DRUM’s 25th Anniversary Fundraising Tea Party
£5, all proceeds to DRUM
Saturday 12th October
12 - 4pm

25th Anniversary Celebration Buffet
Tuesday 15th October
12-3pm

Disability Recreation Unity Movement - Registered Charity 1044836
Parkgate Community Centre, Southwold Road, Watford WD24 7DN
Tel: 01923 442114   Email: drumwatford@btinternet.com
Twitter: @DRUM_Watford   Web: www.drum.btck.co.uk
How did it all start?
Disability Recreation Unity Movement was started by a small group of like-minded and disabled volunteers 25 years ago. The group wanted to improve local resources for people with physical disabilities, as there was nothing else in the area at that time. DRUM became a registered charity on 15th October 1994. After receiving funding from Hertfordshire Adult Care Services, DRUM moved in to the Balmoral Centre in Clive Way, Watford.

DRUM employed a part time co-ordinator and one support worker. Two weekly sessions were run from the Balmoral Centre on a Friday and Saturday, offering art and yoga. A further two sessions were then opened at Centre Point Community Centre in Watford and Organ Hall in Borehamwood. Some of the original members still attend DRUM, like Eileen and Robin and others, Anne McNamara and Neil have been attending since the Balmoral Centre.

2005 Balmoral Centre, DRUM Open day…. spot the faces! (Eileen, Hollie and Connie)

The year we left Balmoral, in the summer of 2006, hundreds of wild poppies appeared and smothered the redundant vegetable gardens.
We are extremely lucky to have a fantastic team here at DRUM. Most of whom have been with us a very long time. Our longest serving are Emma, our art tutor, and Sarah, who have been with us for about 19 years! Gail joined DRUM about 16 years ago and it’s amazing to have watched all their children grow up. Even more amazing is that all the kids are still popping in on a regular basis, or are part of the team themselves now. Connie has worked with us since she was 16 and a regular volunteer since 14. Hollie’s hub opened 4 years ago. Kirsty joined DRUM about 7 years ago and Emma Port originally started with us as a volunteer, when she was just 17. Tutors Kathy, Sharon and Jane have all been with DRUM over 10 years and even Francis, our most recent tutor, has been involved for 6 years!

We couldn’t do without our amazing volunteers and, as with everyone else, many have a long history at DRUM. Anne Holden has been a regular volunteer since her daughter, Emma, who was a DRUM member, sadly passed away. Same with Jean and Lin, as their late husbands, Ernie and Den, were also long-term members. Keith’s daughter, Claire, attended DRUM for many years before she moved and Lilian has been a volunteer for about 13 years. Obviously lots of other great staff and volunteers have come and gone but we are incredibly fortunate to have such a loyal, dedicated and ‘award-winning’ team!

**Watford Audentior 2005 Charitable Group Award ***
**Hertfordshire Care Providers 2011 Care Team of the Year Award ***
**Great British Care Awards 2012 Care Team of the Region Finalist ***
**Watford Audentior 2012 Charitable Group Award ***
**Hertfordshire Care Providers 2015 Sarah Sullivan Inspirational Care Leader Award ***
**Watford Audentior 2016 Lewington Price Disability Award ***
**Hertfordshire Care Providers 2016 Care Innovation Award Finalist ***
**Heart Hertfordshire 2016 Community Award Finalist ***
In 2006 the Balmoral Centre closed and DRUM relocated to Parkgate Community Centre in Southwold Road. This was a real turning point for DRUM. DRUM started running all four sessions from Parkgate Community Centre. This was easier for transport, more cost effective and better for our staff. Also, all the members were able to get to know one another, which they preferred. Slowly, DRUM increased the art and community events and introduced work experience placements to local schools, West Herts College and local youth projects. This helped DRUM raise its profile in the local community and more volunteers joined. Many of the young students stayed on at DRUM as volunteers. With more volunteers, DRUM was able to increase services and the improvements encouraged more members to join. There was also an increase in the number of younger members joining DRUM. With more volunteers and more members, DRUM saw an increase in the amount of help received from families, friends and the local community.
The Watford & Three River’s Dragons’ Apprentice Challenge introduced DRUM to new schools and new businesses. Some of the Dragon’s continued to support DRUM after their fundraising projects were finished. The Challenge has raised over £20,000 for DRUM.

Parkgate Community Centre was built in 1933 as an annex building to Parkgate School. The building, owned by Hertfordshire County Council, was passed over for community use in 1984, when a new infants school was built in Northfield Gardens.

DRUM moved into the building in August 2006, after the closure of the Balmoral Centre, sharing facilities with other groups. Let's just say that things didn't really go as originally promised......

Seven years later, DRUM took over the building.

After several letters, a few meetings, lots of arguments and loads of determination from our staff, HCC finally agreed to carry out the work desperately needed to the exterior of the building. The guttering was falling down, there was Asbestos in some of the walls, no insulation and the roof and ceilings had large holes, which were causing lots of damage to areas inside the building.

DRUM had to carry out and fund the internal refurbishment, which was a huge job for a small charity and not as easy as it sounds! Luckily, we are a determined bunch and nothing was going to stop us from achieving our dream.

The internal refurbishment originally began in 2013, when the Prince's Trust redecorated the DRUM office and art room. The young people spent over two weeks removing layers of paint from the wood panelling. They raised funds through bag-packing at local supermarkets. New carpets were donated by Alan at Clements, who had worked with DRUM on the Dragons’ Apprentice.

Most of the decorating materials were donated by Sean at Travis Perkins, who was also a Dragon.

In 2014 DRUM received a donation from Nick Denham at MyNews and we began work on the toilets.

Our friend Lee Denham arrived at DRUM for two weeks and stayed for many months!

The two toilet blocks were ripped out to form four new cubicles, two of which are now wheelchair accessible.

All the tiles and tiling materials were donated to DRUM by Décor Tiles and new flooring was donated by Clements.
The toilet materials were provided by Sean, at TP and all the disability aids were funded by Councillor Steve O’Brien, through his Locality Budget Scheme.

At the beginning of 2015, Herts County Council began work on the new roof.

In February 2015 we took out the old disabled toilet and when some of the wall accidentally smashed the old cooker next door, we decided to carry on and get the kitchen done!

Sarah designed the kitchen (it was only a few feet out) and Sean introduced us to Benchmarx Kitchens, who agreed to support our project. The cream units, originally chosen, were changed to olive (an executive decision by Sarah and Gail in the shop at the last minute) and our new kitchen arrived a week later.........an entire Luton van FULL to the brim!

There stood Sarah and Lee (and an old trolley) totally overwhelmed by the amount of boxes. So, with help from Francis (dressed in Tai outfit and Crocs) we spent most of the evening shifting everything from the van in to the dining room.

A temporary kitchen (made out of old kitchen cupboards and an electric ring) was set up and we lived on soup for the next 3 weeks!

With lots of hard work by Lee and a further donation of tiles from Décor, our once horrible and tiny kitchen was totally transformed.

With the money saved from withholding rent to the old Parkgate Committee (that’s another story) and money passed back to DRUM when the old committee left the building (don’t ask), DRUM funded new UPVC windows for the whole building.

In March we started redesigning the art room, installing new double doors (and taking down and putting up the odd wall) providing more space and better access.
In May 2015, after a surprise donation from Jamie & Viv Hooper, from the Bert and Sarah Hooper Trust, we had new safety flooring laid in the art and dining room. This was a huge job, again, supported by Clements.

We then started on the main hall. “Let’s have a decorating day”, says Sarah. So, thirty volunteers arrived one Saturday morning, armed with electric sanders. Six hours later, it was obvious that we weren’t going to redecorate the hall in a day!

Two weeks later…. Sarah’s brother Tim had finished decorating the Hall!
Three floor sanders later, (two hoovers later) and hours and hours of hard labour, we finally finished re-sanding and varnishing the Parquet floors. Apparently 80+ years of paint and varnish is very hard to remove! Staff and volunteers worked late in the evenings and over the weekends, for many weeks, cleaning the centre and painting. After a plea on Facebook and a call from our mate Sean, three lovely men arrived and erected a new wall, over a weekend, to form our new hairdressing salon.

We then closed DRUM for a week (yes, we had remained open throughout everything else) and staff and volunteers spent a week finishing off. Hours and hours of filling, sanding and painting walls, sanding and varnishing woodwork, cleaning, putting up shelves and moving furniture (from one room to another on a daily basis) was finally all coming together.
We’ve continued to make improvements. Young people from the Watford FC Trust, on the National Citizen Service, built raised beds for the patio.

New sheds and patio furniture was funded by Councillor Steve O’Brien. The patio pond was built with money donated in memory of DRUM member Ed Donnelly.

Volunteers from the Cream Tea Brigade painted, Tim hung the wall mural, Watford Rotary funded the therapy bed and Charlie, from Parkgate School, laid the new flooring.

Our latest project, also funded by Watford Rotary, is a covered pergola on the patio area.

With a small grant from Watford Council, we added more sheds, cleared out the old brick toilet block and started work on a new woodwork room. Rights Windows put a new door on the woodwork room and another local business, TREND Machinery, fitted work benches. They also put glass in the doors to enable more light in to the room. TREND also bought us a beautiful pine dresser for the main hall and built us some portable screens. As with all our ideas, the new Therapy room was also a community project.
We’ve had a lot of fantastic support from so many people and many that ignored us!

Sadly, some of our original gang never did get to see the results but they will always be remembered for their encouragement, especially Rose (Sarah’s Mum), Sheila Jones and Steve O’Brien, who sadly passed away.

We’ve got an unsettled period ahead, with changes to funding. Our historical funding contract, with Herts Adult Care Services, runs out at the end of March 2020. All groups, currently receiving funding or any groups requiring funding, will have to apply for new funding. We will keep everyone updated with this.

We are strong, we are dedicated, we are determined and we deliver a bloody fantastic service that disabled members and their carers want.

Happy 25th Anniversary DRUM!

Below - Finished kitchen and disabled toilet
NEWS FROM DRUM

Paradise Wildlife Park

So what do you do with yourself on one of the hottest days of the year...... pool party and Pimms at DRUM!

Huge congratulations to Beverly Ashdown, Watford Asda Store, who won the Asda ‘Community Hero of the Year ‘ Award. Well done Bev!

Bev and Chris from Asda Watford, presenting a local impact Christmas Grant of £400 to DRUM in August - thank you for your continued support.

Our annual trip along the Grand Union Canal with the fantastic Waterways Experience.
We’ve come a long way in 25 years. Our Stroke Support Group, on a Wednesday afternoon, was originally started four years ago with Sarah, Sharon and Dave running it as volunteers. In September we opened on a Wednesday morning for the first time. Francis is back with us on a Wednesday morning, for Tai Chi and we also have crafts in the art room. Refreshments are available from 9am and a light lunch is available before we finish at 12.30pm, ready for the afternoon stroke group.

Congratulations to TEAM DRUM who are one of three finalists in this year’s Watford Audentior Awards, Carers Category. This award recognises the selfless carers who have gone above and beyond to help others - whether as part of their job, as a volunteer or as a family member looking after a loved one. The winner will be announced at the awards night on 11th October. Good luck to all the finalists. Good luck to TEAM DRUM!

Huge thanks to everyone that supported our annual open day and art exhibition on 21st September. We raised £1,850 on the day. Huge thanks to TEAM DRUM for all their hard work!

Huge thanks to Andrew O’Brien at Metroprinting for our fantastic new sails, pop up banners, leaflets and exhibition art brochures. Andy also prints our DRUMBEAT, so thank you for all your support.
Members and carers enjoyed a lovely day out in Southend, on 10th September and the weather stayed fine!

High blood pressure often has no symptoms but is the biggest risk factor for stroke. Thank you to the Laura and Gemma, from the Stroke Association who held a ‘Know your Blood Pressure Event’ at DRUM in September.

Huge thanks to the Halsey Masonic Hall for their kind donation of £750, raised at their St George's Day Charity Lunch earlier this year.

Huge congratulations to Ken who, following his Stroke, walked around the Rickmansworth Aquadrome (at least half way without his stick) and raised just over £1,100 in sponsorship money for DRUM. What an amazing achievement!

DRUM will be closed on Thursday 10th October, as the building is being used for polling, for local elections.
GET CREATIVE AT DRUM

ART & CRAFTS

Our art sessions are held every morning at DRUM, between 10am-12pm, Monday to Friday.

Activities include drawing, painting, crafts, textiles and ceramics. No experience is necessary and all the art materials are provided.

NEW

Card Making & Crafts

Wednesday mornings
10am-12pm

Woodwork & Gardening

activities take place in the workshop and on the patio area daily.
GET ACTIVE AT DRUM

YOGA can be so beneficial for everyone, especially if you have a disability or chronic health condition, through both the physical postures and breathing work. Each pose can be modified or adapted to meet the needs of our members and can be performed whilst seated in a chair or in a wheelchair. Our yoga classes are led by experienced tutors, Jane and Sharon and are held on a Monday, Tuesday and Friday afternoon.

STROKE SUPPORT & YOGA

Our friendly and caring support group provides an opportunity for stroke survivors and their carers to meet others in a similar situation. Our yoga session is specifically aimed at improving cognitive skills and functioning, mobility and co-ordination following a stroke.

NEW Tai Chi Wednesdays 10.30am - 12pm
Carers may join in the sessions for free!

NEW Dance Fridays 10.30am
From 25th October for 6 weeks
Carers may join in the sessions for free!

Table Tennis available daily
OTHER SERVICES AT DRUM

HAIR DRESSER
Hollie’s Hair Styling and Beauty Hub is open on a Monday, Tuesday, Thursday and Friday. Appointments must be booked in advance with Hollie.

MASSAUSSE
Massage and Reflexology with Joanne Vincent.
Available every other Friday at DRUM.

CHIROPODIST
Our foot care specialist, Anita, is at DRUM on the first and last Tuesday of each month.

Lunch
A hot lunch is available Monday, Tuesday, Thursday and Friday for £3.50, or member’s can bring their own lunch.
On a Wednesday lunchtime we offer a light lunch, usually rolls and often a bacon, sausage and egg sandwich!

Breakfast
Toast and Jam is available any morning at DRUM £1.50

Roast Dinner
Roast dinner and pudding, available on the last Friday of every month £5.
DRUM Christmas Fair
Saturday 23rd November, 12-3pm
DRUM Christmas Cards & 2020 Calendars
Handmade Christmas Decorations, Crafts & Gifts
Refreshments and Raffle

Volunteers Needed for the Intu Charity Gift Wrapping Stall on Monday 16th December between 9am-8pm.
We need volunteers to wrap Christmas gifts to raise money for DRUM. Can you spare a hour or two?

Design a Christmas Card for DRUM and the Mayor of Watford. Entries must be in before the end of October.
One design will be used for a new DRUM Christmas card and another by Watford Mayor Peter Taylor.

Volunteers Needed for fundraising at Asda Watford, between 10am-4pm, on Friday 5th December and Monday 23rd December. DRUM is closed on 23rd December but we can still arrange Dial-a-Ride transport for members that can help. Can you spare an hour or two?

Donations Needed for our Christmas fundraising at DRUM. We need bottles of wine and spirits, unwanted gifts, handmade crafts, sweets (chocolate raisins, Maltesers, marshmallows) and cakes, for our Christmas Fair on Saturday 23rd November. Thank you for your support.
Christmas Panto
Saturday 14th December, 2pm at Albans Arena
£25, your carer goes FREE

Don’t miss this year’s spectacular family pantomime, Sleeping Beauty. Starring RITA SIMONS (EastEnders’ Roxy Mitchell) and children’s favourite ANDY DAY (CBeebies). The show will also star local legend, Bob Golding, back in a dress!

Please reserve your tickets by 11th October. Friends and families welcome!

---

DRUM Christmas Dinner
Friday 20th December, 11.30am-3pm
Three Course Lunch £15 - All proceeds to DRUM
Leek and Potato Soup, Pate or Prawn Cocktail
***
Roast Turkey, Gammon, Pigs in Blankets and Stuffing or Vegetarian Roast
Served with Roast Potatoes and Vegetables
***
Christmas Pudding, Mince Pies or Toffee Pudding
Served with Cream, Custard or Ice Cream

---

DRUM will be closed from Monday 23rd December, for the Christmas and New Year break and open again on Monday 6th January. Fundraising at Asda on Monday 23rd December.
CATCH UP

Huge congratulations to our lovely Hollie, and her husband Andy, who married in August.

Welcome back to Emma, who joined DRUM in August as a Support Worker.
Emma first came to DRUM as a volunteer, aged 17 and then worked with us as an Activities Assistant.

Congratulations to Paul, who celebrated his 96th birthday in September!

DATES FOR YOUR DIARY

8th October       Committee Meeting (11am)
10th October      DRUM Closed (Local Elections)
11th October      No Yoga (Sharon off)
11th October      Reserve your panto tickets Last chance for seats!
12th October      25th Fundraising Tea Party 12pm-4pm Book now!
15th October      25th Fundraising Buffet, 12pm-3pm Join us!
25th October      Dance back at DRUM (for the next 6 weeks)
5th December      Asda Fundraising - Volunteers needed!
14th December     Panto, Albans Arena 2pm
16th December     Intu Gift Wrapping Stall - Volunteers needed
23rd December     Closed, Asda Fundraising - Volunteers needed
6th January       DRUM Open
BOOKING FORMS - Please return to the DRUM office

Fundraising Tea Party - 12th October 12-4pm
Name ___________________________________________
Number of tickets required @£5 each _______________
Total payment enclosed £_________________ Cash/Chq

25th Anniversary Buffet - 15th October 12-3pm
Name(s)_______________________________________ I/We will be attending

Panto, Albans Arena - 14th December 2pm
Name _______________________________ Tickets required______
Deposit @£10 each ☐ Full Payment @£25 each ☐
FREE Carer Ticket required? Yes ☐ No ☐
Total Amount Enclosed £_______________ Cash/Chq ☐

Christmas Dinner at DRUM - 20th December
Name _______________________________
Number of people attending @£15 each ________
Total payment enclosed £_________________ Cash/Chq
Leek and Potato Soup ☐ or Pate ☐ or Prawn Cocktail ☐
Roast Turkey, Gammon, Pigs in Blankets and Stuffing ☐
Or Vegetarian Roast ☐
Christmas Pudding ☐ or Mince Pies ☐ or Toffee Pudding ☐
with Cream ☐ or Custard ☐ or Ice Cream ☐

Fundraising Volunteers Needed
Name _______________________________ I/We can help raise money for DRUM
Monday 5th December at Asda? Yes ☐ Any particular time? _____
Monday 16th December at Intu? Yes ☐ Any particular time? _____
Monday 23rd December at Asda? Yes ☐ Any particular time? _____