

DRUMBEAT

Disability Recreation Unity Movement

Registered Charity 1044836

Parkgate Community Centre, Southwold Road, Watford WD24 7DN

Tel: 01923 442114 drumwatford@btinternet.com

December 2016



Award Winners!

Congratulations to Team DRUM who were presented with their third Watford Audentior Award, at the Watford awards night in October.

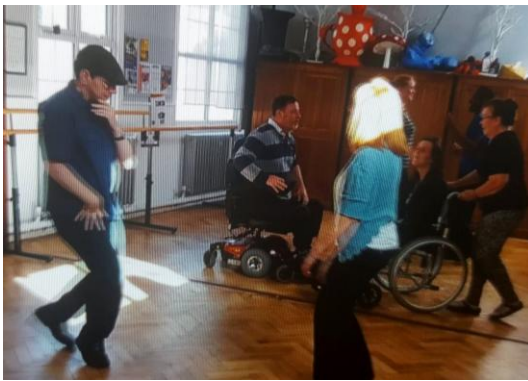
The Lewington-Price Disability Access Award, presented to a group that gives an outstanding service to local disabled people, was presented to DRUM at the Watford Colosseum on Friday 7th October. DRUM has previously won the Audentior Award for Charitable Group twice, first in 2005 and again in 2011.



Award Finalists!

Congratulations to Team DRUM again, who made it through to the finals of the Hertfordshire Care Awards for Most Innovative Care Team, voted one of the top three care teams in Hertfordshire!

Hertfordshire Care Awards November 2015



Everyone can dance!

Congratulations to everyone that completed the 6 week dance workshop at DRUM, with MJ from WDSA.

We have more dance sessions coming to DRUM in 2017.

Our new six week dance workshop, with MJ, starts on Tuesday 10th January, 10.30am-12pm. No experience is necessary.

Carers - you are very welcome to come along and dance with your partner!



Pupils from Parkgate Junior School joined DRUM members for a fun and friendly game of football in October.

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 next year.

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



DRUM Annual General Meeting

The DRUM AGM was held on 2nd October when the elections for the 2016/17 Management Committee took place.

The results are:-

Chair - Melody Mallet

Vice Chair - Mel Goman

Treasurer – Lilian Newman

Committee Members:-

Derek Noades, Colleen Jones, Shirley N’Jie, Gary Armstrong, Roger Holland, Shirley Mindel, Jean Smith, Keith Lovelock and Yvette Denham.

Our thanks to Malcolm Cracknell for his help and support in his long-term position as Chair until September this year. We wish Malcolm a speedy recovery and hope to see him back at DRUM soon.



Thank you to Richard, our PSCO, for arranging a talk to our members on safety in the home, Internet/phone scamming and money fraud.

If you are worried about someone calling on you, in person or on the phone, or see suspicious behaviour, then please report it to the police:-

Call Hertfordshire Constabulary’s non-emergency number **101** or if you witness a crime in progress then call **999**.



Funding & Support



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.

Thank You to the On the Run Scooter Club!



A huge thank you to Ross Goman and everyone at the On the Run Scooter Club of Watford who raised £1,103 for DRUM at their charity night on Friday 30th September.



Thank you to the members of the Christ Embassy Church, who use our centre twice a week, for their help cleaning the centre and their very kind donation of food and drinks for our members.

ACTIVITY SESSIONS AT DRUM



Art & Crafts

Monday, Tuesday, Thursday and Friday morning, from 10.15am-12pm.

Sessions include activities in painting, textiles, ceramics & papier-mâché.

Yoga

Monday and Tuesday afternoons with Jane and Friday afternoon with Sharon.
Sessions from 1.15-2.45pm.



Sport

Tuesday mornings, 11.30am – 12pm

Join Mark, from the WFC Community Sports and Education Trust, for a weekly sport session at DRUM. The ½ hour session includes activities such as football, indoor bowls, darts and table tennis.

Tai Chi

Thursday afternoons, from 1.15-2.45pm.

Join Francis for a gentle Tai Chi session every Thursday afternoon.



Keep Active & Stay Healthy

DRUM Stroke Support & Yoga Group

Wednesday afternoons, from 1-3pm

Join our friendly support group for stroke survivors and their carers. Come along for a cup of tea or coffee before a yoga session with Sharon.



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



Transport

Please don't forget to cancel your transport if you are not coming in to DRUM, as other people need it and you may be charged for wasted journeys.

Dial-a-Ride Tel: 01992 556771

DRUM Tel: 01923 442114

Asda Shopping



Tuesday & Thursday afternoons.

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

Volunteers are needed to assist our members at Asda.

Hollie's Beauty Hub

In-house services at DRUM.

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.

Chiropodist

Neil will next be in DRUM on Tuesday 13th December, Tuesday 7th February, Friday 17th March, Tuesday 11th April and Friday 5th May.





A huge thank you to everyone that came along and supported our Christmas fair on Saturday 19th November. We raised £1,077 on the day and this figure continues to rise through the sale of our Christmas cards and DRUM calendars.

A huge thank you to all our wonderful team for all their hard work and support.

DRUM Christmas Cards



The DRUM Christmas cards are still on sale. The cards cost £6 for a pack of twelve cards, three of each design. All proceeds to DRUM. The new cards have been designed by DRUM members; Darren Latham, Judy Green and Michael Butcher.

DRUM 2017 Calendar



The 2017 DRUM calendar, featuring wildlife photographs by DRUM member Gary Armstrong, is still on sale and priced at just £5.

Many thanks to Metro Printing for their help and support with our calendar.



Order your DRUM Calendar on page 16!

Christmas Fundraising

Many thanks to everyone that supported our fundraiser at Asda on Friday 2nd December. We raised £618.56 – which is incredible. Many thanks to Beverley for her continued support.



We are back at Asda on **Friday 16th December**, so if you can help for an hour or two, your support would be very much appreciated.

Monday 12th December, Fundraising Stall at BT

We need **homemade cakes** to sell on a Christmas themed fundraising stall at the BT offices in Leavesden.



Friday 16th December – Asda, Watford

Volunteers needed! We will be selling DRUM Christmas calendars and cards, wrapping customer's Christmas gifts and rattling a collection bucket at Asda, between 9.30am-5pm.

Monday 19th December - Intu Shopping Centre



We will be at the Intu Centre wrapping customer's gifts for a donation to DRUM, between 9am-9pm.

Calling all family and friends – we need your help!

We desperately need volunteers to help wrap Christmas presents on Monday 19th December, at Intu – please let Sarah know if you are available for an hour or two between 9am-9pm. Tel: 01923 442114

Christmas Dinner at DRUM

Christmas Menu

Leek & Potato Soup (V)

Prawn Cocktail or Pate

Roast Turkey, Honey Glazed Ham

Pork Stuffing, Pigs in Blankets

or Onion Tart (V)

Served with roast potatoes &

vegetables

Christmas Pudding

Mince Pies

or Cheese Cake

Served with custard,
double cream or ice-cream



**It's your last chance
to book!**



The DRUM Christmas dinner will be held on **Tuesday 20th December.**

Staff and volunteers will be providing a delicious three course meal for our members, carers, friends and families.

£15 each, all profits to DRUM.

To book, please complete the slip on page 16.

Don't forget to wear your Christmas hats and jumpers!



Co-op Community Fund

DRUM has been chosen to receive funding from the Co-op Community Fund.

Until March, every time one of their members buy Co-op branded products and services, from a loaf of bread to planning a funeral, 1% of their spend goes to a local cause. For 6 months, members can choose which cause their contribution goes to and if members don't choose a cause then they share the contribution equally between the causes in their community.

The more support we get, the more funding we could receive. So if you're already a Co-op Member and live in and around the Watford area) log in to your Co-op Membership account and choose DRUM. If you're not a member, please join and support us and tell all your family and friends to do the same!

<https://membership.coop.co.uk/sign-in>

A New Minibus for DRUM!

A huge thank you to Mike Humphrey's and all the Trustees of the West Herts Charitable Trust who presented DRUM with a brand new minibus on 25th November!

DRUM paid a contribution of £6,000 towards the vehicle but the West Herts Charitable Trust paid all the other costs involved with the purchase of the new vehicle and the adaptations required, including a tail lift.



West Herts Transport Training Limited was originally formed in 1969 by hauliers in Hemel Hempstead, Watford and St Albans areas to train heavy goods vehicle drivers.

It started with just one vehicle, from a farmyard near Hemel Hempstead, progressing to an office in a caravan in Bovingdon. After a move to Dunstable in 1975, they finally relocated to a part of the Hadleigh Page Airfield (Park Street near Radlett) in 1985.

A training centre was built and was formally opened by the then Transport Minister, Steve Norris, in 1995. The group became one of the largest training groups in the South East of England, with driver training, forklift training and management training.

In 2006 the training side of the company was sold but the offices and premises were refurbished and leased to various other companies. The name was also changed to West Herts Charity Trust Limited. The aims of the company are to support and assist other charities by providing suitable training and minibuses.

To date, the Trust has provided over 70 vehicles and minibuses, some with wheelchair access, to local charities and groups. The value of the contributions over the last 10 years is over £1,200,000.

Top ten tips for staying healthy this winter:

1. Have the flu vaccine: it's free to the over 65s, those with serious medical conditions, carers and pregnant women. Contact your GP or practice nurse.



2. Heat your home to at least 18C/65F, it can help minimise health risks. If heating your whole home is a problem, heat your living room during the day and your bedroom before you go up to sleep.

3. Get up and move around. If your mobility is limited, do some chair exercises to help you stay warm and active.

4. If you go outside then wear shoes with slip resistant, good grip soles.

5. Hot food and warm drinks: Keep well fed and hydrated. Drink lots of water as well as warm drinks.

6. Stock up on basics like soup, tinned fish, long life milk and medicines such as paracetamol and ibuprofen in case you can't get out of your home for a couple of days.

7. Undertake energy efficiency improvements to your home - or encourage your landlord to do so.

8. Keep a list of useful and emergency contacts by your phone. A list of useful contacts is available on the HertsHelp website.

9. Look out for friends and neighbours, particularly the elderly and those with existing health conditions.

10. Keep tissues with you and use them to catch coughs or sneezes - then bin them and kill the germs by washing your hands.

If you are struggling to stay warm in your home this winter, or you are worried about someone then please call **HertsHelp on 0300 123 4044**

It's important to go to the right place for help. Visit your local pharmacy for advice on how to treat common health conditions. Minor injuries units and urgent care centres treat a range of injuries like sprains, cuts, bites, minor burns or scalds. For an illness that just won't go away, visit or phone your GP or call the NHS on 111 for advice. A&E is for life-threatening situations such as heart attack or stroke and for people with symptoms of serious illness, who are badly injured. In an emergency dial 999.



More information and advice on winter health can be found at www.hertsdirect.org/winterhealth
www.nhs.uk/staywell



Huge thanks to Andy O'Brien and everyone at Metro Printing who are making a donation of £250 to DRUM instead of sending Christmas cards out this year.

Thank you to Metro Print for all your support over the last year.

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>

Coming up in the New Year at DRUM

Humphrey's Charity Shred-a-Thon Week, Jan 2017

Monday 23rd – Friday 27th January from 9am-5pm and Saturday 28th January from 10am-2pm.

Get all your confidential paperwork shredded for a donation to two great local charities, DRUM and Mount Vernon Cancer Centre.

Take your shredding along to Humphrey's at 1 Sydney Road in Watford or you can bring your shredding in to DRUM on Friday 27th January, between 9am-1pm.

The DRUM Team will be at Humphrey's on Saturday 28th to support their staff and volunteers, meeting for breakfast at The Rising Sun, 8.30am.



DRUM Woodwork and Carpentry

Watford Borough Council has just 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 next year.

DRUM Vegetable Patch

One of the first carpentry projects will be to build some new raised beds for growing vegetables on our patio area.



If you know anyone with a couple of hours to spare during the week, who may be able to volunteer and assist our members during the carpentry sessions, or have any unwanted tools, then please contact Sarah in the DRUM office Tel: 01923 442114 Email: drumwatford@btinternet.com



Dates for your Diary

Monday 12 th December	Fundraising Stall at BT Cakes needed!
Tuesday 13 th December	Chiropodist
Tuesday 13 th December	Blue Check Restaurant (Eve) Now Full!
Friday 16 th December	Fundraising at Asda 9.30am-5pm
Saturday 17 th December	Snow White Panto Now Full!
Monday 19 th December	Intu Christmas Wrapping Stall 9am-9pm
Tuesday 20 th December	Christmas Lunch at DRUM Book Now!
Wednesday 21 st December	DRUM Closed for the Christmas period
Tuesday 3 rd January 2017	DRUM Open
Tuesday 10 th January 2017	6 week Dance Sessions start 10.30am
Monday 23 rd January 2017	Start of Shred-a-thon Week

Blue Check Restaurant - Address, 144-146 High St, Bushey WD23 3DH

Meet at the restaurant about 7.15pm.

The three course meal includes wine and water on the table and live entertainment. There is a licensed bar for all other drinks. Please pay at the bar for any additional drinks.

Panto - Albans Arena, Civic Centre, St Albans AL1 3LD

Please meet in the theatre foyer at 10am. We will be going for lunch after the show, at The Barn (Weatherspoons Pub), next door to the theatre.

Parking is available to the rear of Albans Arena, at the NCP Bricket Road Car Park, St Albans AL1 3JT. The car park is 'pay and display'.

Blue badge holders may park on the double yellow lines adjacent to The Alban Arena for up to three hours.

Christmas Lunch at DRUM 11.30am-3pm

If you have arranged transport then this may arrive a bit later than usual during the morning and will take you home anytime from 3pm.

There is also a raffle on the day.

Please see Melody or Gary if you wish to take part in 'Secret Santa'.



DRUM Sweatshirts, Hoodies & Polo T-Shirts



Sweatshirts £20 (50% Polyester 50% Cotton)

Available in navy, black, charcoal or heather grey with the DRUM logo embroidered (in red) on the left breast.

Polo T-Shirts £15 (50% Polyester 50% Cotton)

Available in navy, black, white, charcoal or heather grey, with the DRUM logo embroidered (in red) on the left breast.

Full Zip Hoodie £22 (50% Polyester 50% Cotton)

Available in navy, black, charcoal or heather grey with the DRUM logo embroidered (in red) on the left breast.

Order now on page 16 – sizing chart below.

	S	M	L	XL	2XL	3XL	4XL	5XL
Male Chest Size	38	40	42-44	46	48	50-52	54	56
Ladies Chest Size	32	34	36	38	40	42	44	46
Ladies UK Size	10	12	14	16	18	20	22	24



Polo £15



Hoodie £22



Sweatshirt £20

.....✂️.....

Order - DRUM Sweatshirts, Hoodies & Polo T-Shirts

Name _____

Classic Polo T- Shirt £15 Ladies ☐ Men's ☐

White ☐ Navy ☐ Black ☐ Charcoal ☐ Heather Grey ☐

S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL ☐ 5XL ☐

Classic Sweatshirt £20 Ladies ☐ Men's ☐

Navy ☐ Black ☐ Charcoal ☐ Heather Grey ☐

S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL ☐ 5XL ☐

Classic Full Zip Hoodie £22 Ladies ☐ Men's ☐

Navy ☐ Black ☐ Charcoal ☐ Heather Grey ☐

S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL ☐ 5XL ☐

Full Payment Enclosed £ _____ Cash ☐ Cheque ☐

.....✂️.....

Book - DRUM Christmas Lunch, Tuesday 20th December

Name (s) _____

Leek & Potato Soup ☐ Prawn Cocktail ☐ Pate ☐

Roast Turkey ☐ Onion Tart ☐

Christmas Pudding ☐ Mince Pies ☐ Cheese Cake ☐

Full Payment Enclosed @£15 pp £ _____ Cash ☐ Cheque ☐

.....✂️.....

Order - DRUM 2017 Wildlife Calendar

Name (s) _____ No. of Calendars _____

Full Payment Enclosed @£5 each £ _____ Cash ☐ Cheque ☐

.....✂️.....

Please make cheques payable to DRUM