



Artwork by Judy Green



Disability Recreation Unity Movement
Registered Charity 1044836

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

The DRUM management committee is supported by a fantastic 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 and these jobs are all carried out by the part time staff and volunteers.

DRUM receives core funding from Hertfordshire County Council (Adults Care 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 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 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 held twice a day, four days a week. Sessions include activities in art, creative crafts, textiles, ceramics, yoga and tai chi. There are also drama, music and creative writing workshops, gardening, in-house hairdresser and chiropodist, days out and social events.



DRUM is now open on a Wednesday afternoon providing a user led Stroke support and yoga group. The Stroke Association holds a communication group at DRUM on a Thursday morning.

Most members stay for the whole 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.

drumwork 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 member's 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, our 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 India.



Jill Jackson



வாட்ஐ & ட்ரஃப்டிஐ



Linda Garman



Neil O'Riordan





Pam Rogan



Yvonne Dunkerton



Melody Mallet



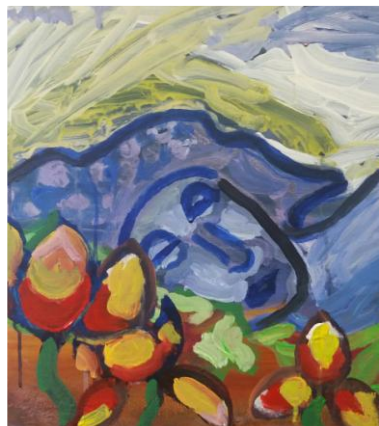
Darren Latham



Michael Butcher



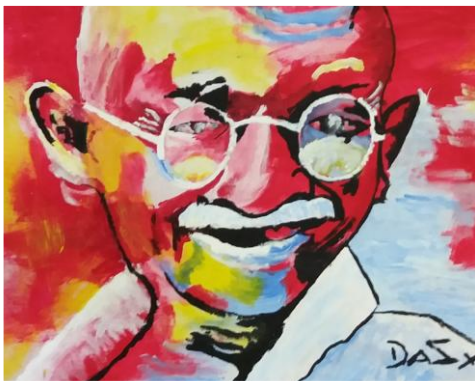
Jane Pickard



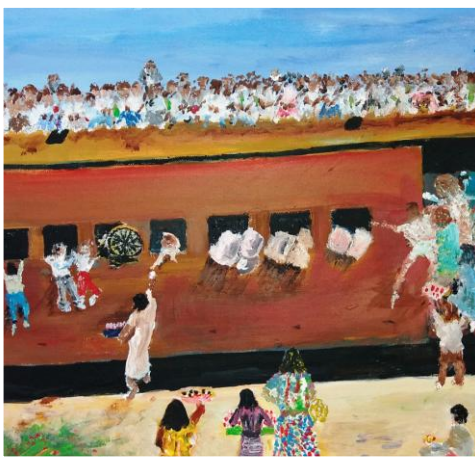
Artwork by
Adam Theobald



Artwork by Roger Holland



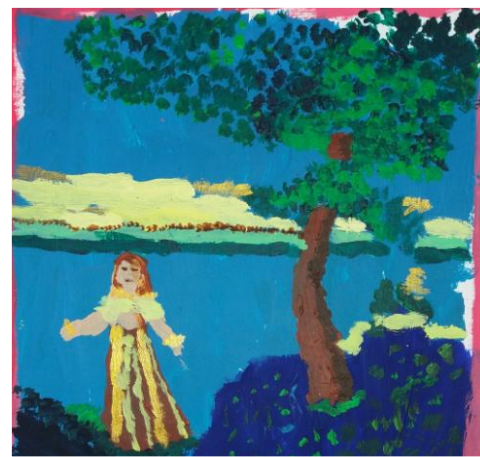
Artwork by
Darren Latham



Malcolm Alden



Melody Mallet



Rob Prior



Artwork by Yvonne Dunkerton



Gary Armstrong



Artwork by Mick Prior

Artwork by Kelly Potter

Artwork by Joan Ripley



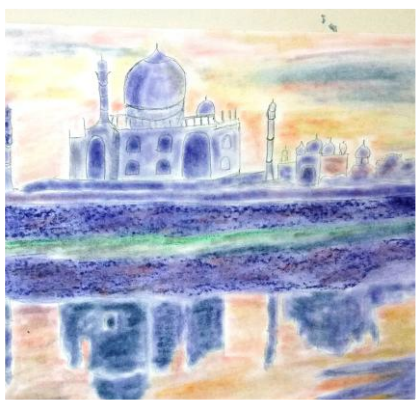
*When the twilight has gone
And the birds have stopped
singing
The night time will come
You will be to my heart.*



*That is the place you will stay
While I pray with all my heart
You will always be there
Come rain or shine.*

Poem by Dennis Hedges

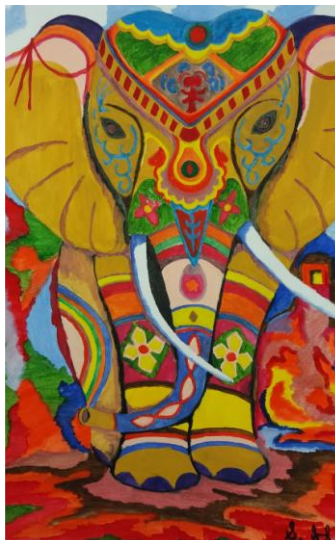
Artwork by Alan Davis



Artwork by Maggie Cooper



Collage by Linda Garman



Artwork by Steve Hale





Artwork by Kayleigh Camm



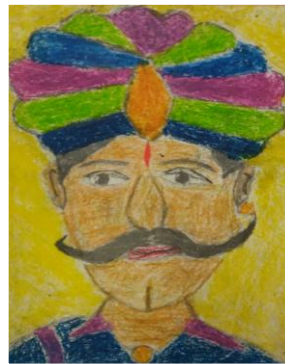
Artwork by Dave Moyes



Derek Noades

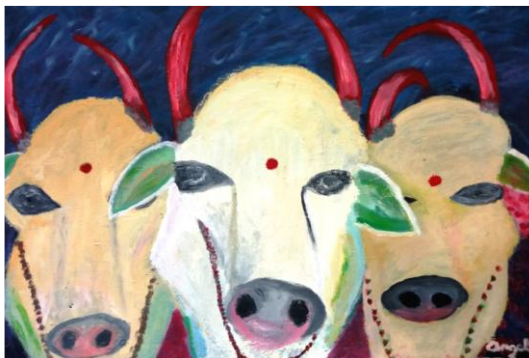


Artwork by Coleen Jones



Artwork by Mel Goman





Artwork by Angela Harris



Artwork by Geoff Moseley



Artwork by Jane Pickard



Paul Preusse



Margaret Ridgeway

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A huge thank you to Emma and Meg and all our tutors and volunteers - Lilian, Jean, Lin, Kathy, Emma, Sharon, Jane, Anne, Sharon, Francis, Hollie, Keith, Britt, Yvette, Lee, Neil, Samantha, Zoe, Mark, Reiss, MJ & Beverly.

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In loving memory of our members Den, Al, Dennis & Ron, who sadly passed away this year ♥