tuesday 27th September, 12.30-3pm

We will be going to the Tudor Arms Pub for lunch on Tuesday on 27th September, to celebrate Thelma's 91st Birthday (which is on 28th September).

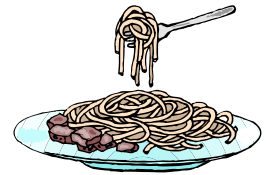
DRUM will close at 12pm and we will wander down the pub for 12.30pm.

Transport will pick up members from the pub at 3pm.

If you would like to join us then please complete the slip on page 4, indicating your choice of food and return, with full payment, by Friday 23rd September at the latest.



Monday 3rd October Ten Pin Bowling & Lunch £16 10am-3pm



Woodside Leisure Park, Garston

£16 per person, which includes ten pin bowling and a three course meal at Frankie & Benny's Italian New York Diner. Lunch also includes unlimited refills of coca cola, diet coke, Schweppes lemonade or fanta (all other drinks must be purchased from the bar).

Please complete the slip below (remember to indicate your choice of food, which you will find on the menu (on page 7 of DRUMBEAT).

Please return your slip, with full payment, to the DRUM office by Monday 26th September at the latest.

Ten Pin Bowling & Lunch, Monday 4th October Price £16

Name (s) _____

Total Amount Enclosed @ £16 each £ _____ Cash Chq

Food Choice – Please choose from the menu on Page 7 and attach

Unlimited soft drinks with lunch, as specified (all other drinks must be purchased separately).

Do you require transport to and from Woodside? Yes No

Transport fares to and from Woodside is not included.

Wheelchair Yes No



DRUMBEAT Charity Gig

An evening of live music, at the Sun Sports & Social Club
Bellmount Wood Avenue, Watford

Saturday 12th November, from 7.30pm-12pm

Pre-order your tickets now, on the slip below

Adults £5 & Under 18's £3

Licensed Bar

All proceeds to DRUM

Please tell all your family and friends!

Featuring [The Spitfires](#)
& [The New Originals](#)

Please don't forget - if you are shopping in the Harlequin Centre and fancy a coffee or bite to eat, please pop in to the John Lewis 'Place to Eat' and vote for DRUM during September. As part of the John Lewis Community Matters Project, £3,000 will be split between three charities.



DRUM is up against two other groups and one, being the Alzheimer's, is very well known to everyone....so we are getting thrashed! Ask for tokens at the cash till and vote for DRUM.

DRUM Service User Questionnaire

Can all members and their carers please let us know if you have not received a DRUM questionnaire? These need to be returned to by Tuesday 20th September. It is very important that we get everyone's feedback and comments on our services. This information is also used for monitoring purposes, by our main funders, Hertfordshire County Council. If you need help with your questionnaire then please ask a member of staff or volunteer to help you with it.

The Sea Lion Swimming Club is open to anyone with a permanent or temporary disability. Carers/Family members are welcome to join in the swimming sessions.

Watford Leisure Centre, Hempstead Road, Watford, WD17 3HA
Saturday: 5pm - 6pm

Volunteers are available to provide assistance and support and there is a hoist to assist members in and out of the water if required.

Tel: 0845 6216600 (local call rate)



DRUMBEAT Charity Gig – Saturday 12th November Sun & Sports Social Club

Name _____

Number of Tickets Adults @£5 each _____ Under 18's @£3 _____

Total Amount Enclosed £ _____ Cash Chq

Donations Required



We are looking for donations of raffle prizes, for the **DRUMBEAT Charity Gig**, on 12th November. Ideally we would like 1 or 2 'larger' prizes (TV, iPod, laptop, camera....car!) and obviously some bottles of wine & spirits.

If anyone knows someone, a local store or local business that may donate a prize, please get in touch with them now! The bands are playing for free, so all the proceeds from the event are going to DRUM....don't forget to buy the lads a drink on the night!

We will also require donations for our **fundraising day**, on Saturday 19th November. Good quality bric-a-brac, cakes, wine, Christmas wrapping paper. These need to be sent in a week or two before, as we haven't got much storage but cakes are needed the day before, so that they are still fresh!

CHIROPODIST £13

Ameeta will be in DRUM on Tuesday 15th November



Those were the Days Christmas Special

Wicksteed Park Pavilion, Kettering

LAST CHANCE TO BOOK

£35 per person

Price includes coach, lunch, show & afternoon tea

Monday 12th December 2011



A two course lunch is followed by a live two hour show 'Those were the Days', a journey of music from the 40's to 70's. Afternoon tea is served during the interval. The coach will depart from Southfield Avenue at 9.15am, returning at around 6.30pm. The coach has a lift for wheelchair access.

The Wicksteed Park Pavilion has excellent disabled access, disabled toilets, gift shop and a licensed bar.

If you would like to book, please complete the slip below and return, along with full payment or a deposit of £15, to the DRUM office by Tuesday 20th September at the latest.

Wicksteed Park – Monday 12th December 'Those Were The Days' Show & Lunch

Name (s) _____

Full Payment £35 per person Deposit £15 per person
(Full payment must be received by end October 2011)

Total Amount Enclosed £ _____ Cash Chq

Do you require transport to and from the coach? Yes No

Wheelchair Yes No



DRUM Open Day & Christmas Craft Sale

Saturday 19th November 12-4pm

DRUM Christmas Cards & 2012 Calendars, hand-made arts, crafts & gifts, cakes, Bric-a-Brac.

All proceeds to DRUM



The knitting club is moving to a Friday afternoon!

The knitting group are looking for volunteers, who can teach others how to knit, help with orders and make toys to sell at DRUM exhibitions and fundraising events.

Yvonne has designed a panda, which is made from a rectangle of knitting (no shaping) and some pom-poms. This is suitable for beginners and those who want to build up their confidence.

We also need lots of pom-poms made, for those of you not wanting to knit! Donations of wool would be very much appreciated. Please see Yvonne Jackson for further details.

Lauren's Lottery - £1 per number

Please don't forget to join in with Lauren's Lottery and raise money for your charity.

If all 44 numbers are taken, we raise £22 a week for DRUM and if you pick the bonus ball, you also win £22!

People with disabilities are more likely to be injured, or even killed, if a fire breaks out in their home.



The local fire-fighters want to ensure that as many disabled people as possible know how to prevent a fire or what to do if a fire happens at home. They will also check or install fire alarms.

**For a free home fire safety check, please contact
Tel: 0800 587 3347**

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** Tel: 0300 123 4044
website address <http://www.hertsdirect.org/your-community/ihertshelp/>

Tudor Arms Lunch – Tuesday 27th September - £5

Name (s) _____

Menu - please choose your food from the menu below (✓)

1. Fish & Chips with peas or mushy peas
 2. Scampi with peas or mushy peas
 3. Beef & Ale Pie
 4. Lasagne
 5. Chicken & Bacon Burger
 6. Vegetable Burrito
 7. Gammon with egg or pineapple
- Drinks not included, please purchase from the bar.

Total Amount Enclosed (£5 per person) £ _____ **Cash** **Chq**

Wheelchair Yes No

Do you require transport? Yes No



We currently have space on the DRUM minibus on a Monday.

The bus is in Garston/Watford around 9am, then Mill End/Rickmansworth from 10am.

If you require transport, please speak to Sarah in the DRUM office Tel: 01923 442114.

If you need to cancel your Dial-a-Ride transport, can you please call the **Dial-Ride office Tel: 01707 343600.**

Many thanks to Steve Reeve and Hadley Football Club for organising their second Charity Golf Day, raising money for Hadley FC and DRUM.



The event was also attended by ex Spurs players, David Howells, Teddie Sheringham, Darren Anderton and Ian Walker. You can read about the event on the [Watford Observer](#) or [DRUM web site.](#)

Many thanks to everyone at Herts Bowls Club, in Bellmount Wood Avenue, who recently raised £550 for DRUM.

Sheila & Malcolm Jones, along with Richard Harrington, MP for Watford, collected the cheque from the club on Saturday 10th September.



Well done to Ron, Gary, Richard, Eileen, Robin, Norman, Yvonne and Ed, who collected £224.00 from customers at Asda on Saturday 10th September. Also thanks to our bag packers and helpers.



Fill an Empty Jam Jar!

Fill an empty jam jar with your small change for DRUM. Every penny helps!

Monday 26th September 10.30am-12pm

Service User Meeting

Refreshments provided

An informal meeting to discuss DRUM services, results of our survey and your chance to ask questions, voice your opinions and give your suggestions about DRUM.

Everyone welcome!

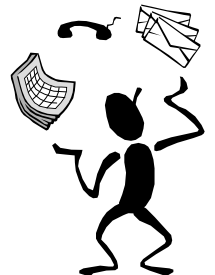


Can all members please ensure that they return their Membership/Medical Forms and Annual Membership payment for the period 1st Aug 2011 to 31st Jul 2012. We also need your completed DRUM surveys by Tuesday 20th September.



Can members and carers please ensure that they write down the dates of trips that they have been paid for. We have had several members forget about trips they have paid for, or cancelations at the last minute having only paid a deposit. Unfortunately, DRUM cannot refund money, as we have to pay for coaches, activities and tickets up-front.

Whilst we will continue to do our best to remind everyone...we just don't have the time or resources to keep chasing for money or reminding you about every event! Many thanks for your co-operation.



DAILY ACTIVITIES AT DRUM



Activities in August

Mondays	Mornings	Collage with Kathy	Afternoons	Yoga with Jane
Tuesdays	Mornings	Painting with Emma	Afternoons	Yoga with Jane
Fridays	Mornings	Chinese Masks with Kathy	Afternoons	Yoga with Sharon
Saturday	Mornings	Art with Emma		

Activities from November

Mondays	Mornings	Arts & Crafts with Kathy	Afternoons	Yoga with Jane
Tuesdays	Mornings	Art with Emma	Afternoons	Yoga with Jane
Fridays	Mornings	Ceramics with Juliette	Afternoons	Yoga with Sharon
Saturday	Mornings	Art & Crafts with Emma		



Let's go mental..... Oriental!

We are continuing with our oriental inspired art project until mid January, when we will exhibit to the public on or around the Chinese New Year, 23rd January 2012.

On a Monday morning, Kathy will be working with you on oriental inspired collages and on a Friday morning you will be able to make Chinese shoes and Opera Masks.

On a Tuesday and Saturday morning, Emma will be available to help you will a large papier-mache Chinese festival dragon, fans, lanterns and oriental inspired paintings. Juliette will be back on a Friday morning, from November, helping you make Terracotta Warriors.

Your art work will also be on exhibited at Watford Town Hall, in the One Stop Shop, during November.



Dates for your Diary and Calendar

Tue 20th September	Surveys to be returned
Mon 26th September	Service User Meeting 10.30am-12pm
Tue 27th September	Pub Lunch, Tudor Arms (DRUM closed 12.15pm)
Mon 3rd October	Bowling & Lunch (DRUM Closed)
Sat 12th November	DRUMBEAT – Charity Gig, from 7pm
Tue 15th November	Chiropodist
Sat 19th November	DRUM Open Day & Christmas Craft Sale 12-4pm
Sat 10th December	Snow White Panto, Albans Arena (DRUM Closed)
Mon 12th December	Day Trip to Wicksteed Park (DRUM Closed)
Tue 20th December	Christmas Buffet
21st Dec – 2nd Jan	DRUM Centre Closed
Tue 3rd January	DRUM Centre Open



Details of all events, photo albums and art work can be viewed on the DRUM web site

www.drum.btck.co.uk

If you would like to write an article for the next edition of DRUMBEAT, or have anything to say/comment on, please give this to the DRUM office or send it to us via email

drumwatford@btinternet.com

Monday 3rd October

Ten Pin Bowling & Lunch at Frankie & Benny's - £16 per person

Please indicate (✓) your three choices from the menu below (Starters, Main & Dessert) and return this, with your completed slip (on page 1) to the DRUM office by Monday 26th September at the latest. Some main courses offer either home fries or a jacket potato and some desserts offer custard or vanilla ice cream, please indicate which you prefer.

Name (S)

STARTERS

- Soup of the Day** - Chef's daily favorite, served with freshly baked garlic dough balls.
- Bruschetta** - Fresh tomato, red onion, basil, olive oil, cracked black pepper, served over toasted garlic ciabatta bread
- Mozzarella & Tomato Salad** - Light creamy mozzarella, sliced beef tomato, marinated olives & warm garlic dough balls. Served with fresh rocket, olive oil, seasoned with cracked black pepper.
- Amazing Crispy Bacon & Cheddar Skins** - Served with sour cream on the side
- Amazing Melted Goat's Cheese & Homemade Bruschetta** - Served with sour cream on the side
- Mushroom Alfredo Crostini** - Fresh garlic mushrooms tossed in rich cheese sauce, served over toasted garlic ciabatta bread.
- Crispy Coated Chicken Strips** - Two southern fried chicken breast strips served on honey & mustard dressed salad leaves with a pot of delicious dressing served on the side.
- Frankie's Calamari** - Lightly fried & seasoned with salt & cracked black pepper. Sprinkled with Italian cheese & served with a warm Neapolitan dip.

MAIN COURSES

- Penne Arrabbiata Pasta** - Fresh chilli, olives & garlic in Neapolitan sauce, served with fresh rocket.
- Spaghetti Bolognese** - Classic beef ragu generously heaped onto spaghetti.
- Penne Alfredo** - Pan fried mushrooms with garlic, pancetta bacon, creamy cheese sauce, topped with fresh rocket.
- Pepper Jack Pizza** - Slices of spicy pepperoni on tomato, topped with pepper jack cheese sauce, fresh chilli & mozzarella cheese, finished with cooling bruschetta mix.
- Californian Pizza** - Creamy goat's cheese, slices of fresh tomato, mixed peppers, sautéed mushrooms & red onion, with melted mozzarella on tomato & nut pesto base.
- BBQ Chicken Pizza** - Strips of tender chicken served on tangy BBQ sauce base, with Mozzarella cheese.
- New Yorker Calzone** - Crisp folded pizza with spicy pepperoni, ham, bacon, mushrooms & mozzarella
- Cheeseburger** - Irish beef burger topped with Monterey Jack cheese, in a toasted sesame seed bun with lettuce, tomato, red onion, dill pickle & mayo. Served with house fries & pot tomato-chilli relish
- Mediterranean Veg Burger** - A Mediterranean style combination of red peppers, olives, sundried tomatoes & mozzarella cheese, in a toasted sesame seed bun with lettuce, tomato, red onion, dill pickle & mayo. Served with House fries & tomato-chilli relish on the side.
- BBQ Chicken Wrap** (Please indicate house fries or jacket potato below)
Flour tortilla wrap loaded with chicken, red pepper, lettuce & grated cheddar smothered in tangy BBQ sauce. Served with a pot of coleslaw & house fries or jacket potato
- Goat's Cheese & Bruschetta Wrap** (Please indicate house fries or jacket potato below)
Flour tortilla wrap with creamy goat's cheese & iceberg tossed in bruschetta mix & balsamic glaze. Served with coleslaw & house fries or jacket potato

DESSERTS

- 3 Scoops of ice cream** (please indicate flavor(s) of ice cream below)
Vanilla Strawberry Chocolate Toffee Mint Choc Chip Brownies & Cream
- Cinnamon Waffle Crunch** - A warm cinnamon waffle topped with scoops of vanilla ice cream and lashings of toffee crunch pieces and toffee sauce. A real classic!
- Mamma's Apple & Rhubarb Crumble** - Served warm, with custard or vanilla ice cream
- Mamma's Cherry Crumble** - Served warm, with custard or vanilla ice cream
- Brownies & Ice Cream** - Moist chocolate brownies served warm, with cream, ice cream, chocolate sauce.

Lunch also includes unlimited refills of coca cola, diet coke, Schweppes lemonade or fanta (all other drinks must be purchased from the bar).