



DRUMWORKS 2012/13

Coming together is a beginning, keeping together is progress and working together is success

About DRUM

DRUM is a small registered charity based in Watford providing day services and support to adults with physical and/or sensory disabilities.

DRUM is a user-led organisation run by a management committee of disabled members and carers, supported by a fantastic team of part-time staff and volunteers.

Some members were born with a disability but most have become disabled through an accident or illness. Many rely on personal care and support from a relative or friend.

Some carers just need a couple of hours in order to do some shopping, meet friends or get some sleep. Others may be juggling paid work with their unpaid caring responsibilities at home.

DRUM provides a regular day-time break and support to over 100 unpaid carers every week.

Day services are available four days a week and daily activities include art, ceramics, creative crafts, textiles, sculpture, drama and yoga.

DRUM also provides refreshments, lunch, indoor sports and games, leisure and social events.

Funding is received from Hertfordshire County Council, which helps us to employ our part-time staff. However, DRUM still has to raise over £40,000 per year in order to keep our services running at the current level.

If you would like to know more about our services or would like to support DRUM, or if you are interested in becoming a volunteer then please contact DRUM Tel: 01923 442114 Email: drumwatford@btinternet.com



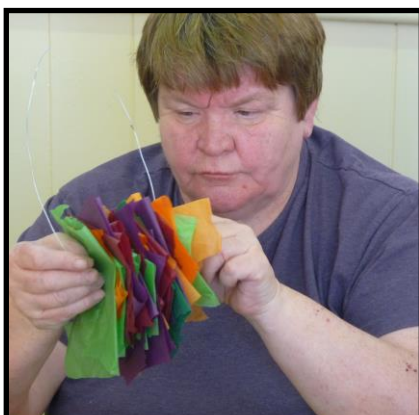
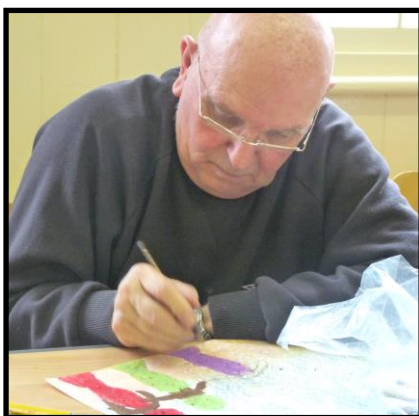
Art Sessions

DRUM's art sessions encourage members to work with their individual disabilities within an ongoing theme, which can be interpreted in the widest possible sense.

The idea of having a set theme encourages our members to learn about different cultures as well as explore and express their own approach to life, especially in light of their disabilities.

A range of ideas within that theme is provided as a starting point and members soon find a subject that interests them personally.

The process of creating the artwork seems to help our members with their co-ordination, relieves stress and raises confidence as they become absorbed in the task.





Although many of our members have limited mobility they find ways to adapt to, and deal with their disability, perhaps using the hand they are not used to using and developing the patience and persistence to do this.

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





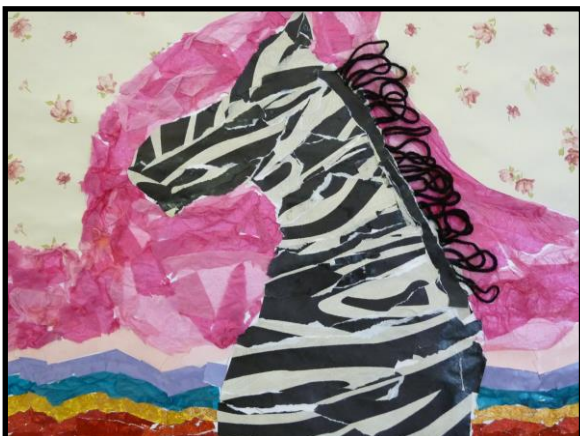
DRUMWORKS

New members often feel daunted by the huge array of art work they see around them at DRUM.

Art isn't right or wrong but to create art is to expose yourself to the scrutiny of others and this is never easy.

Many people are not comfortable with creative expression, especially as we get older!

Our tutors encourage members to experience a creative flow, no matter how skilled they are with a paintbrush. Most members find it easier collaborating on an art project, as collaborative art focuses on cooperation and not competition. Artists work together as equals and can pool their ideas.

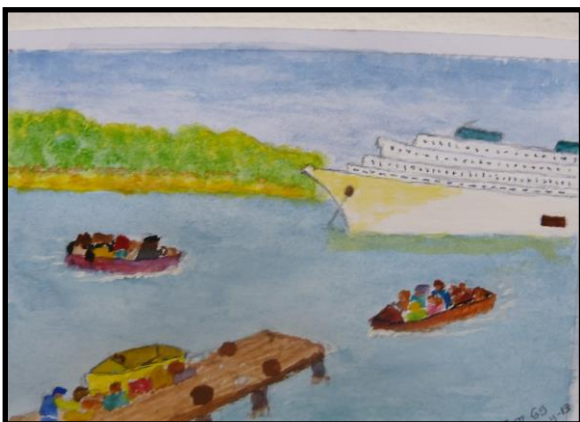




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Working on art projects with DRUM members is always extremely rewarding and enjoyable and this project has taken our members' artwork to new levels of innovation!

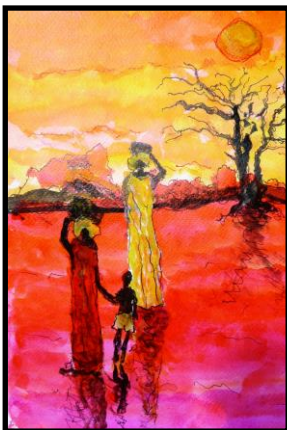
Based on the themes of Africa and all things African-Caribbean, this project has inspired DRUM members to create a wealth of drawings, paintings, sculpture, collage, mosaic, papier-mâché, ceramics.....the list is endless!





With just a little encouragement they have responded with great enthusiasm and have produced masses of original and colourful works, developing their own individual ideas and improving skills and confidence in their own chosen way of working.

The majority of new members at DRUM have done little or no artwork when they join us but the huge variety of ideas within this theme seems to have helped them to overcome any initial lack of self-confidence and they have quickly settled into the DRUM routine and become very productive!





So, from our first discussions of what might be produced that loosely conforms to the theme of Africa and the African-Caribbean, we now have both traditional and some very bold, contemporary paintings, some of which are set off by decorated frames.

Some members have gone to town with new collage ideas, inspired by the riot of African colours and patterns; we have colourful ceramic and papier-mâché African pots and drums, a variety of animals and animal heads both very large and very small, from stunning decorated lizards to our very own enormous crocodile and ostrich!





DRUMBEAT!

The Hertfordshire Music Service is one of the largest Local Authority music services in the country with over 560 instrumental and vocal teachers bringing music in to schools and the local community across the county.



To round off our art project DRUM members enjoyed a session in African drumming, learning how to play the traditional Djembe drum.



What else do we do?



Yoga includes physical exercise but it is also a lifestyle practice for which exercise is just one component. Training your mind, body and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

Yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breathing work. Each pose can be modified or adapted to meet the needs of the student. Yoga can be performed while seated in a chair or wheelchair.

Yoga techniques, if done correctly and done on a regular basis, can lead to increased flexibility of your body. The techniques are used to make your body more flexible to allow you to achieve what you are looking for.

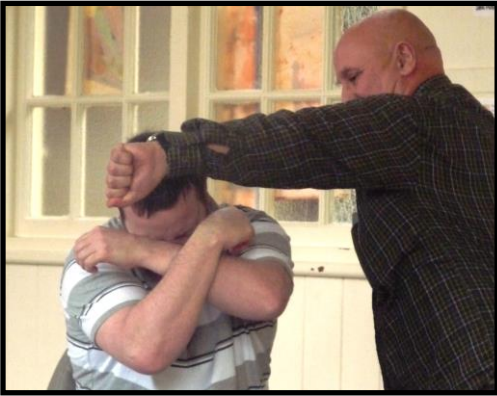
Yoga and Meditation, used in conjunction with each other, can provide you with an inner healing. Both techniques are perfect to release stress, anxiety and also to allow you to relax.

With differing Yoga techniques you can massage all of your body parts. Yoga is really the only technique used that will reach your internal organs and allow them to get more benefit.



A lot of people use yoga techniques to tone up their muscles. Body builders and athletes often use these techniques along with their daily routine in order to tone the muscles. Joints, tendons and ligaments work at a higher level if they are provided with more lubrication.

“The benefits of yoga are endless, the DRUM groups are delightful and we share an abundance of laughter and joy as we work together. DRUM offers yoga classes to all, and caters for your individual needs”. Sharon Dodd, Yoga Tutor.



Drama

Drama workshops are held periodically and help our members to develop social and communication skills, build self-confidence and self-esteem. The sessions can help develop and improve acting skills whilst exploring particular issues of importance to the group. Acting roles from different situations, time periods and cultures promotes compassion and tolerance for others' feelings and viewpoints.

Creative Writing

Writing is a great way to unleash your creative mind and to express how you may be feeling. It helps free your mind, rediscover hidden emotions and lost memories and, if you are feeling particularly low, creative writing is a great way to uplift your mood.

"I came to DRUM via Herts County Council's Work Solutions scheme. Sarah Sullivan asked me to work one-to-one with clients at DRUM to facilitate stories which might support the African/Caribbean theme of the current art exhibition. I've been a writer for over ten years, and have taught creative writing at community workshops part-time for two years. But the role of the facilitator is different from the task of the writer or tutor, so it was a new challenge for me. I spent 6 hours at DRUM over a period of 4 visits, grabbing time when I could with the clients in the art room, with the rest of the art workshop going on around us – Sarah and I felt it would be a more creative atmosphere than in the more intensive, isolated process of a different setting. Once a writing topic was agreed, I sat beside the client asking as many questions as possible, guided by whatever areas were proving most creative for the client, and whatever seemed of potential interest for the reader. I wrote down what each client said verbatim in response – some rapid scribbling necessary! Each piece went through 2 versions – a first draft was typed up and then revisited with the client for any edits. A writing facilitator, as much as is possible, must step out of the way of the writing, and let the client's voice get to the page directly and purely. Everyone has a different writing style, stemming from their innate personality. So very few edits to clients' work were suggested by me, I aimed in general to facilitate things by asking open questions rather than steering anything directly. What you read is the original work of the three clients I supported.

The end results reflect three very different writing "voices" and it's been an absolute pleasure to help DRUM clients get their writing ideas onto the page". Mike Loveday, Creative Writing Volunteer



"Big Boss Man, I Wish", by Mel Gorman

He must have friends, but he wouldn't be a friend of mine, or yours. He's quite a lonely man.

He lives in the Southern States. His name's Ahab. He's in his late 30's early 40's. His father is quite a bit older.

He came into money as a family member, or made it treading on other people, wheeler-dealing. Not *earning* it. There's not much at all about him to like. He's very wealthy. A big mansion off the beach somewhere, servants running around for him.

There are people running about bringing him things. He's wasting his life. He'll never achieve something for himself. He couldn't cope with being an ordinary person, with an ordinary life.

He's just chilling out, lazing, having a drink – bourbon or whisky fruit cocktails. (He doesn't do hard drugs though, which he could have done, I know he's got money). Even reading a book would be too much. He has a snooze til lunchtime, when food is brought to him.

His parents are still about, they just look after his bills. And he gets an allowance to keep him in the life he's accustomed to. When his dad dies I don't know what will happen. He's the only son. He's not capable of running the estate. He's not likely to outlive his parents, because of his drinking and womanizing. He's probably going to end up 20 stone. He might get to the age of 60 if he's lucky.

The only friends he's got are people who know he's got money. A tragic figure. Although he's got loads he's got nothing. I don't think even his parents like him. I like to think that he would change but I can't see what would change him.

He's got 4 dogs. They're big dogs, hounds, guard dogs. He wouldn't have little dogs. He's had them since he was a little boy. The only friends he can really trust are his dogs. If they turned on him I don't know where he'd be. The only time he gets out of the hammock is to walk the dogs. He feeds them meat, loads of meat, money is no object, he's got untold wealth. He'll lose them one day, and he'll be sad. He goes to his dad, I want to feed the dogs. He's got a refrigerated room, bigger than a shed, where he keeps the sides of beef and the servants cut off bits to make sure the dogs are fed. It's an extension built for just that reason, it costs money but money's not a problem.

Years ago he would have been a cotton plantation owner, bullwhips cracking, people screaming. But now it's oil. His dad was a big tycoon. His dad didn't show him any love – he was too busy building up his empire and making money. He hasn't been cared for – in that way you could feel sorry for him.

He likes women but not relationships. I can't see him getting married. He might do if some gold digger latches on to him, but he doesn't go out much.

He wears comfortable clothes that he can lounge about in. A beat-up hat that he found around the house, it belonged to his dad.

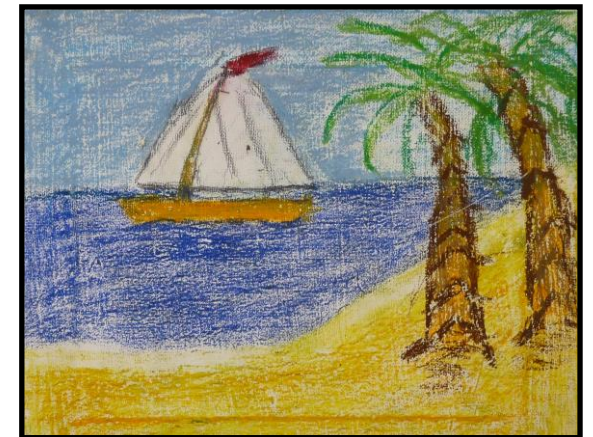
If he wants anything he just sends someone to get it. All the hammock is set up for him, he wouldn't have done it himself. People come round and keep him supplied with anything he wants.

He's not very clever. He didn't go to school. He had a private tutor come round. He got on alright with him and learned the 3 R's. But as far as life goes he didn't learn a great deal.

He'd like to travel and probably has travelled in his younger days. Everywhere he went he went first class. If you travel you learn different things about different places, but if you travel first class you don't see things, you don't learn anything. So whether he picked up anything I can't say.

The big house is in the gardens, set back from the beach, where they can find him at all times. He's pretty lonely – there aren't many people about. I don't think anything goes through his mind. He only stays there when it's warm. He does know other people, but during the day he doesn't mix with them.

He's the sort of person I don't think we'd like. Through no fault of his own. Some people are naturally bad, but he's not one of them. There are evil people about, but his worst crime is he's wasted his life.



He didn't like his father. He got some affection from his mother. She cares for him like a mother cares for her son. But the father is in charge and what he says goes. She wouldn't tell him to go out and get a hobby. She's nice, his mum. How she's got involved with the old man, I don't know.

The true story is money isn't everything is it. I don't think Big Boss Man would ever learn this lesson.

Dave the African Crocodile, By Darren Latham



Dave the African crocodile is walking (on a lead) with me, Peanut, his owner.

We travel down Watford High Street. People flee in horror, crowds backing away like the parting of the Red Sea.

We wander into Watford Market – and boy it gets quiet!

Dave swaggers up to the fish counter. The owner is so shocked he goes into a trance. Dave leans on the counter on his back legs – he's seven foot tall – leaning on the bar like he's in a saloon. All cocky, like. The cocky crocky.

He says "hello", in this rough 60-fags-a-day voice. "Have you got any dead fishermen? Is Paul Hogan, Crocodile Dundee, dead yet? And have you got a ton of red snappers? If not, have you got a bottle of Southern Comfort and twenty Mayfair?"

And after the morning in the market, we swagger down the road to D.R.U.M. where I go (eight days a week) to get away from the cat. Sarah Sullivan says "You can't bring animals in HERE! HYGIENE!!!!". Dave says: "My name's Dave. Not Gene. But hi anyway."

And then Gail says "Hi." I say "Hi Miss Force. Gail Force – geddit?!"

Then Amber offers both of us a cup of tea – or a bowl of water for Dave?

Dave says "I'll have a cup of tea, with two sugars and some goat's milk please". And then both of us sit down and start painting.

Dave says "I'm hungry". I say "Oh. I thought you were African. Not Hungarian."

Then we saunter off to the kebab shop. I say "Can I have two doner kebabs please?" But I couldn't afford two of them. So I was chased down the road by a giant kebab, while Dave rolled around, laughing.



Kenya, by Judy Green

My husband wanted me to go to Kenya on a safari. I said “I’m not living in a mud hut!” We went to TreeTops, where the Queen goes. The accommodation was incredible. But there wasn’t a separate toilet, you had to go outside. I said to my husband: “Will you come with me”. And he saw two young lion cubs playing. I didn’t see them – I was in the loo!

I got on the back of an elephant. I was fitter then. You’re helped onto the elephant by people. They’re quite docile – they amble along – you just sit there. You can see a lot more. You’re high up, looking down. You feel proud – an unusual feeling. You’re in charge, they’re a wild animal being led. It’s a bit different to a horse. It’s relaxing. In a way!

We went on a safari in a jeep. We saw zebras – like big horses with pyjamas on.

The people in the hill tribes are very friendly. We went on a special trip to the mountains to see what they do there. They were making clay pots, a bit like Kathy is making here at D.R.U.M., and jewellery – beads, bracelets, earrings – crude, quite basic, very bright colours, made of wood, metal, and stones.

We went on a river boat on a cruise. The food was absolutely marvellous – a three course meal!

In Kenya there are so many different types of banana. Bright orange ones, and red ones.

The tourist guides got my husband and the men in the group to eat grubs out of the ground. Little creatures. I’m very conservative in my tastes: some things I will eat, some things I won’t!

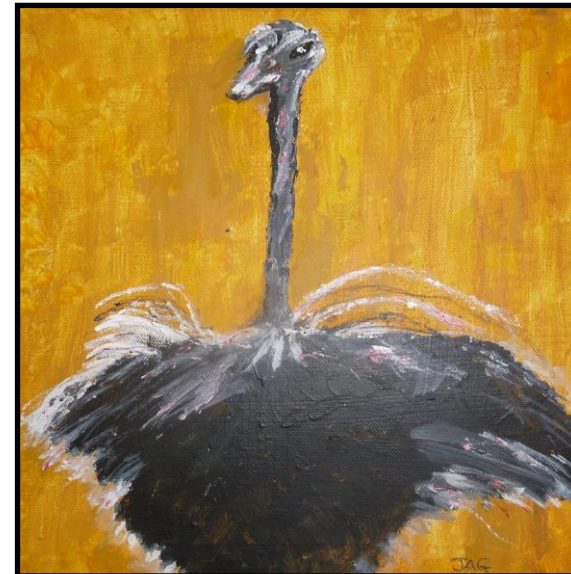
It’s quite a challenge for me to go there, to Kenya. I couldn’t go there now. I like going to Thailand, where it’s flat.

I’m determined to travel. I like the weather. I love experiencing a different culture. I love going round the markets and finding unusual things. I love trying different types of food. You can get it in Watford, but it’s not the same standard.

All the different pictures here on the walls at D.R.U.M. remind me of Kenya. I’ve done three paintings here. I started with a photograph, a picture in the book, then made it up as I went along. I added two elephants to the picture. I did the sunset slightly differently. I did it purple. In the photo it’s more orange and yellow. Artistic licence, I call that.

My father is 90 and he’s been painting for over 40 years. He said “Why don’t you do this and that?” But I said, that’s my interpretation. So I just left it as it was.

My latest painting is of an ostrich. I am very proud of this one as I my painting has improved and I have developed an unknown skill which I didn’t know that I could achieve.



Social and Leisure Activities



DRUM members enjoy the lighter side of life, so we organise regular social events and leisure activities for both them and their carers. From parties, barbeques, pub lunches, canal boat trips, visits to the theatre and cinema, ten pin bowling and days out to the seaside, DRUM members know how to enjoy themselves!





The Dragon's Apprentice Challenge provides a platform linking students from schools and colleges with local businesses, local charities and community groups.

The Dragon's Apprentice Challenge offers Year 12 students the opportunity to experience setting up and running a business, gaining organisational and job related skills and learning about the work and beneficiaries of their designated charity.

DRUM were teamed with Queens' School in Bushey and Alan Brooks from CLEMENTS, Charter Place Watford.

The challenge was to turn £100 into £1,000.

Team Innovation - Katie Griffin, Bhavika Panchal and Freya Leontas, raised an incredible £5084.95 for DRUM.

Along the way the students held a cake stall and charity car wash at Queens' School, organised various fundraising events in Charter Place, held a Christmas fair and a Christmas lunch at DRUM and provided a Christmas wrapping stall in The Harlequin Centre.

Team innovation also hosted a charity gig at the Watford Town and Country Club, a presentation to the Rotary Club of Watford and hundreds of Christmas cards and calendars were printed and sold featuring the art work of DRUM members.



The final challenge for the teams was to give presentations to the "Super Dragons" and guests at the Watford Colosseum in March.

Team Innovation were shortlisted for all but one of the eight trophies presented on the night and won Best Video Log, Best Managed Team and the overall prize.

The Dragons' Apprentice Challenge raised more than £23,000 in total for local charities and community groups.

CLEMENTS
Quality at Home

Work Placements

DRUM provides work placements to students from West Herts College, studying Health and Social Care.



Student's study 17 units in total: Developing Effective Communication, Equality and Diversity, Health, Safety and Security, Human Lifespan, Personal and Professional Development, Health Education, Research in Methodology for Health and Social Care, Caring for Children and Young People, Safeguarding Adults, Nutrition for Health and Social Care, Socio-Economic Aspects of Health and Social Care, Psychology, Anatomy and Physiology, Physiological Disorders, Dealing With Challenging Behaviour, Vocational Experience in Health & Social Care Settings and Counselling.

Work Experience

Work experience placements are available to students from secondary schools in Hertfordshire.



Work experience is an important part of any young person's education and its many benefits to students include:

- * Discovering whether a career is of interest to them
- * Exchanging ideas with industry professionals
- * Developing networks with potential future employers
- * Experiencing working life and all this entails
- * Improving their CV or resume

Many of our students stay on at DRUM as regular volunteers.

Disability Awareness Sessions

Art workshops are held with local primary schools and groups such as The Princes Trust and the Y'Zup project.



Y'Zup is an innovative approach to working with young offenders and young adults with disabilities.

The six week course includes employability skills (CV writing, interview techniques and confidence building) personal budgeting and financial management, four days of work experience, design and delivery of a community challenge, input around health and lifestyle choice.

Youth Philanthropy Initiative - Rickmansworth School



YPI is a program that provides secondary school students with a hands-on experience of philanthropy through which they develop the skills and awareness to make a difference to their community.

Working in small teams of four, pupils identify and research local groups that are tackling the issues that they care most about. Each team spends time volunteering at their chosen group and with guidance from their teachers, YPI staff, charity staff and volunteers, prepare presentations on why their charity is most worthy of support.

The team judged to have made the best presentation in each school is granted £3,000 for their chosen charity.

Duke of Edinburgh Award Scheme

The Duke of Edinburgh's Award is an award given for completing a programme of activities that can be undertaken by anyone aged 14 to 24. Participants can do one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

With assistance from adult Leaders, participants select and set objectives in each of the following areas:

- * Volunteering: undertaking service to individuals or the community
- * Physical: improving in an area of sport, dance or fitness activities
- * Skills: developing practical and social skills and personal interests
- * Expedition: planning, training for and completion of an adventurous journey in the UK or abroad.
- * At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home doing a shared activity

Volunteering Opportunities at DRUM



Volunteers make a massive difference at DRUM and to communities all over the UK. We couldn't manage without them! Volunteering with DRUM enables people of all ages and backgrounds to reap the benefits of putting something back in to the community. Volunteering can help young people find their direction in life and enables older people to share knowledge and experience across generations.



"As you grow older, it's easy to feel that doors are closing but you're still somebody who can be useful and helpful, that feels incredibly satisfying."

The DRUM Management Committee would like to acknowledge and thank the following businesses and individuals for their support during 2012/13

Albans Arena, St Albans

Barclays Bank

CLEMENTS, Charter Place Watford

Councillor Lindsey Scudder, Locality Budget

Décor Tiles & Floors, Greycaine Estate, Watford

Family & Friends of Ken Gerrelli

Family & Friends of Kenneth Woodstook

Hertfordshire County Council

John Lewis, Watford

M&S, Watford

Owls Bowls Club, Garston Watford

Peter Jackson

The Langhan Hotel, London

The New Originals

The Three Crowns, Bushey Heath

Waitrose, St Albans

Watford Rotary Club

Watford YMCA, Y'Zup Project

Asda, Watford

Clement Danes School, Croxley Green

Costco, Bushey

Councillor Steve O'Brien, Locality Budget

Dine India, Watford

Image Press, Watford

DDD Limited, Watford

Hertfordshire Dial-a-Ride

Leavesden Community Group Carol Singers

Mike Cooper

P&A Print, Whippendell Road, Watford

The Archer Trust

St George's Day Committee

The Spitfires

Tudor Arms Pub, Watford

Woodside Leisure Centre

Watford Town & Country Club

West Herts College

With special thanks to Alan, Katie, Bhavika and Freya - Dragons' Apprentice Challenge 2012/13

With love and thanks to all our amazing members, carers, staff, volunteers, family and friends

Special thanks to Sarah, Gail, Amber, Wai & Kirsty

Emma, Kathy, Mike, Joanne, Laura, Helen, Nere, Maria, Victoria

Sharon, Jane, Anne, Jan, Jean, Keith, Lilian, Ann, Fiona, Lauren, Florence & Julie

Connie, Georgia, Emily, Reiss, Siobhan, Leanne, Jerzy, Dev, Bradley, Ryan and all our young students & volunteers

TEAM DRUM



**Hertfordshire Care Providers Association
Care Team of the Year 2011**

**Great British Care Awards
Care Team of the Year 2012 Regional Finalists**

**Watford Audentior Award Winners
2005 & 2012
Charitable Group**



Disability Recreation Unity Movement
Registered Charity 1044836
Tel: 01923 442114
www.drum.btck.co.uk
drumwatford@btinternet.com



Parkgate Community Centre
Southwold Road
Watford
Hertfordshire
WD24 7DP