



Disability Recreation Unity Movement  
Registered Charity 1044836





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 help and support from Hertfordshire Adult Care Services, DRUM became a registered charity on 15th October 1994 and moved in to the Balmoral Centre in Watford.

DRUM rented a small office within the Education Block at the Balmoral Centre and day services were available three days a week in Watford and once a week in Borehamwood.

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

DRUM decided to run all four sessions from Parkgate as this was more cost effective. Transport was easier and the members, staff and volunteers were all in one location, which brought the group much closer together.



DRUM increased art and community events and introduced work experience placements for local schools and West Herts College, which helped recruit more volunteers and raise the profile of the charity 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 members to join.

Nearly 22 years on and DRUM is still a user led organisation, run by a management committee of disabled members, carers and volunteers.



Malcolm Cracknell, the Chairman, is disabled and a founder member of DRUM and Sarah Sullivan, the Manager, has first-hand experience of disability after being involved in a serious accident herself as a teenager and also as a family carer for many years.

DRUM has a fantastic and dedicated team of 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 all carried out by the part time staff and volunteers.

DRUM receives core funding from Hertfordshire County Council (Health and Community Services) which is used towards the salaries of the part time staff.

All other costs are funded by DRUM through membership fees, small grant applications, fundraising and donations.

DRUM has to raise at least £50,000 a year to retain services at the current level. This amount would be far greater if we had to pay for all the extra work put in by our team and for all the 'favours' we receive from our 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, 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 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 100 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 their carers.

Daily activities are currently held twice a day, four days a week. Sessions include activities in art, creative crafts, textiles, ceramics, yoga and tai chi.

DRUM also offers regular workshops in drama, dance, music, creative writing and football and regular day trips, outings and social events are organised.

DRUM is now 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.



Drama Workshops with Zinc Arts



Football with WFC Community Sports & Education Trust



Dance with HCPA SMILE



Most members stay for the day but some just come in for a morning or an afternoon session.

Members pay additional charges for lunch, transport, outings, leisure activities and social events.

Refreshments are provided free but members and carers donate tea, coffee, sugar and biscuits.

Some members drive themselves to DRUM but many have transport provided either by Hertfordshire Dial-a-Ride or the DRUM minibus.

Dial-a-Ride has been working with DRUM since the beginning, so a huge thank you to everyone at DAR, as we couldn't do it without you.



Dance



Yoga



Tai Chi



DRUM was awarded the Hertfordshire Care Providers Association Care Team of the Year Award in 2011. The team were also regional finalists in the 2012 Great British Care Awards.

DRUM is the only charity to have won the Watford Audentior Award for Charitable Group twice, first in 2005 and again in 2012 .

Sarah received the Inspirational Leader Award at the Hertfordshire Care Awards in November 2015.

There are so many people that we need to thank for the success of DRUM, not including all our wonderful members, carers and all our families and friends.

Funding is obviously very important to any charity but money can't buy dedication, commitment and hard work, so a huge thank you to our amazing staff - Sarah, Gail, Connie, Wai & Kirsty.

A huge thank you to all our tutors and volunteers - Lilian, Jean, Emma, Lin, Kathy, Emma, Sharon, Jane, Anne, Sharon, Francis, Hollie, Keith, Geoffrey, Lauren, Kimberly, Neil, Sally, Samantha, Rita, Zoe, Reiss & Beverly. Special thanks to Yvette and Lee for their continued support.

Thank you to Hertfordshire County Council, Dial-a-Ride, WFC Community Sports & Education Trust, NCS, Watford HomeStart, West Herts College, Zinc Arts, Debra & HCPA Smile, The Dojo, Décor Tiles, CLEMENTS, Digilec Ltd, Addison Aerials, Bert & Sarah Hooper Trust, Watford Dragon's Apprentice Challenge, Team Cornucopia & Parmiter's School, Bushey Academy, The Cream Team Brigade, Hertfordshire Morris Minor Club, Archer Trust, Watford Rotary, Malcolm Jones, Sean Mahon, Asda Watford, Millpress Print, Metro Print, P&P Print, Mike Cooper, Hertfordshire Fire Service & The Prince's Trust, Humphrey's Data Management, Watford Borough Council, On the Run Scooter Club of Watford, The Spitfires, PCSO's Richard & Nicky, HCF Training & Development, Rickmansworth Players and everyone else that has supported DRUM over the past year or so – we really do appreciate all your help.



## DRUMWORKS 2016

Creative activities are held every morning at DRUM. 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 our members 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 Olympics, film and our 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.

Our project this year has been inspired by our members hobbies, their interests and what they enjoy doing at DRUM, at home, or in their spare time.



**Meet some of the DRUM artists.....**



## Darren Latham



Darren loves music, especially Jazz and he plays the saxophone.....he can clear a room!

Due to Multiple Sclerosis, Darren's co-ordination isn't always good, so he finds that using a larger brush and thicker acrylic paint helps his painting ability. Darren can paint freely without worrying about the small detail and his paintings are a reflection of his personality – colourful, imaginative and, just sometimes, a little bit 'out there'.



## Malcolm Cracknell



Malcolm is a founder member of DRUM and current Chair, he has been with the charity for over 21 years.

Malcolm broke his neck whilst playing football (they lost).

His very shaky hand works wonderfully well with bright inks and a black pen and the results are both unique and beautiful. He's also available for cocktail bar work....shaken not stirred!



## Geoff Moseley

Geoff, like many of our members, has had to learn to paint using his left hand, after having a stroke and losing mobility on the right side of his body.

Geoff loves painting nature, landscapes and animals, using watercolours. He's never completely satisfied with anything he's done but his work is always very popular – gentle and delicate.





## Steve Hale



Steve is almost blind, so people are always amazed at the standard of his art work. He wasn't born with sight problems but has a degenerative condition, so his sight has been getting gradually worse over the years. Steve relies on support from Yoshi, his guide dog. However, these paintings are all Steve's work... without any canine support what-so-ever!



Steve's style is very precise, often using a pencil and even a ruler on occasions, so we have been encouraging him to use just a brush to paint more freely. The results are simply stunning.

## Yvonne Dunkerton



Yvonne has themed her art work on swimming, focusing on women on the beach and their beautiful imperfections that many of us have but choose to ignore!



## Judy Green



Judy's subject is food and she has made her own recipe book, which includes all her favourite recipes discovered from her travels, mainly in Thailand. Judy has come to realise that using a pencil has been restricting her art work, as she often couldn't control her hand because of her MS. We've encouraged Judy to throw away the pencil and she has really enjoyed using the inks to create her fruit and thick acrylic paint for her vegetables.





## Dennis Hedges

Den finds painting a little difficult due to his sight problems and loss of mobility following a stroke. Den has always had a talent for creative writing and writes beautiful poems. Now, with a bit of encouragement, he has also shown a real talent for painting!

I went shopping this morning, to get a loaf.  
Trouble arose when the Baker's was closed.  
So the weekend I will go hungry, I suppose,  
unless a neighbour can help me out?  
It is very lonely on your own.  
I need to find a friend.  
Then we can have a good old laugh,  
with no one else to depend.  
Now my friend and I go everywhere.  
We are like two peas in a pod.  
Where one of us is, the other won't be far away.  
It is nice to have someone to rely on,  
when you need something they are near.  
To take away the feelings of fear,  
only a friend can bear.  
Be brave my friend, stand firm and strong.  
Come home my friend, where you belong.  
You will be safe, so have no fear.  
Make sure you life is full of cheer.



I went to the shops today, to spend some  
of my pay  
I need a new coat and hat.  
I can spend a few pounds on that.

## Mel (Gus) Goman



Mel's Multiple Sclerosis can cause him problems with his grip, so he likes to use large crayons on his art work.

His cheeky and humorous personality shines through, inspired by his favourite childhood comics. Mel has an amazing ability to talk to anyone, young or old and his wealth of knowledge about music has (hopefully) re-educated a few of them!



## Angela Harris

Angie had been a driver for Hertfordshire County Council for many years, transporting elderly people to and from their day centres – a job she adored. After her stroke, Angie suffered from very bad anxiety attacks and had lost all her confidence. One day, after much deliberation, Angie decided to book Dial-a-Ride to take her to one of the day centres, to see all her colleagues and friends. However, on arrival, Angie found that the centre was closed and became very upset and anxious. The driver didn't quite know what to do to calm her down, so brought her to DRUM.....she's been with us for about 8 or 9 years now!



## Colleen Jones

Colleen's subject is ballet, something she loved to do when she was a young girl.

Colleen spent most of her adult life as a hair stylist, with her own salon but, due to a degenerative eye condition, Colleen had to give up work a lot earlier than expected.



## Gary Armstrong



Gary suffers from spinal problems and fatigue, which causes him to suffer from depression..... so we told him to stop moaning, get out of the house more and find an interest!

Gary has joined a photography group, which was something that he always wanted to do. His photographs are of the wildlife living in and around Maple Lodge and the Rickmansworth Aquadrome. He's obviously got a great talent and so his next project is to do a 2017 calendar to raise lots of money for DRUM!



## Jane Pickard

Everyone loves Jane's art work, for it's simplicity and innocence.

Jane loves to paint animals, especially cats, using bright and bold acrylic paint.

Jane is deaf and cannot speak. However, a thumbs up at her art work is all that is needed for Jane to break into the most wonderful smile.



## Melody Mallet

Melody is our vice Chair and plays a big part on our fundraising committee. She enjoys making crafts, both at home and at DRUM.

Her shabby-chic wall art includes some inspirational quotes and messages about family and friends – both very important to Melody.





## Paul Preusse

Paul is our eldest member, 93 this year. Paul is also our most lively member and loves to sing and dance. He spent many years as a carer for his beloved wife. After she sadly passed away, and after Paul's stroke, he now loves to come to DRUM and entertains us all!



## Stevie Zanon

Stevie moved to England from France last year. He had heard about DRUM from his cousin, who had done some work experience with us. Stevie loves animals and loves to work with papier-mâché. His 'tortue' has been covered in découpage paper that he bought from a lovely shop in Paris, which cost a small fortune - says Mum!



## Mick Prior

Mick's not actually done a lot of work for this project as he was away in America however, we have been cracking the whip since he's been back! Mick was a Judo instructor before his heart attack and brain injury, so his obvious choice for his art work was this and the tai chi sessions at DRUM.

## Shirley Mindel

Shirley has Multiple Sclerosis and has been coming to DRUM for many years. With help from her PA Emma, Shirley has made some lovely gnomes for the garden.



## Linda Garman

Linda was introduced to DRUM through our Wednesday Stroke Support Group and now also attends DRUM on a Tuesday. Linda has really enjoyed the ceramics, making things for her garden. Her button themed sewing machine is an absolute delight!





## Kayleigh Camm

Kayleigh's art work is inspired by the yoga sessions as DRUM, which she is now enjoying....after years of trying to get out of!

Kayleigh has some difficulty holding a paint brush, due to Cerebral Palsy, so she has really enjoyed all the ripping and sticking for her collage work.

## Alan Davis (Arsenal AI)

Alan was a Frank Sinatra tribute singer for many years but lost his speech after suffering a stroke.

Unfortunately, Allan's great taste in music is not matched by his taste in football....he's an Arsenal supporter!



## Neil O'Riordan

Neil spends hours drawing and colouring in his adorable little shapes, which we had used to decorate items such as glass and wood.

## Rob Prior

Rob has Multiple Sclerosis so his co-ordination is not always good. Rob hasn't done ceramics since college so has thoroughly enjoyed using clay again and making a fairy door for the garden.



## Ann Paul

Ann, like many of our members, has had a stroke and lost her speech – it doesn't stop her loving her shoes and handbags though!





All you need is  
*faith, trust and a little pixie dust*



In loving memory of  
Sheila Jones  
Steve O'Brien  
Martin O'Sullivan  
Di & Brian Swinton







*I think that I will make the most of this weather, I will go out and lay upon the lawn.  
I think that I might stay till dawn. It really does me good to hear the owls hoot.*

*Poem by Dennis Hedges*



**Disability Recreation Unity Movement**  
**Registered Charity 1044836**

Parkgate Community Centre, Southwold Road, Watford WD24 7DN

Tel: 01923 442114 drumwatford@btinternet.com www.drum.btck.co.uk Twitter: @DRUM\_Watford



With special thanks to Andrew O'Brien at Metroprint  
Unit 7, Mowat Industrial Estate, Sandown Road, Watford WD24 7UY  
Tel: 01923 252812 sales@metroprinting.co.uk