



# DRUMWORKS 2018

## Disability Recreation Unity Movement (DRUM)

DRUM was first formed by a small group of disabled volunteers in 1994, to improve local resources for physically disabled adults in and around the Watford area. With support from Hertfordshire Adult Care Services, DRUM became a registered charity on 15th October 1994 and moved in to the Balmoral Centre in Watford.

When the Balmoral Centre closed, DRUM relocated to Parkgate Community Centre in August 2006.

Art and community events were increased and work experience placements were introduced, which helped recruit more volunteers and raise the profile of DRUM in the local community. With more volunteers and funding, DRUM was able to increase the range of activities available and the improvements to the service encouraged new and younger members to join.

In 2015, the DRUM team took on the huge task of refurbishing Parkgate Community Centre. With help from local businesses, the local community and family and friends, the team have managed to totally transform the once run-down centre into a welcoming and homely community space.

Nearly 24 years on and DRUM is still a user led organisation, run by a management committee of disabled members, carers and volunteers. The management committee is supported by an amazing and dedicated team of 'award winning' part time staff, tutors and volunteers, who work above and beyond all expectations.

DRUM does not employ fundraising, marketing, catering or cleaning staff - these jobs are carried out by the part time staff and volunteers. DRUM receives some funding from Hertfordshire Adult Care Services which contributes towards staff salaries. All other costs are funded by DRUM through membership fees, small grants, fundraising and donations. DRUM has to raise at least £60,000 a year to retain services at the current level. This amount would be far greater if not for all the hard work and unpaid hours put in by the team and all the 'favours' received from family, friends and the local community.





Some DRUM members were born disabled but the majority have acquired a disability through a sudden accident or illness such as Multiple Sclerosis, Parkinson's and Stroke, brain or spinal injuries. Many members and their families have had their lives turned upside down by a sudden disability or degenerative condition and many arrive at DRUM suffering from feelings of isolation and depression. Most members rely on personal care and support from an unpaid carer - a relative, friend or neighbour. Some carers just need a couple of hours in order to do some shopping, meet friends or to get some sleep. Other carers may be juggling paid work with their unpaid caring responsibilities at home, or looking after elderly relatives. DRUM provides a regular day-time break and support to over 150 unpaid carers every week.



DRUM is a non-profit organisation and offers a low cost service so that members are able to attend more than just once a week if they choose to, reducing isolation and increasing support for carers. DRUM is open 9am-3pm on a Monday, Tuesday, Thursday, Friday and 1-3pm on a Wednesday. Daily activities are held and sessions include painting, drawing, creative crafts, textiles, ceramics, yoga, tai chi, and indoor sports. We also have drama, music and creative writing workshops, as well as gardening and our own In-house hairdresser, masseuse and chiropodist. DRUM organise regular days out and social events. DRUM is open on a Wednesday afternoon providing a user led stroke support and yoga group. The Stroke Association has a communication group at DRUM on a Thursday morning.





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Art sessions are held four mornings a week at DRUM, although members are able to do creative activities all day if they choose to.

The art sessions provide our members with an opportunity to learn something new, discover (or rediscover) an interest and have some fun. The sessions can also help improve co-ordination, concentration, memory, confidence and self esteem.

Each year we like to work on a project theme, which can be interpreted in the widest possible sense. A range of ideas are provided as a starting point but members soon find a subject that interests them personally.

Past art projects have included work inspired by Asia, Africa, China, Aboriginal artefacts, the London Olympics, music, films, books, hobbies and holidays.

Whilst painting and drawing are always on offer, we also encourage the group to expand into other creative activities including collage, papier-mâché, textiles and clay.

**This year's art project has been inspired by the 1960's.**



Judy Green



Angela Harris



Angela Maynard



Angela Maynard



Steve Hale



Judy Green



Pam Rogan



Yvonne Dunkerton





Geoff Moseley



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Adam Theobald



Suzanne Williams



Jane Pickard





Gary Armstrong



Darren Latham



Geoff Moseley



Kayleigh Camm



Jan Samms



Yvonne & Kate



Michael Butcher



Darren Latham





*There are so many people we need to thank because, although funding is crucial to any charity, money can't buy friendship, dedication, commitment and hard work.*

*Special thanks to our amazing staff - Sarah, Gail, Connie, Wai, Kirsty, Louis & Megan.*

*Huge thanks to all our tutors and volunteers - Emma, Kathy, Lilian, Jean, Lin, Keith, Kate, Sue, John, Samantha, Sharon, Jane, Anne, Francis, Hollie, Jo, Erin, Yvette, Lee, Neil, Zoe, Mark, MJ & Beverly.*

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THIS IS OUR HAPPY PLACE



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