



DRUMBEAT

Disability Recreation Unity Movement (DRUM)

Registered Charity 1044836

Parkgate Community Centre, Southwold Road
Watford WD24 7DN

Tel: 01923 442114 Email: drumwatford@btinternet.com

Web: www.drum.btck.co.uk Twitter @DRUM_Watford

DRUMBEAT is sponsored by Metro Printing of Watford



It is with great sadness that we announce the passing of our three dear friends and long-serving members - Ron Toby, Al Davis and Den Hedges.

Our love and thoughts go out to all their family and friends at this very sad time.

Sincere thanks to everyone that made a donation to DRUM in memory of Ron, Al and Den ♥ ♥ ♥

Latest News

DRUM will be CLOSED for one week during the summer, from Monday 21st August, to allow for staff and tutors to take annual leave.

DRUM will open again on Tuesday 29th August (as Monday 28th August is a bank Holiday).

There will be no DRUM minibus transport for 2 weeks, from Monday 7th August, as Wai is on annual leave.

NEW! Roast Dinner at DRUM

On the last Friday of every month, from Friday 29th September. £5.00 including dessert.

NEW! Cooking with Connie

Thursday 1.30pm

Every Thursday afternoon, starting Thursday 21st September.

Prepare and cook yummy desserts for our members to enjoy on a Friday.



NEW! Dessert £1 extra

Every Friday lunchtime, from Friday 22nd September.

Many thanks to Steve O'Neill for coming in to clean the DRUM ovens.

If you need your own oven cleaned then please call Steve on 07920 233647.

Get creative at DRUM!



Our morning art sessions are led by art tutors and include activities in drawing, painting and crafts. Our current art project is inspired by India. Sessions are held on a Monday, Tuesday, Thursday and Friday morning. No experience is necessary!



drumworks

India Inspired Art Exhibition

Saturday 9th September, 12-5pm

There will be an 'open afternoon' for health professionals, funders, guests and local dignitaries on Friday 8th September, 12.30-2.30pm. We then have a public open day, exhibition and BBQ on Saturday 9th September, from 12-5pm.

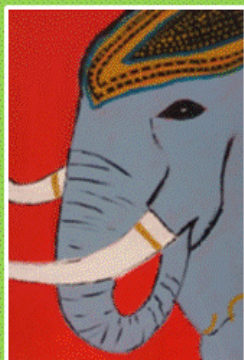
DRUM will be closed on Thursday 7th September to allow for the team to prepare and set up the art exhibition.

Please tell all your family and friends to come along on Saturday 9th September!

drumworks

An exhibition of artwork by members of DRUM

Saturday 9th September, 12-5pm



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Get active at DRUM!

Yoga Sessions

Every Monday & Tuesday afternoon with Jane, Friday afternoons with Sharon, 1.15pm-2.45pm



Tai Chi Sessions

Thursday afternoons with
Francis
1.15pm-2.45pm



Stroke Support & Yoga Group

Enjoy a cuppa and chat
followed by a yoga session
with Sharon, every Wednesday
afternoon 1-3pm

Get active at DRUM!



Simply DRUM Dancing!

Six week inclusive dance workshop, Tuesdays with MJ, 10.30am – 12.00pm.

Sessions on Tuesday 3rd, 10th, 17th, 24th & 31st Oct, 7th Nov.

Please try to attend all six sessions.

No experience is necessary. Carers are welcome to come along.



Inclusive Sport Sessions

Tuesday mornings with Mark, from the WFC Community Sports & Education Trust, from 11am.

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



Other Services at DRUM

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.

There will be no shopping trips during the weeks commencing 7th & 14th August, as Wai is on annual leave.



Chiropodist

Neil will be in DRUM on the following days:-

Tuesday 15th August, Friday 15th September, Tuesday 10th October, Friday 10th November, Tuesday 12th December & Friday 5th January.



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.

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.

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.

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.

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

Out & About with DRUM

Southend May 2017



Out & About with DRUM

Waterways Experience July 2017



Skipper overboard! No DRUM members were involved in this incident.....and we didn't push him in either!

Forthcoming Trips

Toby Carvery, for Paul's 94th Birthday!

Hartspring Lane, Watford WD25 8AD

Thursday 21st September, 12-3pm

It's Paul Preusse's 94th birthday, so we will be celebrating at the Toby Carvery during the afternoon. DRUM will close at 12.30pm. £10 per person - which includes the Toby Four Roast Carvery, dessert and a tip.

Drinks should be purchased from the bar. To book, please complete the slip on page 19.



Panto time.....

Oh yes it is!

Saturday 16th December

This year's panto is Aladdin, at Albans Arena on Saturday 16th December, 10.30am.

Tickets £26 each, your carer goes **FREE**.

Reserve your seats on page 19.

Christmas Party at the Blue Check!

Tuesday 12th December

Join us for a three course meal, including wine and entertainment, on Tuesday 12th December 7.15pm.

Families and friends welcome! Reserve your seats on page 19.

Community

National Citizen Service

The National Citizen Service provides 16 and 17 year olds with the opportunity to learn and develop new skills, take on new challenges, make lifelong friends and give back to their community.

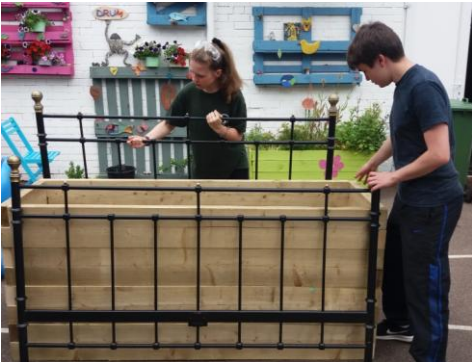


Many thanks to NCS TEAM 3, from WFC Sports & Education Trust, who spent a week at DRUM in August.

The Team weeded and cleaned the patio area, started work on our Indian papier-mache elephant and raised money for DRUM.

Some of the Team were bag packing at Tesco, raising £92, the team did a cake sale and raised £160 and their on-line donations raised over £315.

Many thanks to Bunnings, Hemel Hempstead, who donated materials towards the raised 'flower bed'.



DIRECT PAYMENTS



There are lots of fact sheets about direct payments available from Hertfordshire County Council. Either call them on **0300 1234 042** or you can read and download fact sheets online at **www.hertfordshire.gov.uk/directpayments**

What is a direct payment?

A direct payment is a cash payment that Hertfordshire Adult Care Services pay direct to you, if you are eligible for care and support needs.

Having a direct payment means you can have more choice and control over arranging your own care and support, including who helps you, and at what time, or can pay towards day services such as DRUM.

A direct payment is not a form of income and will not affect your benefits.

Direct payments are not a benefit and are different from the Department of Work and Pensions 'direct payment'.

Who can have a direct payment?

Direct payments are available to anyone who currently has support or has been assessed by ACS as needing support from them. You must be aged 16 or over and willing and able to manage this money, with help if needed.

How much will my direct payment be?

The amount of money will normally be no more than it costs ACS to buy the care and support you need. Depending on your income and savings, they may ask you to pay a contribution towards the cost of your care. If you need to pay a contribution then they will deduct it from the amount they pay you.

How will I get my direct payment?

You will be sent a direct payment account card. The money is paid into this account so that you can buy what you need. The direct payment account comes with a payment card (like a debit card) and can be used anywhere the MasterCard logo is displayed. There is no cheque book but you can set up direct debits and standing orders with suppliers and purchase your support online, in shops and over the phone.

You can also make cash withdrawals and check your account online. If you need to pay some money towards your care you will need to pay your contribution into this account. The easiest way to do this is with a standing order.

What can you spend your direct payment on?

It's up to you. You can pay for help from anywhere you want as long as the service or equipment you buy is legal and meets your agreed social care needs. You can choose to buy traditional services from a care agency or day care centre but you don't have to. Your care and support plan will set out what you want to achieve and how you intend to spend your direct payment.

A lot of people like to use the money to be active in their community, to participate in activities at DRUM or to get support to visit places of interest.

Who can help you manage your direct payment?

You may decide that you want a family member or friend to help in which case you can nominate someone to help you. You will need to tell ACS who this person is. Some people are not able to manage the direct payment but would still like to benefit from them. In these cases they can help to find appropriate support and authorise someone to manage the money on their behalf. This could still be a friend or family member.

If ACS already arranges and pays for your care services but you'd like to get direct payments, contact your care manager or call them on **0300 123 4042**.

Carers' payments

Carers can get direct payments too. Once you've had a carers assessment, they could agree to give you a direct payment to help you look after the person you care for and yourself.

For information on how to get care and support

Email: contact@hertfordshire.gov.uk

Telephone: 0300 123 4042

Textphone: 0300 123 4041

www.hertfordshire.gov.uk/contactus

Fundraising



DRUM is a small 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 Adult Care Services however, this is actually less funding than we received from them in 2006!

DRUM has to raise at least **£50,000** a year, through membership charges, donations and fundraising, to keep DRUM services at the current level. This figure would be considerably higher (and activities would need to be cut) if not for all the unpaid hours put in by our team and the fantastic support we received from the local community.

Please help us help you. Please support our fundraising events and encourage all your family, friends and neighbours to get involved.



Fill a Jam Jar for DRUM

If every member filled an empty jam jar with their loose change every 3 months, collecting even just £5 each, we would raise over £1,200 a year with very little effort! Empty jars are available from Melody.

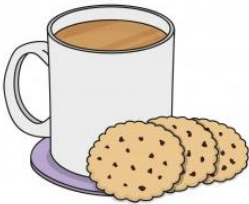
Fundraising

DRUM Sweatshirts & T-Shirts

New T-Shirts are now available to order on page 20



Refreshments at DRUM



Refreshments are always free at DRUM however; they are not free from the shops!

Please don't forget to donate to our stock of teabags, coffee, sugar, squash and biscuits every now and again.

Huge thanks to Simon and Michelle Jones who requested donations to DRUM instead of wedding presents, in memory of Simon's Mum Sheila Jones. Congratulations to you both and huge thanks to all their family and friends who have raised an incredible £1,650 for DRUM. Sheila would have been so proud.



Coffee Morning to raise money for Macmillan and DRUM

Friday 29th September 10.30am at DRUM.
Everyone welcome!
DRUM will be open as usual at 9.00am.



Just a quick word.....

I think that we have all read in our DRUMBEAT how DRUM needs to find over £50,000 to just keep running for a further year. There is very little funding available for existing projects, especially for salaries of existing staff. Everyone wants a 'new' project.....we have been going for nearly 23 years!

This year we do not have The Dragons Apprentice to help us, nor can we just rely on the goodness of the local community.

We all know that DRUM is user led, but I don't always see many members coming up with ideas for fundraising! Please do let me know your suggestions and any ideas you might have to help us.

We can all do our bit to help keep DRUM going, by supporting events and getting the word out about the wonderful things we are doing here. We must start looking a lot nearer to home, and that means ourselves.

We can all help in our own way to keep DRUM going. When you get your DRUMBEAT, please read it thoroughly and look at the events. Tell your family, friends and neighbours about the events and bring them along. If more members attended events then that would be a good start. We can't always blame transport and we all have to make an effort!

Please remember how lucky we are to have staff here that we can all call friends. Did you know that none of them are full time, they all work additional hours unpaid. Yet think about what they do for us. They come in early and stay late on a regular basis. They are cooks, cleaners and caretakers, along with doing the jobs that they get paid for.

C'mon guys, we have our exhibition at the beginning of September, so tell your friends and family and get them all along so that they can see all the great artwork on display.

Be Proud of YOUR charity and show them what YOU have achieved.

Many thanks, Melody Mallett - Chair

Dates for your diary...

Monday 7 th August	No DRUM Minibus transport all week
Monday 14 th August	No DRUM Minibus transport all week
Monday 21st August	DRUM CLOSED ALL WEEK
Wednesday 23 rd August	Stroke Support Group is open as usual
Monday 28 th August	DRUM CLOSED - Bank Holiday
Tuesday 29 th August	DRUM Open as normal
Thursday 7 th September	DRUM CLOSED – Exhibition preparation
Friday 8 th September	Open afternoon & Exhibition
Saturday 9 th September	Public Open Day, Exhibition, BBQ
Thursday 14 th September	Trip to RAF Museum – DRUM CLOSED
Thursday 21 st September	Toby Carvery 12.30-3pm
Friday 29 th September	Macmillan & DRUM Coffee Morning
Monday 3 rd October	DRUM Annual General Meeting 10.30am
Saturday 18 th November	Christmas Fair
Tuesday 12 th December	Christmas Party Blue Check
Saturday 16 th December	Aladdin Panto, Albans Arena 10.30am
Friday 22 nd December	Christmas Lunch at DRUM
Monday 25 th December	DRUM Closed all week (open 2 nd Jan 2018)

Strictly DRUM Dancing is coming back!

Tuesday 3rd, 10th, 17th, 24th, 31st October & 7th November

Chiropodist

Tuesday 15th August, Friday 15th September, Tuesday 10th October, Friday 10th November, Tuesday 12th December & Friday 5th January.

DRUM ANNUAL MEMBERSHIP

Can all members please ensure that they have completed a DRUM Membership & Medical Form for the period 1st August 2017 – 31st March 2018. The annual membership is £10. Forms can be downloaded from the DRUM web site www.drum.btck.co.uk or copies are available from Gail.

The AGM will be held on Tuesday 3rd October.

Book DRUM Trips

Toby Carvery – Thursday 21st September, 12.30pm

Name _____ £10 per person

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

DESSERT (please ✓ your choice of dessert from below)

Honeycomb Dream Sundae ☐ Peach Melba Sundae ☐

Chocolate Brownie Ice Cream Sensation ☐

Apple Crumble & Custard ☐ Treacle Sponge & Custard ☐

Lemon Tart (strawberry & passion fruit) Whipped Cream ☐

Chocolate Fudge Cake & Custard ☐

Profiteroles with Belgian Chocolate Sauce & Whipped Cream ☐

Vanilla rice pudding (made with coconut milk), raspberries ☐

TRANSPORT

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

(We will then transport everyone to the pub at 12.30pm)

Do you require transport home from the pub at 3pm? Yes ☐ No ☐

Blue Check, Tuesday 12th December, 7.15pm

Name _____ Number of people _____

Enclosed Full Amount £27.50 per person ☐ Deposit £5 per person ☐

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

Aladdin Panto, Saturday 16th December, 10.30am

Name(s) _____

Enclosed Full Amount £26.00 ☐ Deposit £10 ☐

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

Do you require a FREE Carer's ticket? Yes ☐ No ☐

Order DRUM T-Shirts

Name _____

Total Amount 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 ☐ 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 ☐

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

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

MENS UK Size

Chest (inch) S = 38, M = 40, L = 42-44, XL = 46, 2XL = 48, 3XL = 50-52,
4 XL = 52-54, 5XL = 54-56

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)

LADIES UK Size

XS = 8, S = 10, M = 12, L = 14, XL = 16, 2XL = 18, 3XL = 20, 4XL = 22

LADIES Bust in inches - XS = 30-32, S = 32-34, M = 34-36, L = 36-38,
XL = 38-40, 2XL = 40-42, 3XL = 42-44, 4XL = 44-46