

Day Trip to London

Tuesday 18th September

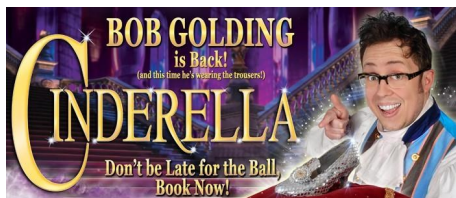


£43.00 per person

Coach to/from London, London Eye & Cruise along the Thames
Bring a packed lunch or grab a bite to eat when you're there

Cinderella Christmas Panto

St Albans Arena, 2pm, Saturday 8th December



Tickets are £24.50 and your carer goes FREE
Family and friends welcome

**BOOKING FORMS ARE AVAILABLE FROM THE DRUM OFFICE,
PINNED TO THE DRUM NOTICE BOARDS, OR YOU CAN
DOWNLOAD BOOKING FORMS ON THE DRUM WEBSITE**

www.drum.btck.co.uk

Spaces are limited so please book early to avoid disappointment.
You can secure your place with a £15 deposit and full payment is then
required 3 weeks before the event.



Disability Recreation Unity Movement

Registered Charity 1044836

Parkgate Community Centre, Southwold Road, Watford WD24 7DN

Congratulations to DRUM members Eileen and Robin Venn
who celebrated their 40th Wedding Anniversary in April.



Eileen & Robin treated all their
DRUM friends to a lovely meal at
our centre on 20th April and then
celebrated with family and friends
in Devon the week after.

Eileen & Robin had asked friends and family to make a
donation to DRUM, rather than give them anniversary gifts
and the grand total raised was **£1,640!**

Huge thanks to Eileen, Robin and all their family & friends for
their support and generosity.



Tel: 01923 442114

Email: drumwatford@btinternet.com

Web: www.drum.btck.co.uk

Twitter: @DRUM_Watford

DRUMBEAT is sponsored by Metro Printing, Watford



Members and carers enjoyed a great day out in May, with breakfast at Frankie & Benny's and ten pin bowling and lunch at Hollywood Bowl in Garston.



Thank you to everyone that came along and supported our Royal Wedding Party in May, we had well over 100 people at the centre! Everyone had a fantastic time and we raised **£651** for DRUM through our raffle on the day.

Huge thanks to the DRUM Team for all their hard work.

DRUMWORKS 2018

Saturday 15th September



Art Exhibition 12 - 5pm

DATES FOR YOUR DIARY

Tuesday 17th July	Canal Boat Trip (Centre Closed) TRIP FULL
Friday 10th August	CLOSED
Monday 13th August	CLOSED
Tuesday 14th August	CLOSED
Monday 27th August	Bank Holiday (Centre Closed)
Saturday 15th September	DRUM Art Exhibition & Open Day, 12-5pm
Tuesday 18th September	London Eye & Thames Cruise Book Now!
Saturday 24th November	DRUM Christmas Fair Save the date!
Saturday 8th December	Panto at St Albans Arena, 2pm Book Now!
Monday 17th December	Asda Fundraising Collection Volunteers Needed!
Thursday 20th December	Asda Fundraising Collection Volunteers Needed!
Friday 21st December	DRUM Christmas Lunch
Monday 24th December	DRUM Closed for Christmas & New Year
Thursday 3rd January	DRUM Open

PLEASE CHECK THE DRUM NOTICE BOARDS FOR NEW EVENTS

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

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. Based at Watford Town Centre, this service is FREE.

Tel: 01923 211020



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**



Thirty eight DRUM members, carers, staff and volunteers enjoyed a wonderful day in Southend in June. Great weather, great food and great company!



Thank you to Louis, Gary, Connie, Roger, Neil, Steve, Eileen and Robin, who collected **£340** at Asda in May.

Huge thanks to Annette and all at Trend Machinery & Cutting Tools (Odhams Trading Estate in Watford) who bought and delivered a beautiful dresser for our hall.



HUGE thanks to Ben Lampert (Barry's Son) who not only won his boxing match on 21st April but has raised an incredible amount of money for DRUM..... **£6,142**

Massive thanks to everyone that has supported Ben and this amazing event!

Huge thanks to the Rickmansworth Players, a local community performing arts group, who have been collecting for DRUM at their performances over the past year and raised **£1,725.77** for us!





Huge thanks to the Watford Palace Theatre Community Choir who performed at DRUM in June and helped us raise just over **£400**. Guests enjoyed a variety of songs including hits from the musical Oliver and food was provided by volunteers at DRUM. Thank you to everyone that supported this event.



Huge thanks to the Rotary Club of Watford who donated **£1,000** to DRUM at their President's Annual Dinner, at the end of June.

Twelve charities in total received a cheque on the night.

Huge thanks to Thrive Homes who donated **£500** to DRUM from their community grant scheme.

Huge thanks to Daryl and his team of volunteers from Thrive Homes who spent a day at DRUM painting our old patio furniture.



Volunteers from Trend Machinery will be at DRUM, from Friday 13th July, refurbishing our outside store room to make us a new workshop.

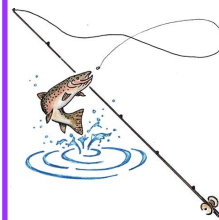
Huge thanks to Annette and her amazing staff at Trend.



Thank you to Carly at Hertfordshire Fire Service for arranging the OPALS event (Older Persons Activity Learning & Safety) at DRUM in June.

Guests received free safety help and advice from various different agencies including Herts Fire Service, Herts Police, Health Walks, Trading Standards, Age UK, Neighbourhood Watch and other local organisations.

Stroke
association



Communication Support Groups

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

Stroke Association Fishing Session

Tuesday 31st July, on the canal at World of Water, Hempstead Road, towards Kings Langley. This event is FREE and includes equipment but please take a packed lunch.

For further details on the communication groups, or to book for the fishing session, please contact Laura McGregor at the Stroke Association Tel: 01923 232309

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. Tel: 01992 556771

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

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 and register.

<https://www.coop.co.uk/membership>

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.

Smartie Challenge

We give you a tube of Smarties, you eat them, empty the tube and then fill the empty tube with either £1 or 20p coins and return the full tube of coins to DRUM. This is also a great fundraising idea for your kids and grandchildren!



DRUM offers voluntary opportunities to local people, work experience placements to schools and colleges and community projects to organisations such as NCS and the Prince's Trust. **Get involved!**

Huge thanks to Gary Armstrong who completed a twelve hour sponsored bird-watching and photography event to raise money for DRUM.

Gary hopes to beat his target of **£400** and there is still time to sponsor Gary, if you haven't already done so!



Some of our member's new art work was on display at the Arts and Heritage Event, held by W3RT, at the Holywell Community Centre in June.

We can safely say that everyone was extremely impressed, including the Lord Lieutenant of Hertfordshire!

Huge congratulations to Hollie and Andy on their recent engagement!

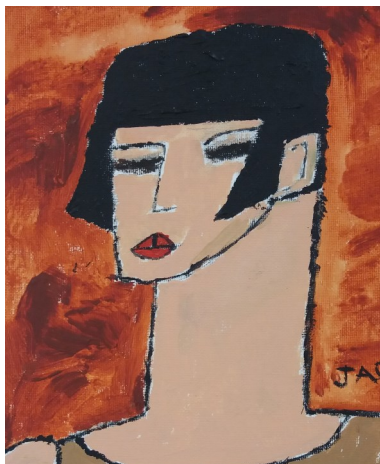
Huge thanks to the Archer Trust, who have given DRUM a grant of **£1,500** towards activities.

Thank you for your continued support again.

Huge thanks to the family of DRUM member Eddie Donnelly, who sadly passed away at the beginning of this year, who have donated **£1,000** to DRUM in his memory.



Many thanks to everyone that has returned a Smartie tube or jam jar full of money to DRUM. Well done and please keep them coming!



Art & Crafts

Creative classes are held every morning at DRUM, on a Monday, Tuesday, Thursday and Friday, from 10am-12pm.

All materials are provided and no previous experience is necessary.

Our current project is inspired by the 1960's and will be exhibited at DRUM on **Saturday 15th September, 12-5pm.**



Dance

Our six week dance workshops, led by MJ, will be returning to DRUM again in September.

Sessions are held on a Tuesday morning from 10.30am-12pm.

Gardening

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

Thank you to Kate, our new volunteer, who has donated this wonderful bike for the patio. Look out for her brick buildings and books, they are amazing!



Coming soon...

Basic carpentry and furniture upcycling at DRUM, in our newly refurbished workshop!

Please send in any unwanted furniture that you may have at home.

We are also looking for volunteers to help run these sessions.



★ TEAM DRUM ★

DRUM Manager

Sarah Sullivan

Office Administrator

Gail Greenhalgh

Support Staff

Connie Sullivan

Wai Chan

Kirsty Meager

Support Assistant

Louis Lennox

Assistants (Holiday Cover)

Megan Walsh

Erin Potter

Accountant

Tony Dodd

Art Tutors

Emma Shaw & Kathy Foster

Yoga Tutors

Sharon Dodd & Jane Scoffhman

Tia Chi

Francis Nwofor

DRUM Management Committee

Melody Mallet (Chair)

Mel Goman (Vice Chair)

Lilian Newman (Treasurer)

Keith Lovelock, Jean Smith

Gary Armstrong, Roger Holland

Yvette Denham

Volunteers

Linda, Anne, Sharon, Beverly

Zoe, Samantha & Kate

Hair & Beauty

Hollie Greenhalgh

Dance

Michael Joseph

Massage & Reflexology

Joanne Vincent

Chiropodist

Neil Spicer

Sport

Mark McManus

(Watford FC Community Trust)

We are currently seeking new committee members, due to the retirement of two long serving trustees. The committee meet four to six times a year, usually on a Tuesday morning at DRUM. If any members are interested in joining the DRUM Management Committee, or want more information, please speak to Sarah. Next meeting TUESDAY 31ST JULY, 10.30AM



DRUM receives some funding from Hertfordshire Adult Care Services towards the salaries of our staff however, this funding doesn't cover all the part time salaries and is the same as it was in 2006.....no, we don't understand it either! So, DRUM has to raise at least **£60,000** a year ourselves to retain services at the current level. This figure would be double that amount if not for all the unpaid hours, hard work and dedication put in by our staff and all the support we receive from our wonderful volunteers, tutors, families, friends and the local community.

DRUM does not employ cleaning, caretaking, catering, marketing or fundraising staff, these duties are all carried out by the team on a voluntary basis.

DRUM Annual Membership

Annual Membership for August 2018 – July 2019, is now due.

The annual membership fee is just £10 a year. Please make your payment to the DRUM office, cheques should be made payable to DRUM.

Can all members please also ensure that they have an up-to-date DRUM Membership & Medical Form and that we are informed immediately of any changes to this.

DRUM Daily Charges

Mornings £4.50 & Afternoons £4.00 (£8.50 for a full day)

This includes refreshments, activities and any art materials

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 Adult Care Services, for services at DRUM.

Please speak to the DRUM office for further details.



Yoga

Our yoga sessions are held Monday, Tuesday (with Jane) and Friday (with Sharon) from 1.15pm-2.45pm.

Tai Chi

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

There is no Tai Chi from 26th July for 4 weeks. Please check the notice board for an alternative activity.



Stroke Support Group

A friendly support and yoga group for stroke survivors and their carers, Wednesday afternoons from 1-3pm at DRUM.

Pop in for a tea/coffee and chat, followed by yoga session with Sharon.



Board games, playing cards, table tennis, indoor bowls, Xbox and Play Station games are available for our members to enjoy at DRUM.

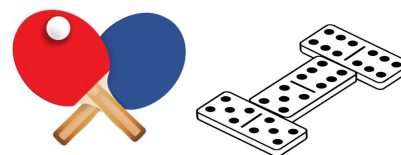
Please just ask a member of our team who will be happy to get them out for you.

Inclusive Sport

Sessions are led by Mark, from the Watford FC Community Trust and include activities such as football, handball, indoor bowls, table tennis. Sessions are held every Friday 11am.

Please note - all DRUM members can access any of our services, any day of the week, it doesn't matter which day or afternoon you usually attend, especially if you have your own transport.

Meet new people, try something new!





Chiropodist at DRUM

Special rates for DRUM members & carers

Neil will be in DRUM on the following days:-

Tuesday 7th August, Friday 7th September,
Tuesday 2nd October, Friday 2nd November,
Tuesday 4th December.

Massage at DRUM

Special rates for DRUM members & carers

Enjoy a Holistic Massage or Reflexology with Jo Vincent, at DRUM on a Friday morning.

Jo is in on the following days:-

Friday 20th July, 3rd & 17th August, 14th & 28th September, 12th & 19th October.

Roast Dinner at DRUM

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

Hairdressing at DRUM

Special rates for DRUM members & carers

From a relaxing hair wash & blow dry to award-winning haircuts, colouring services, semi permanent eyelash extensions/infills, facial hair removal, eyebrow shaping, gel nails and extensions.

Please check available dates with Hollie and PRE-BOOK your appointment in advance with her.

Shopping at Asda

The DRUM minibus goes to Asda, from DRUM, on a Thursday afternoon at 1.15pm and returns before 3pm.



DRUM SUMMER CLOSURE

As we only have a small team of part time staff and everyone needs a holiday, **DRUM will be CLOSED for THREE days on Friday 10th, Monday 13th and Tuesday 14th August.**

As Wai is on holiday, there is no DRUM minibus transport on Thursday 9th, Friday 10th August, Thursday 16th and Friday 17th August.

There is no Asda shopping trip on Thursday 9th & 16th August.



We are looking for volunteers to drive the DRUM minibus and transport our members to and from the DRUM centre on a Monday and/or a Tuesday.

Hours are 8.45am-10am & 2.45pm-4pm.

Please get in touch with Sarah if you can help Tel: 01923 442114

DRUM Gardening & Patio Project



Do you have any old bricks at home, broken or whole, or large pebbles you don't want, for us to decorate?

We are also looking for an old wheelbarrow to paint.

