



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

March 2018

DRUM is supported by Metro Printing of Watford



Our love and thoughts go out to the families and friends of DRUM members Eddie Donnelly and Derek Noades, who sadly passed away.

Two incredibly lovely gentlemen ♥



Huge thanks to Andrew O'Brien and staff at Metro Print for all their help and support with our Christmas cards and calendars.

With these, our Christmas fair and other Christmas fundraising, we raised over £3,000 during the festive period.

Thank you to Simon at Millpress Print for doing our mugs and t-shirts.

Well done and a huge thank you to all our amazing staff and volunteers.



**Choose us as your
Co-op local cause**

Go online coop.co.uk/membership



Fundraising



DRUM is a small registered charity, not part of a larger group or a nationwide organisation.

DRUM does not employ a caretaker, fundraisers, catering or cleaning staff, these jobs are all carried out by our part time staff and volunteers in their own time.

DRUM receives some funding towards the staff salaries, from Hertfordshire Adult Care Services however, DRUM has to raise about £60,000 a year ourselves to retain services at the current level. This figure would be even higher if not for all the unpaid hours put in by our team and the fantastic support we receive from the local community.

Please make a note of all our fundraising events coming up and please encourage 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 £1,600 a year with very little effort! Empty jars are available from DRUM.



DRUM Bonus Ball – 50p

Pick the winning number and you get half the money collected and the other half is donated to DRUM.

Please see Gary Armstrong to take part.

Could you hold a coffee morning for DRUM?

Coffee mornings are a great British tradition and an easy way to raise funds for charity. Getting everyone together is also a good opportunity to tell all your friends and family about DRUM, who may also then be encouraged to do some further fundraising or voluntary work for us. You are more than welcome to use the DRUM centre on a Monday evening or Saturday, if you don't have enough space at home. Please speak to Sarah in the office.



News

Huge thanks to Beverly and Asda Watford for their kind donation of £300 towards our Christmas lunch.

Over 70 people enjoyed a three course Christmas lunch at DRUM, cooked and served by our wonderful staff and volunteers.... and despite a power cut during the morning! We raised just over £800 at the event.



Huge thanks to Annette and everyone at Trend Machinery & Cutting Tools Ltd who has made us some wonderful screens for the main hall.

Trend has chosen DRUM as their community project and will be building us some new cupboards and refurbishing our outside store room this

year, to provide a workshop for carpentry, furniture restoring and craft activities in the spring.



Huge thanks to Ross Goman who has completed 'Dry February'. Ross gave up all alcohol during February to raise money for DRUM.

Ross raised an incredible amount - **£1,022.10**

Thank you to everyone that sponsored Ross. Amazing!

HertsHelp is a network of community organisations in Hertfordshire working together to help you find independent support, guidance and information you need.

Telephone: 0300 123 4044 Email: info@hertshelp.net



**Do you need your oven professionally cleaned?
Call Steve O'Neill on 07920 233647**

News

Dragon's Apprentice Challenge 2017/18



The Dragon's Apprentice Challenge is a community initiative run by W3RT that links students from local schools and colleges with local businesses, charities and community groups.

The Dragons Apprentice Challenge recruit teams of secondary school students, matches them with a business mentor (a Dragon) and pairs them with a local charity – the challenge is for students to turn £100 into £1,000+

The Challenge gives young people first-hand experience of setting up and running a business, an opportunity to gain job related skills and experience of working as a team. Students build self-confidence, grow as individuals on their own personal journeys and get insight into the work that their charity does which often encourages them to go on to become a volunteer.

For this year's challenge, Team Innovation from Queens School is raising money for DRUM, with support from their Dragon, Daniel Ginder, from M.K. Ginder & Sons.

Co-op Local Community Fund



Every time a member of the Co-op buys selected own-brand products and services 1% goes to a local cause, along with money from the sale of shopping bags.

Until 27th October, the Co-op Community Fund is now open for its members to choose DRUM as their local cause in Watford.

If you are already a member of the Co-op then please log on and choose DRUM as your local cause – please tell all your family and friends to do the same!

If you are not already a member of the Co-op then it's really easy to join, just log on <https://www.coop.co.uk/membership> and register.

Trips and Events



Eileen and Robin Venn would like to invite all their DRUM friends to join them on Friday 20th April to celebrate their Ruby Wedding Anniversary at DRUM.

A three course celebration lunch will be held in the main hall from 12-3pm.

There will be no yoga on this day.

Please RSVP to confirm your attendance on page 15.

Breakfast, Bowling & Lunch



Thursday 3rd May 9am-3pm

DRUM is closed on 3rd May, for the elections but you can always join us for a day out instead.

We will be meeting at Frankie & Benny's for breakfast and then going ten pin bowling next door at Hollywood Bowl (Woodside, Garston).

The cost for the day is £23 per person, which includes breakfast with tea and coffee, bowling and lunch.

Soft drinks are available to purchase from the Hollywood Bowl café or there is also a licensed bar.

Booking slip on page 15.

Follow DRUM on Twitter @DRUM_Watford

Trips and Events

ROYAL WEDDING PARTY!

Saturday 19th May - 11am

Come and join us to celebrate Prince Harry and Meghan Markle's wedding day.

Please do invite your family and friends – all are welcome.

Please RSVP on page 16 - so that we have an idea of how many people we will be catering for.....bring your own booze!

If you are able to help us with food, cakes, provide live music or DJ then please do get in touch. Tel: 01923 442114



Day Trip to Southend

Friday 8th June

The coach will leave the DRUM Centre at 9.30am and return to the centre about 7.30pm.



The cost of the trip is £23 per person, which helps us pay for the coach.

We will be having lunch at the Sands Restaurant.

The coach is wheelchair accessible (with a tail lift) and has five fixed wheelchair spaces. All other members in wheelchairs will need to transfer in to a seat.

There is no transport in the evening, so all members will need to arrange alternative transport home, or we can book a taxi for you.

Booking slip on page 16 – deposit or full payment is required.

Trips and Events

Canal Boat Trip

Tuesday 17th July

Join us for a day on the Grand Union Canal.

The boat leaves Apsley at 10am, returning at 4pm.

The cost of the trip is £20 which includes refreshments and lunch.

The boat is wheelchair accessible with a disabled toilet onboard.

Booking slip on page 16 – deposit or full payment is required.

Waterways Experiences

Accessible canal boating for all



Christmas Panto.....oh yes it is!

Cinderella at Albans Arena

Saturday 8th December, 2pm performance

Tickets are £24.50 and your carer goes free

Booking slip on page 16 – deposit or full payment is required



Notice
Board

Please don't forget to check the notice boards at DRUM for new events and further information.

Booking slips are also pinned to the bottom of the notice boards for all the DRUM trips and events.

Activities at DRUM



Art, Crafts & Ceramics

Creative classes are held every morning on a Monday, Tuesday, Thursday and Friday, from 10am-12pm. All materials are provided and no previous experience in art is necessary. Just have fun! Our new art project is inspired by the 1960's.

Still Life Drawing Workshops

Kathy will be holding a Still Life Art Workshop at DRUM, on a Tuesday morning, starting Tuesday 13th March for five weeks. The classes are in addition to our art sessions with Emma, also on a Tuesday morning, in the art room.

The aim of the workshop is for a small group of up to 5 members to learn basic drawing, painting and colour mixing techniques.



Dance at DRUM

Well done to everyone that took part in our latest six week dance workshop, led by MJ from Para Dance UK (formerly the Wheelchair Dance & Sports Association).



The next dance sessions will be held Tuesday 24th April, 1st, 8th, 15th & 29th May, 5th June, 10.30am-12pm at DRUM.



Do you enjoy gardening?

We have raised beds, wall shelves and lots of pots and baskets on the DRUM patio area for members to enjoy.

Activities at DRUM



Yoga

Our yoga sessions are held on a Monday, Tuesday and Friday afternoon, from 1.15pm-2.45pm.

Tai Chi

Our Tai Chi sessions are held on a Thursday afternoon with Francis, from 1.15pm-2.45pm.

Stroke Support & Yoga Group

A friendly support and yoga group for stroke survivors and their carers, every Wednesday afternoon from 1-3pm.



Inclusive Sport

Sessions are led by Mark, from the Watford FC Community Sports & Education Trust and include activities such as football, handball, indoor bowls, darts and table tennis.

Sessions are held every Friday morning at DRUM from 11am.



Follow DRUM on Twitter @DRUM_Watford

Other Services at DRUM

Shopping at Asda

Are you having problems getting your weekly shopping? The DRUM minibus goes to Asda every Thursday afternoon. The minibus leaves DRUM at 1.15pm and is back before 3pm. Alternatively, a member of DRUM staff can always help you shop on-line, it's actually very easy to arrange a home delivery.



Chiropodist at DRUM

Neil will be in DRUM on the following days:
Tuesday 3rd April, Friday 4th May, Tuesday 5th June, Friday 6th July, Tuesday 7th August, Friday 7th September, Tuesday 2nd October, Friday 2nd November and Tuesday 4th December.



Massage at DRUM

Enjoy a Holistic Massage or Reflexology at DRUM on a Friday morning, twice a month, with Joanne Vincent.

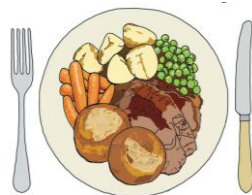
Special rates for DRUM members

£10 for 20 minutes and £15 for 30 minutes

Roast Dinner at DRUM

Two course roast dinner on the last Friday of every month - £5.00 per person.

Friday 23rd March, Friday 27th April....and so on!

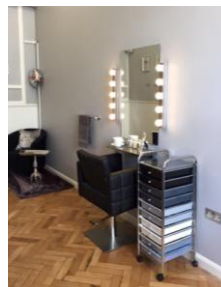


Thank you for your kind donations of teabags and biscuits to DRUM.....we now have plenty to keep us going for quite a while!
We will let you know when we need new supplies.
Thank you for your continued support, we do really appreciate it.

Other Services at DRUM

Hollie's Hub, Hairdressing & Beauty

From a relaxing hair wash & blow dry to award-winning haircuts, colouring services, semi-permanent eyelash extensions/infills, facial hair removal and eyebrow shaping, gel nails & extensions. Reduced rates for DRUM members and their carers. Please pre-book appointments direct with Hollie.



Communication Support Groups



Wednesday in Borehamwood, **Thursday mornings** at **DRUM**, Thursday afternoons in Hemel Hempstead.

For further details please contact Laura McGregor at the Stroke Association Tel: 01923 232309

DRUM Membership

Can all members please ensure that they have completed a DRUM Membership & Medical Form for the period 1st August 2017 – 31st July 2018. The annual membership fee is £10 a year.

DRUM Daily Charges

Mornings £4.50 & Afternoons £4.00 (includes activities & refreshments)
Lunch (optional) £3.50, Roast Dinner (once a month) £5.00



Did you know that you can set up a monthly Standing Order with your bank to pay for DRUM?

This is especially useful if you receive Direct Payments from Hertfordshire Adult Care Services, for services at DRUM, or you can't always get cash out. Please speak to the DRUM office for further details on arranging a Standing Order.

For information on Direct Payments telephone Hertfordshire Adult Care Services Tel: **0300 123 4042**

Useful Information

Community Transport

Hertfordshire 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.
Tel: 01992 556771

Community Car Schemes provide a safe, reliable and affordable service for people that are unable to use public transport, using a team of volunteer drivers. There is normally a small charge to cover the volunteer's expenses.

Watford & Three Rivers Community Cars

Tel: 01923 216964 Email: communitycars@w3rt.org

Hertsmere Community Transport

Tel: 020 8207 5055 Email: isobel@hertsmercommunitytransport.org

Community Action Dacorum

Tel: 01442 212888 Email: transport@communityactiondacorum.org.uk

The Royal Voluntary Service Community Car Scheme

Tel: 01992 552 069 Email: hertfordgn@royalvoluntaryservice.org.uk

Direct Payments



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

Having a direct payment means you can have more choice and control over arranging your own care and support and being active in your community, including services and activities at DRUM.

A direct payment is not a form of income, will not affect your benefits, is not a benefit and is different from the Department of Work & Pensions 'direct payment'. The amount of money paid will normally be no more than it costs Social Services 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 that they pay you.

Either telephone **0300 123 4042** or you can read and download fact sheets online at www.hertfordshire.gov.uk/directpayments

Help Needed at DRUM



Minibus Driver, Monday and/or Tuesday

We are looking for a minibus driver(s) to transport our disabled members to and from our centre on a Monday and/or Tuesday.

This could be a voluntary or paid position, approximately 3 hours per day, 8.30am-10am & 2.30pm-4pm.

Volunteer Minibus Driver, Stroke Support Group, Wednesdays

We are looking for a volunteer minibus driver to transport stroke survivors to and from our support group on a Wednesday afternoon.



Transport / Car Share

Could you offer anyone a lift to and from DRUM, as we are finding it increasingly difficult to get transport for all those that need it?

Art Volunteers, 10.30am-12.00pm

To assist members during art, craft and ceramic sessions on a Monday, Tuesday, Thursday and Friday morning.

Dance Volunteers, 10.30am-12.00pm

To assist members during inclusive dance sessions held on a Tuesday morning, for six week workshops.

Next dates:- Tuesday 24th April, 1st, 8th, 15th & 29th May, 5th June

If you are interested in any of the above positions or can help us, please contact Sarah Sullivan at the DRUM office. Tel: 01923 442114 or Email: drumwatford@btinternet.com

All volunteers, staff and therapists are required to complete a DBS Check.

Dates for your Diary

Tuesday 13 th February	Start of our new Still Life Art Workshops (5 weeks)
Friday 30 th March	Good Friday (DRUM Centre Closed)
Monday 2 nd April	Easter Monday (DRUM Centre Closed)
Friday 20 th April	Robin & Eileen's Ruby Wedding Lunch RSVP!
Tuesday 24 th April	Start of Dance Sessions (6 weeks)
Thursday 3 rd May	Frankie's & Bowling (Centre Closed) Book Now!
Monday 7 th May	Bank Holiday (DRUM Closed)
Saturday 19 th May	Royal Wedding Party at DRUM RSVP!
Monday 28 th May	Bank Holiday (DRUM Closed)
Friday 8 th June	Day Trip to Southend (Centre Closed) Book now!
Tuesday 17 th July	Canal Boat Trip (Centre Closed) Book now!
Monday 27 th August	Bank Holiday (DRUM Closed)
Saturday 15 th September	DRUM Art Exhibition & Open Day Save the date!
Saturday 24 th November	DRUM Christmas Fair Save the date!
Saturday 8 th December	Panto at St Albans Arena, 2pm Book Now!
Monday 17 th December	Asda Fundraising Collection Volunteers Needed!
Thursday 20 th December	Asda Fundraising Collection Volunteers Needed!
Friday 21 st December	DRUM Christmas Lunch
Monday 24 th December	DRUM Closed for Christmas & New Year
Thursday 3 rd January	DRUM Open

DRUM T-Shirts, Polo's, Sweatshirts & Hoodies

The polo's, sweatshirts and hoodies all have the new DRUM logo on the left breast and the classic t-shirts have a larger logo across the front.

These are available in various sizes and colours, order through the DRUM office. All profits to DRUM.

Polo T-Shirt £16

Classic Round Neck T-Shirt £13

Round Neck Sweatshirt £21

Full Zip Hoodie £23



Return Slips...

Ruby
40

Robin & Eileen's 40th Wedding Anniversary Lunch

Friday 20th April, 12-3pm at DRUM

Name (s) _____

Will ☐ Will not ☐ be attending the lunch on 20th April.

Frankie's & Bowling, Thursday 3rd May

Name (s) _____

Full Amount Enclosed @£23 pp £_____ Cash ☐ Chq ☐

Do you require transport? Yes ☐ No ☐

Please ✓ your choice of breakfast (includes tea & coffee)

- | | |
|---|--|
| <input type="checkbox"/> FRUIT & YOGHURT | <input type="checkbox"/> BLUEBERRY PANCAKES |
| <input type="checkbox"/> TRADITIONAL BREAKFAST | <input type="checkbox"/> VEGGIE BREAKFAST |
| <input type="checkbox"/> SCRAMBLED EGGS ON TOAST | <input type="checkbox"/> POACHED EGGS ON TOAST |
| <input type="checkbox"/> CHEESE & HAM OMLETTE | <input type="checkbox"/> CHEESE & TOMATO OMLETTE |
| <input type="checkbox"/> SMASHED AVACADO & POACHED EGGS | |

Please ✓ your choice of lunch (drinks not included)

- | | |
|--|---|
| <input type="checkbox"/> BEEF BURGER & FRIES | <input type="checkbox"/> CHICKEN BURGER & FRIES |
| <input type="checkbox"/> HOT DOG & FRIES | <input type="checkbox"/> VEGGIE BURGER & FRIES |

Add one topping to any of the above:

Crispy Bacon ☐ or Cheese ☐ or Mushrooms ☐

☐ NACHOS (with cheese, salsa, sour cream, guacamole, jalapeños)

Return Slips...

DRUM Royal Wedding Party, Saturday 19th May

Name (s) _____ Number of people _____

Will be able to attending the Royal Wedding celebration at DRUM

----- ✂ ----- ✂ -----

Day Trip to Southend, Friday 8th June

Name(s) _____

☐ Deposit Enclosed @£10 pp (full payment by the end of May)

☐ Full Amount Enclosed @£23 pp

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

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

----- ✂ ----- ✂ -----

Canal Boat Trip, Tuesday 17th July

Name(s) _____

☐ Deposit Enclosed @£10 pp (full payment by the end of June)

☐ Full Amount Enclosed @£20 pp

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

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

----- ✂ ----- ✂ -----

Cinderella Panto, Saturday 8th December

Name(s) _____

☐ Deposit Enclosed @£10 pp (full payment by the end of June)

☐ Full Amount Enclosed @£24.50 pp

Total Amount Enclosed £ _____ Cash ☐ Chq ☐

DO YOU REQUIRE A FREE CARER TICKET? YES ☐ NO ☐