



# DRUMWORKS

An exhibition of artwork by members of DRUM



# About Us

**DRUM is a small registered charity based in Watford providing day services and support to over 60 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 DRUM is open 9am-3pm Monday, Tuesday, and Friday, and on a Saturday until 1pm.**

**Daily activities are held which include art, ceramics, creative crafts, textiles, sculpture, drama and yoga. We also provide 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 has to raise over £40,000 per year in order to keep our services running at their 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 Sarah Sullivan on  
Tel: 01923 442114      Email: [drumwatford@btinternet.com](mailto:drumwatford@btinternet.com)      Web: [www.drum.btck.co.uk](http://www.drum.btck.co.uk)**



## Art Sessions

DRUM encourages members to work with their individual disabilities within an ongoing theme for the art session, which can be interpreted in the widest possible sense. The idea of having a set theme encourages 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 are provided as a starting point and members soon find a subject that interests them personally within that theme.

The process of creating the artwork seems to help their co-ordination, relieves stress and raises confidence as they become absorbed in the task. 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 our members to expand into other creative activities including collage, papier-mâché, textiles and clay.

DRUM art sessions are held on Monday, Tuesday, Friday and Saturday mornings.







## The Olympic Art Challenge

Inspired by this year's London Olympic and Paralympic games our members have been very busy creating a wide variety of artwork to capture the excitement, competitiveness and spirit of this huge event.

We thought about the athlete's strength, determination and skill and the artists have used bold sweeps and splashes of colour to show movement and dynamics.

Paint was dribbled and dripped onto a canvas to show the drama of a fencing match. There are also some wonderful graphic images too, re-creating many iconic images such as the Olympic rings, the torch and the events which are both charming and humorous.

*"The work produced is exciting, inspiring and a joy to see. It really is a festive celebration of art and sport."*



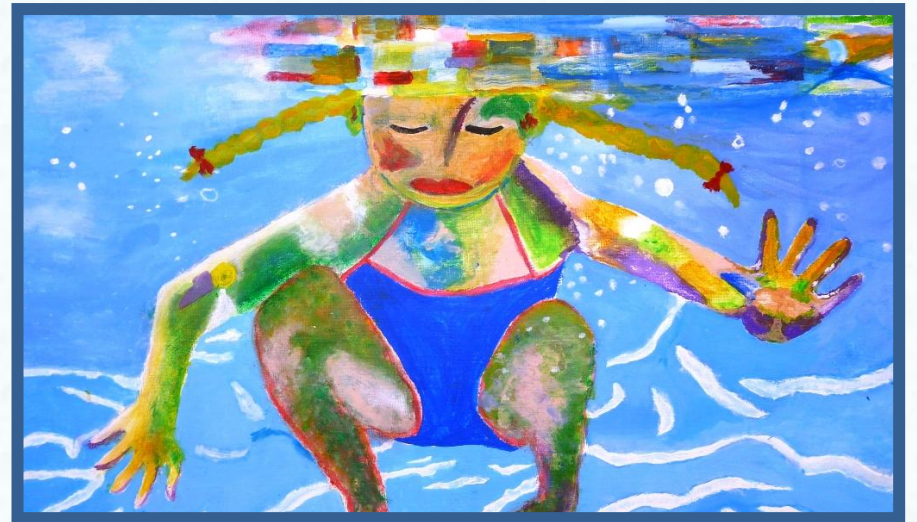


## Different Strokes.....

The Olympics have proved to be a challenging subject for professional and amateur artists everywhere and DRUM members are no exception.

Determined not to use obvious subject matter such as athletes winning medals they have been encouraged to think about what sport means to them, their own experiences of participating in sporting events, their successes and failures and how they feel about it, as disabled people.

As usual our members have eventually found their own way of expressing themselves and become more and more enthusiastic, producing a range of work to rival many professional artists. Paintings are realistic and impressionistic, vibrant and colourful, taking themes such as speed, movement and colour. But they have also tackled different art forms such as ceramics, sculpture, collage and even an exciting group of new works in mosaic.



*"I saw the picture of a little girl swimming and it reminded me of my beautiful granddaughter who also has disabilities. She looked so free and calm in the water and I just had to paint it."*





## Just Potty about Pottery

The DRUM potters have been training hard for the Olympics, working on various projects over the past six months including sculpture and ceramic letters. The letters were inspired by the artist Monica Bonvicini whose huge sculpture 'RUN' can be seen in the Olympic Park.

DRUM's potters decided to do their own ceramic letters in various sizes which can be suspended from the ceiling or hung on the wall.

Using words like RUN, JUMP & SWIM they decorated each letter individually using relief patterns and a multitude of coloured glazes to add their own special DRUM take on the Olympic sports that will be happening.

Whilst not competing in the Olympics, DRUM's potters will be giving the competitors a run for their money, albeit a ceramic one!

*"I love working with clay as you can squeeze, coil, stretch, squash, twist and bend it into all sorts of shapes and sizes."*





*"I thought they'd all be really old and boring, just sitting around in their wheelchairs doing nothing all day but we've had a right laugh!"*

New members are often daunted by the range of vibrant artwork they see around them at DRUM, especially if they haven't done any art since leaving school. Many find that the group activities are a good starting point before moving on to try individual pieces.

Students from local secondary schools, West Herts College and groups such as The Prince's Trust and Y'Zup also work alongside our members on group projects such as the mosaics and flowers. For many of the students it may be the first time that they have been around disabled people, especially a whole gang of them! Many of the young students enjoy themselves so much that they stay on at DRUM as regular volunteers.

*"They are a good bunch of kids and give up their spare time to help us"*

*"I really enjoyed my work experience at DRUM and everyone was so friendly. I am hoping to come back in the school holidays as a volunteer as it feels good to help others and it may even help my career prospects in the future".*





# What else do we do?

## Yoga

Yoga promotes a healthier mind, body and spirit. DRUM has yoga sessions on Monday, Tuesday and Friday afternoons which help to improve muscle tone, strength and flexibility, as well as boost self-esteem. The sessions are led by our experienced yoga teachers who specialise in working with the disabled, and all the activities are chair-based....unless you can do more!

## Drama workshops

The 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 .....and being challenged to try something new!

## Days out

DRUM members enjoy the lighter side of life.

We organise regular leisure events and days out to promote social interaction between our members and their carers. From barbeques, pub lunches and Jubilee parties to canal boat trips, visits to the cinema and days out to the seaside, DRUM members know how to enjoy themselves!







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



*Congratulations to all our amazing artists*  
*With special thanks to all our wonderful staff, tutors and volunteers*  
*Go Team DRUM!*