



Nature Therapy CIC

Nourishing Minds
Through Nature

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Nature Therapy CIC enhances mental
emotional and sensory resilience through
unique experiences in nature

UK Register of Learning Providers
10055683



Drumming for Dementia

Enhancing Sensory Resilience
One beat at a time

2019





Drumming has been proven to have a beneficial impact, mentally, emotionally socially and even physically. Drumming in groups creates a sense of fun and togetherness. This helps reduce feelings of loneliness, low mood and social isolation.

We provide drumming circles for residential and care homes as well as voluntary and community groups. The aim is to make fun and not create perfect music.

We can deliver a drumming circle for up to 30 people at any one time. We use our own drums and percussion instruments.

Each drumming circle lasts up to one hour with plenty of time to rest in between.

From September 2019 we will offer accredited workshops for you to train as Drumming for Dementia Circle Facilitator

Travelling Dementia Suitcase

Series One of sensory sessions

SOUND

The drumming circle takes place anywhere people are comfortable – indoors or out. A circular seating structure ensures everyone is equal and involved.

We use some very simple and fun drumming techniques.

We try to ensure that everyone can take part whatever their ability by adapting instruments to meet their needs.

Everyone is welcome to join in, staff, carers, volunteers, family members, friends and children.

Mostly participants have fun. They smile, sing, rock their bodies and stamp their feet. Sometimes they like to dance.

If someone is hard of hearing, they can still experience the sounds through the bodily vibrations the larger drums create.

Drumming is a whole body experience. Aside from feelings of well being, it is great upper body exercise.



Drumming helps express what is felt but can not be spoken

One hour group drumming session for up to 30 people

£20 per group

One hour drum making session

£20 per group

Loan of drums for those trained in delivering Drumming for Dementia

£20 plus £20 deposit

To book dates or check availability for drum loans email:

wolfmedicine@icloud.com

We provide a free drumming circle on the the Isle of Wight first Friday of each month

See our FB page for details

Nature Therapy CIC

As a not for profit organisation - all charges made for Drumming with Dementia go towards sustaining our projects