

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

DRUM is supported by Metro Printing of Watford



Thank you to everyone that came along and supported our art exhibition and open days in September.

Congratulations to everyone that took part in the art project, your work was amazing.

Huge thanks to Team DRUM for all their hard work. These events take a lot of extra time to prepare, set up and take down!

Huge thanks to Andy O'Brien at Metro for printing our exhibition posters and lovely art brochure.

We raised over £1,000 for DRUM.

You can view a video of the exhibition and also download the brochure on the DRUM website www.drum.btck.co.uk

Thank you to Raz and Shak at Mustr for doing the video.



Thank you to Hollie and everyone that attended our DRUM & McMillian Coffee Morning at the beginning of October.

We raised just over £320.



News...



Huge thanks to Ross Goman and everyone at the On The Run Scooter Club of Watford who raised just over £900 for DRUM at their end of season party, at the Ex Serviceman Club in Watford on 7th October.



Huge thanks to Annette at Trend Machinery & Cutting Tools Ltd who has donated £500 to DRUM.

Trend has also chosen DRUM as their next community project and will be building us some new cupboards and screens for the main hall. They are also refurbishing our outside store room to provide a workshop for carpentry, furniture restoring and craft activities early next year!

Toby Carvery, Aldenham

Friday 16th February, 12.30-3pm

Join us for a two course lunch to celebrate Roger's 70th Birthday, at the Toby Carvery on Friday 16th February. £11 per person, buy your own drinks from the bar.

DRUM will be open as usual in the morning, no yoga in the afternoon. Booking slip on page 15.



Get Creative 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 experience is necessary.

Our new art project is inspired by the 60's.

NEW – Still Life Drawing Workshops

Kathy will be holding new Still Life Art Workshops at DRUM on a Tuesday morning. These classes are in addition to our usual art sessions with Emma on a Tuesday morning, held 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, using ordinary objects around us as a subject.

The first workshop will start on 14th November for 6 weeks but there will be more workshops next year, so that all members can attend if they wish.

Please register your interest by completing the slip on page 15.



Inclusive Dance

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

Our next Dance workshop will be in Jan/Feb 2018.

Get Active 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.

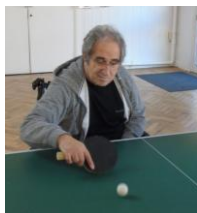
Stroke Support & Yoga Group

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

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



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.



Chiropodist

Neil will be in DRUM on the following days:

Friday 10th November, Tuesday 12th December, Friday 5th January.

NEW! Massage

Enjoy a massage at DRUM on a Friday morning, twice a month, with Jo Vincent. The cost is just £15 per session.

Jo will be in DRUM on the following dates:

Friday 17th November, 1st December, 12th & 26th January, 9th and 23rd February, 16th March.

Please book through the DRUM office.

NEW! Roast Dinner at DRUM



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

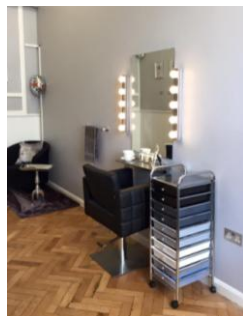
Friday 24th November, Friday 26th January, Friday 23rd February, Friday 23rd March....and so on!

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 carers.
Book with Hollie at DRUM.



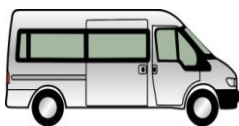
Stroke Communication Group



A communication group run by the Stroke Association, on a Thursday morning, based around communication for those with aphasia following a stroke.

Please contact Sarah at DRUM for further details.

Transport



Transport to and from DRUM may be available through DRUM or Hertfordshire Dial-a-Ride, subject to availability.

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, Please remember, if you are not coming in to DRUM you must cancel your DAR transport through the DAR Office.

Dial-a-Ride on Tel: 01992 556771



Christmas Events



DRUM Christmas Fair

Saturday 18th November, 12pm-4pm

On sale - refreshments, DRUM Christmas cards, DRUM 2018 calendars, Christmas crafts, gifts & decorations.



Intu Charity Christmas Wrapping Stall

Monday 11th December, 10am-9pm

We need lots of volunteers to help us wrap gifts for a donation to DRUM.

Christmas Party at the Blue Check Restaurant

Tuesday 12th December, 7.15pm



Join us for a three course meal, including wine and entertainment. Families & friends are welcome! £27.50 per person, book on page 13.

Christmas Panto, Aladdin - Alban Arena

Saturday 16th December, 10.30am

Meet in the theatre foyer at 10am

Christmas Fundraising Lunch at DRUM

Friday 22nd December, 11.30am

£15 per person, includes a home-cooked three course lunch.

Booking slip and menu on page 13.

All proceeds to DRUM



DRUM Christmas Fair

Saturday 18th November, 12-4pm

NEW for Christmas 2017!



Our new and exclusive DRUM Christmas fundraising items will be on sale from 18th November.

Our 'Dachshund through the snow' design is available as a Christmas card, mug, cotton bag, Christmas tops and t-shirts.

Artwork by Gary Armstrong.

You can pre-order your Dachshund tops on page 15.

NEW DRUM Christmas Cards



We have five new and exclusive DRUM Christmas cards, featuring artwork by Yvonne Dunkerton, Judy Green, Gary Armstrong and Darren Latham.



The cards are available in packs of 10, 2 of each design and will be on sale at our Christmas Fair on 18th November.



NEW DRUM Calendars

Our new calendars, featuring artwork from our art project Colours of India, will be on sale from Saturday 18th November.

All profits to DRUM.

A huge thank you to Andy at Metro Printing and Simon at Millpress for their help and support with our fundraising items.

Fundraising



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

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 staff salaries however, we still has to raise at least **£50,000** a year ourselves.

This figure would be considerably 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.

Please buy DRUM Christmas cards, a Christmas top, mug and calendar, as all the profits raised go back in to DRUM, providing services for our disabled members.

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.



DRUM Bonus Ball – 50p

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

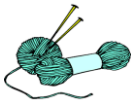
Volunteers & Donations Needed



We need donations for our Christmas fair on Saturday 18th November.

We need donations of Christmas sweets, chocolates, raffle prizes and unwanted gifts, also items for Christmas hampers.

If you can bake, we need homemade cakes to sell at the fair and also Christmas cakes and puddings.



If you can knit, sew or crochet, we need Christmas crafts to sell. Thank you for all your help and support.



Volunteers are needed to help wrap customer's gifts at the Intu Charity Wrapping Stall on Monday 11th December from 10am-9pm. If you can help for an hour of two then please complete the slip on page 13.

Volunteers are also needed to help with public collections at Asda Watford on Tuesday 5th and 12th December, from 10am-3pm.



DRUM has been invited to have a promotional stall and collection bucket at Vicarage Road for the Watford/Spurs game on Saturday 2nd December. We need to be at the stadium for 10.30am.

If anyone is interested in coming along to volunteer and help promote DRUM, we also have a limited number of tickets for the game, please speak to Sarah as soon as possible.



DRUM will also be running the Fundraising Sausage Sizzle stall at Bunnings in Hemel on Sunday 26th November, from 9am-4.30pm.

If you can help for an hour or two then please speak to Sarah.

DRUM Annual 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.

Forms can be downloaded from the DRUM web site www.drum.btck.co.uk or copies are available from Gail.

DRUM Daily Charges

Mornings £4.50 & Afternoons £4.00

Lunch (optional) £3.50, Roast Dinner (once a month) £5.00



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

POhWER delivers information, advice, support and advocacy services throughout England.

POhWER
advocacy, making your voice heard

Their aim is to support people who face difficult issues and want to make their voice heard.

All POhWER's services are free, independent and confidential.

Telephone: 0300 456 2370

Email: pohwer@pohwer.net



Do you need your oven professionally cleaned before Christmas?

Call Steve O'Neill on 07920 233647

Dates for your diary...

Friday 10 th November	Chiropodist
Tuesday 14 th November	Start of 6 week Still Life Workshop Book now!
Friday 17 th November	Massage 10am-2pm
Saturday 18 th November	DRUM Christmas Fair Donations needed!
Sunday 26 th November	Fundraising at Bunnings Volunteers needed!
Friday 1 st December	Massage 10am-2pm
Saturday 2 nd December	WFC 10.30am Volunteers needed!
Tuesday 5 th December	Public collection at Asda Volunteers needed!
Monday 11 th December	Intu Wrapping Stall Volunteers needed!
Tuesday 12 th December	Chiropodist
Tuesday 12 th December	Public collection at Asda Volunteers needed!
Tuesday 12 th December	Christmas Party Blue Check Book now!
Saturday 16 th December	Aladdin Panto, Albans Arena 10.30am Sold out
Friday 22 nd December	Christmas Lunch at DRUM Book now!
Monday 25 th December	DRUM Closed all week
Tuesday 2 nd January	DRUM Open
Friday 5 th January	Chiropodist
Friday 12 th January	Massage 10am-2pm
Friday 26 th January	Massage 10am-2pm
Friday 16 th February	Toby Carvery Lunch, Roger's 70th Book now!

Refreshments

Please don't forget to donate to our stock of teabags, coffee, sugar, squash and biscuits every now and again, as we do not charge for refreshments. If you can't get to the shops then please donate a pound or two.



Please don't forget to check the DRUM notice boards (in the corridor) for new events and information. You can also add us on Facebook, follow us on Twitter @DRUM_Watford or check out the DRUM web site www.drum.btck.co.uk

Return Slips...

Intu Wrapping Stall, Monday 11th December

Name _____

I can help on the Charity Christmas Wrapping Stall from:-

10-11.30am 11.30-1pm 1-2.30pm 2.30-4pm

4-5.30pm 5.30-7pm 7-9pm

Other From _____ to _____

Blue Check, Tuesday 12th December, 7.15pm

Name _____ Number of people _____

Enclosed Full Amount @£27.50 per person

Total Amount Enclosed £ _____ Cash Chq

Christmas Dinner at DRUM, 22nd December

Name (s) _____

Full Amount Enclosed @£15pp Total _____ Cash Chq

Please chose your starter, main and dessert from the menu below

Starter

Leek & Potato Soup x _____ Pate x _____ Prawn Cocktail x _____

Main

Roast Turkey & Gammon x _____ Onion Tart (Veg) x _____

Served with all the trimmings!

Dessert

Christmas Pudding x _____ Mince Pies x _____ Cheesecake x _____

Served with cream, custard or ice-cream

PLEASE MAKE CHEQUES PAYABLE TO DRUM

Return Slips...

Still Life Art Workshops, Tuesday Mornings

Name _____

I would like to put my name forward for the Tuesday morning Still Life Workshops starting Tuesday 14th November, for 6 weeks.



Pre-order your Christmas Tops

Dachshund through the snow...

Name _____

Adult White Long Sleeve Cotton Top £16

- S 38-40 M 40-42 L 42-44 XL 44-46
 2XL 46-48 3XL 50-52 4XL 52-54

Adult White Classic T-Shirt £14

- XS 36-38 S 38-40 M 40-42 L 42-44 XL 44-46
 2XL 46-48 3XL 50-52 4XL 52-54 5XL 54-56 6XL 56-58

Kids White Classic T-Shirt £11

- 2 Yrs 22-24 3/4 yrs 24-26 5/6 yrs 26-28 7/8 yrs 28-30
 9/10 yrs 30-32 11/13 yrs 32-34

Total Enclosed £ _____ Cash Cheque

Toby Carvery, Friday 16th February 2018

Name (s) _____

Full Amount Enclosed @£11pp Total _____ Cash Chq

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

Do you require transport home from the Toby Carvery? Yes No

PLEASE MAKE CHEQUES PAYABLE TO DRUM

