Huge thanks to the Watford Palace Theatre Community Choir, who performed at DRUM in March and raised £530 for DRUM. Attendees enjoyed a wonderful concert, followed by something to eat and a few (or more) drinks!

Members and carers enjoyed a day out at Woodside in March. We started off with breakfast at Frankie & Benny’s and then a couple of games of Ten Pin Bowling in the afternoon.
**Easter Feaster**
Members and carers enjoyed a wonderful three course Easter meal in April, raising £400 for DRUM. Thank you to the DRUM Team for a lovely day and congratulations to Jane and Kathleen who won the best Easter Bonnet competition.

Members and carers enjoyed breakfast at Frankie & Benny’s and a trip to the cinema, to watch Aladdin, in May.

We had a lovely afternoon out at Watersmeet in May, watching and singing along to The Greatest Showman.

Thank you to our friends at the Cream Tea Brigade for their £100 donation to DRUM this month.
Southend
We had a full coach for our annual day trip to Southend in May and it was lovely to see so many carers enjoy the day out with us too. If you enjoyed it….we’re doing it all again in September!

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Wai will be leaving DRUM at the end of June. Many thanks to Wai for all his help and we wish him all the best for the future. We do not have the funding to employ a full time driver so we will be looking for volunteers. Please ask you family, friends and neighbours if they can spare a few hours a week.

*VOLUNTEER DRIVER NEEDED AT DRUM*

Can you spare ANY HOURS, ANY DAY to help our members? We need a minibus driver on a Monday, Tuesday, Thursday and Friday, Wednesdays from September. Most members required transport between 9am-10am & 3pm-4pm. Please get in touch if you, or someone you know, can help us.

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As from Wednesday 4\textsuperscript{th} September, DRUM will be open to all members on a Wednesday morning from 9am-12.30pm.

Francis will run a Tai Chi session from 10.30am and members will also be able to do art throughout the morning.

Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, Tai Chi is now practised around the world as a health-promoting exercise. Tai Chi is a low-impact exercise and can help reduce stress, increase muscle strength, improve posture, balance and general mobility.

Wednesday Afternoon Stroke Support Group

Our Stroke Support group will continue to run on a Wednesday afternoon from 1-3pm. Sharon’s Yoga class is a must for all Stroke survivors.

Yoga can help improve your balance and improve your gait (your manner of walking), with longer steps, increased speed and better coordination.

Yoga can be chair-based and can also be modified and adapted to all stages of recovery.

Yoga is therapeutic, because of the intense focus and attention required and each movement is deliberate, so that extra stimulation can really ‘wake up your brain’.

Carers are welcome to stay.

Charges

Morning Session £4.50, Lunch (12-12.30pm) £3.50

Afternoon Stroke Support Group £5
Enrich Festival
A three-day event, celebrating the performing arts of talented people with additional needs, was held in Watford between 7th - 9th June.

DRUM is exhibiting artwork at the One Stop Shop, Watford Town Hall, as part of the Enrich Festival throughout June. The exhibition was opened on Monday 3rd June, by Watford Mayor Peter Taylor and attended by some of our members, volunteers and staff.

DRUM also ran a textile art workshop at The Barn, Watford Town Centre, on Saturday 8th June.

*DRUM is closed on Thursday 27th June for staff training*
DRUM had an opportunity to showcase artwork from last year’s DRUMWORKS project, inspired by the 1960’s, at the Hertfordshire Health and Wellbeing Board Annual Conference on 4th June. The artwork, displayed during the event at Hatfield House, was extremely popular with all the attendees.

The DRUM patio is looking absolutely beautiful. Well done to Kate and members. Our new workshop is also now up and running! This space is available to members to use throughout the week for gardening, woodwork and furniture upcycling projects.

Donations are needed for the workshop, so if you have any unwanted tools or materials such as screws and nails etc, or any wood or furniture that we can upcycle, please do donate to DRUM.

*VOLUNTEERS REQUIRED TO HELP IN THE WORKSHOP*
You don’t have to be an expert, just someone who enjoys helping others and ‘making things’, so get in touch!
Zsofia, from Herts ACS, ran the St Alban’s Half Marathon on 9th June, raising lots of money for DRUM.
So far, Zsofia has raised over £400.
You can still support Zsofia and help her raise more funds for DRUM.
Sponsorship forms are available at DRUM.....so get all your family and friends to sponsor Zsofia!

DRUM will be CLOSED for the summer break on the following dates:-
Thursday 15th August, Friday 16th August, Monday 19th August and Tuesday 20th August.

Canal Boat Trip, Tuesday 23rd July
The canal boat trip is now full. For those that have already booked, the boat leaves Apsley at 10am, returning at 4pm. Refreshments and lunch are provided.
Paradise Wildlife Park
Friday 21st June

Join us for a day out at the Paradise Wildlife Park on Friday 21st June. The coach will leave DRUM at 9.30am, returning about 6pm. The cost of the trip is £30 and your carer goes for half price (Carers £15). You can pre-order a packed lunch from DRUM £5 or bring your own. There is also a café on site. Book on page 20.

Day Trip to Southend
Tuesday 10th September

Following on from May’s lovely trip to Southend our members have asked to return again! The coach will leave DRUM at 9.30am, returning about 7pm, depending on the traffic. We will be eating lunch at the Sands Restaurant again. The cost of the trip is £33 per person. Book on page 20.

www.drum.btck.co.uk
**Trips and Events**

**Christmas Panto, Sleeping Beauty**

Saturday 14\(^{th}\) December, 2pm

Join us for the Christmas panto, at Albans Arena, on 14\(^{th}\) December. Families and friends are very welcome to join us. Book early to avoid disappointment.

£25 per person (Carers Free) Book on page 20.

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**Open Day & Art Exhibition**

Saturday 21\(^{st}\) September

12pm - 4pm

Our annual open day and DRUMWORKS 2019 Exhibition will be held on Saturday 21\(^{st}\) September. This year’s art project is inspired by Land, Sea and Air.

Tell your family, friends and neighbours, as this event is not to be missed!

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**DRUM Christmas Fair**

Saturday 23\(^{rd}\) November, 12-3pm

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DRUM will be celebrating 25 years in October 2019!

Join us for a **Fundraising Tea Party** on Saturday 12\(^{th}\) October, 12.30pm- 3.30pm. £5 per person, bring your family, friends and neighbours!
All proceeds to DRUM. Book on page 19.

**DRUM’S 25\(^{th}\) Anniversary Celebration**
**Tuesday 15\(^{th}\) October 2019, 12.30pm**

All our members, carers, families, supporters and funders are invited to join DRUM to celebrate our Anniversary on 15\(^{th}\) October, 12.30pm. Buffet and refreshments. RSVP on page 19.
Daily Activities

**Art & Crafts**
Every Monday, Tuesday, Thursday and Friday mornings. Wednesday mornings from 4th September.
Our new art project is inspired by ‘Land, Sea and Air.’ Get Creative!

**Yoga**
Every Monday, Tuesday and Friday afternoon
Get fit, stay healthy!

**Gardening**
We have raised beds, hanging baskets, planters and a vegetable patch for you to enjoy. We also have our new workshop, so please take a look.
Get outside, get creative!

www.drum.btck.co.uk
Weekly Activities

Ukulele Lessons
Thursdays Mornings

Singing
Thursday Afternoons, with Emily - 1.15pm

Dance
TBC - check the notice board for dates

Sport
Friday mornings

Tai Chi (NEW)
Wednesday mornings at DRUM, 10.30am, from Wednesday 4th September

Stroke Support & Yoga Group
Wednesday afternoons at DRUM, 1pm – 3pm
Other Services

**Massage with Jo Vincent**
Friday 28th June, 5th July, 19th July, 30th August, 13th Sep, 27th Sep, 4th Oct, 18th Oct, 8th Nov, 22nd Nov, 6th Dec, 13th Dec

**All About Feet**
Anita, our new foot care health professional, will be in DRUM on Thursday 20th June and then the **FIRST & LAST TUESDAY OF EVERY MONTH...** 25th June, 2nd & 30th July, 6th & 27th Aug......and so on.

**Hair & Beauty with Hollie**
Please book directly with Hollie

**Roast Dinner at DRUM**
Two Course Lunch £5
On the last Friday of every month

Reading books and book tapes are kept on the shelves in the corridor and main hall. There is also a TV and games console available, board games and table tennis for our members to enjoy. Please just ask a member of staff.
DRUM is a small and local registered charity, not part of a nationwide organisation or a larger group. There is only one DRUM! DRUM receives some funding from Hertfordshire Adult Care Services, towards the salaries of our part time staff, however, the funding is the same as it was in 2006!

DRUM has to raise at least £60,000 a year to continue services at the current level. This amount would be double that if we paid everyone for the hours they actually work and without the help of our amazing team, our families, friends and the local community.

DRUM does not employ fundraising, catering, cleaning or caretaking staff, these jobs are all carried out by the team!

**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!

**Gary’s Bonus Ball – 50p**

It’s easy.....if you pick the winning number then you get half the money collected and the other half is donated to DRUM!

**Member’s Charges**

£8.50 full day (£4.50 mornings & £4 afternoons)
Lunch £3.50, Roast Dinner (last Friday of each month) £5.00
Stroke Support & Yoga Group (Wednesday afternoons) £5
£10 Annual Membership from August 2018 to July 2019
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. Telephone 0300 123 4042 or you can read and download fact sheets online at www.hertfordshire.gov.uk/directpayments

Blue Badge
A blue badge lets you park nearer to your destination if you’re disabled. You will get a badge if you are blind or severely sight impaired, you get Personal Independence Payment (PIP) “Moving Around”, higher rate of the mobility component of Disability Living Allowance, War Pensioners’ Mobility Supplement, benefit from the Armed Forces Compensation scheme. You might get a badge if you drive and have a severe disability in both arms, you have a permanent disability which means you can’t walk, or it’s very difficult to walk. Tel: Phone: 0300 123 4042 or apply online https://www.hertfordshire.gov.uk/services/adult-social-services

The Herts Home Improvement Agency provide home adaptations, such as stair lifts and access improvements, for people over 60 or all ages with a disability, to help them remain independent at home. They can give advice and help on home adaptations and disabled facilities grants to elderly, vulnerable and disabled people who own and live in their own property, privately rent or live in housing association accommodation. Tel: 01438 843467 or 01438 843948
Shopmobility Watford is a local charity which loans manual and battery powered wheelchairs and scooters to anyone with a mobility problem, permanent or temporary and gives users greater independence to do their own shopping, visit libraries, banks etc.

Shopmobility is based in Watford Town Centre, this service is FREE.
Tel: 01923 211020

Herts Help - a network of community organisations in Hertfordshire working together. They can help you find independent support, guidance and information you need to get the most out of life.
Tel: 0300 123 4044

You could be entitled to free or discounted home energy improvements through the Hertfordshire Warmer Homes scheme if you are over 75 or have a long term health condition, such as a respiratory disease.

Keeping warm is important for your health. Energy efficiency improvements like insulation will help you stay warm at home and reduce your energy bills.
Contact Herts Help for further information Tel: 0300 123 4044

Community Car Schemes provide a safe, reliable and affordable service for people that are unable to use public transport.

- Watford & Three Rivers Community Cars Tel: 01923 216964
- Hertsmere Community Transport Tel: 020 8207 5055
- Community Action Dacorum Tel: 01442 212888
- Royal Voluntary Service Car Scheme Tel: 01992 552 069
- Hertfordshire Action on Disability (HAD) Tel: 01707 375159
- Hertfordshire Dial-a-Ride Tel: 01992 556771
TEAM DRUM

DRUM Manager
Sarah Sullivan

Office Administrator
Gail Greenhalgh

Support Staff
Connie Sullivan
Wai Chan
Kirsty Meager
Louis Lennox

Accountant
Tony Dodd

Art & Crafts
Emma Shaw & Kathy Foster
Kate Hopker & Sue Barby
Joy Chambers

Yoga
Sharon Dodd
Jane Scoffhman
Anne Holden

Tai Chi
Francis Nwofor

Singing & Ukulele
Emily Capell

Dance
Michael Joseph (MJ)

Management Committee
Melody Mallet (Chair)
Mel Goman (Vice Chair)
Lilian Newman (Treasurer)
Keith Lovelock
Jean Smith
Gary Armstrong
Roger Holland
Yvette Denham
Martina Selby-Weatherly
Peter Wilkin
Michael Butcher
Anne McNamara

Volunteers
Lilian, Jean, Lin, Keith, Kate, Sam
Sam, Zoe, Samantha

Hair & Beauty
Hollie Greenhalgh

Massage & Reflexology
Joanne Vincent

Foot Care Specialist
Anita Wicks

Sport
Mark McManus
(Watford FC Community Trust)
**Dates for your Diary**

- **Friday 21**\(^{st}\) June: Paradise Wildlife Park **Book Now!**
- **Thursday 27**\(^{th}\) June: DRUM Closed for staff training
- **Tuesday 23**\(^{rd}\) July: Canal Boat Day Trip (DRUM Closed) **FULL**
- **Thursday 15**\(^{th}\) August: DRUM Closed 15\(^{th}\) – 21\(^{st}\) August
- **Thursday 22**\(^{nd}\) August: DRUM Open
- **Monday 26**\(^{th}\) August: Bank Holiday CLOSED
- **Wednesday 4**\(^{th}\) September: Tai Chi starting on a Wednesday morning
- **Tuesday 10**\(^{th}\) September: Day Trip to Southend **Book Now!**
- **Saturday 21**\(^{st}\) September: Open Day & Art Exhibition **Save the date!**
- **Saturday 12**\(^{th}\) October: 25\(^{th}\) Anniversary Tea Party **Book Now!**
- **Tuesday 15**\(^{th}\) October: 25\(^{th}\) Anniversary Celebration **RSVP Now!**
- **Saturday 23**\(^{rd}\) November: Christmas Fair, 12-3pm **Save the date!**
- **Saturday 14**\(^{th}\) December: Panto, Albans Arena, 2pm **Book Now!**
- **Friday 20**\(^{th}\) December: Christmas Dinner, 11.30-3pm **Save the date!**
- **Monday 22**\(^{nd}\) December: CLOSED CHRISTMAS & NEW YEAR
- **Monday 6**\(^{th}\) January: OPEN

Sharon is on annual leave Friday 23\(^{rd}\) August, so there is no yoga class during the afternoon.

There is no Stroke Support and Yoga group on the following dates:--
- Wednesday 14\(^{th}\) August & Wednesday 21\(^{st}\) August

**DRUM will be closed for the summer break on the following dates:**--
- Wednesday 14\(^{th}\), Thursday 15\(^{th}\) August, Friday 16\(^{th}\) August, Monday 19\(^{th}\) August, Tuesday 20\(^{th}\) August, Wednesday 21\(^{st}\) August.

We are open on Thursday 22\(^{nd}\) August.

Please check the DRUM notice boards, the DRUM website, Facebook and Twitter for regular updates on activities and events.

**Website**  www.drum.btck.co.uk
**Twitter**  @DRUM_Watford
**Facebook**  DRUM Watford
DRUM 25th Anniversary Tea Party
Saturday 12th October, 12.30pm

Name ___________________________________________________________

Number of people attending ________________ @ £5 per person

Total payment enclosed £_________Cash ☐ Chq ☐

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DRUM’s 25th Anniversary Celebration
Tuesday 15th October, 12.30pm

RSVP

Name ___________________________________________________________

I/we will ☐ will not ☐ be attending DRUM’s 25th Anniversary
Celebration on Tuesday 15th October, 12.30pm

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You can secure a place on many of our trips by paying a deposit and
then paying off the remaining balance weekly or monthly.
Full payment must be received 3 weeks before the event or trip.

Please make cheques payable to DRUM
Book Trips

Paradise Wildlife Park, Friday 21st June

Name(s) ____________________________________________

Do you require transport to DRUM in the morning? Yes ☐  No ☐
☐ Full Payment - Members @£30 & Carers @£15
I/We would like to order a packed lunch from DRUM @£5 each ☐

Total Payment Enclosed £__________________Cash ☐  Chq ☐

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Southend, Tuesday 10th September

Name(s) ____________________________________________

Do you require transport to DRUM in the morning? Yes ☐  No ☐
☐ Deposit @£15 per person  ☐ Full Payment @£33 per person

Total Payment Enclosed £__________________Cash ☐  Chq ☐
Lunch Menu (please ✓ your choice)
Battered  Cod ☐  Haddock ☐  Plaice ☐
Served with chips and either Mushy Peas ☐ Peas ☐ or Salad ☐
☐ Poached Salmon & Jacket Potato with Salad Garnish
☐ Quarter Pounder with Chips, Onion Rings and Salad Garnish
☐ Spicy Bean Burger (V) with Chips, Onion Rings and Salad Garnish
☐ Sausage, Chips & Baked Beans, served with Bread & Butter
☐ Veg Sausage, Chips & Baked Beans, served with Bread & Butter

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Christmas Panto, Saturday 14th December

Name(s) ____________________________________________

Do you require a FREE CARER TICKET? Yes ☐  No ☐
☐ Non-refundable Deposit @£10 per person (carer free)
☐ Full Payment @£25 per person (carer free)

Total Payment Enclosed £__________________Cash ☐  Chq ☐