

DRUMS4HEALTH

MOVE. DRUM. CONNECT.

Become a Drums4Health Instructor

Bring an inclusive, energetic and genuinely different wellbeing experience to your community.

What is Drums4Health?

Drums4Health combines rhythmic drumming with accessible movement to support physical fitness, mental wellbeing, brain health and social connection. Sessions can be delivered seated or standing and adapted for different ages, abilities and settings.

It feels less like a conventional exercise class and more like an experience - energetic, inclusive, musical and fun, while retaining a clear health and wellbeing purpose.

Physical health Movement, coordination, mobility, cardiovascular activity and upper-body engagement.	Brain health Rhythm, pattern, bilateral movement and cognitive challenge.
Wellbeing Supporting mood, confidence, enjoyment and stress reduction.	Connection Shared achievement, laughter and a strong sense of community.

Where could you take it?

The model gives instructors scope to build several income streams: community classes, leisure centres and gyms, schools and SEND settings, dementia and older-adult organisations, charities, workplace wellbeing, festivals, holiday programmes, retreats and commissioned sessions.

Why become an instructor?

- Offer something distinctive in your area - not another standard fitness class.
- Work across multiple demographics, with seated and standing options.
- Create flexible earning opportunities around your existing work.
- Use a growing brand, structured resources and an established delivery framework.
- Access ongoing session ideas, videos and instructor support.
- Use purpose-designed, portable and storage-friendly Drums4Health fitness drums, available only through Drums4Health.

TRAINING & INSTRUCTOR PATHWAY

Training

Practical instructor training gives you the confidence to plan, adapt and deliver engaging sessions safely. It covers the Drums4Health approach, rhythm and movement combinations, class structure, inclusive adaptations, equipment use and practical session development.

Instructor Training: £380 Annual Licence: £180 per year

Drums: £275 each - purchase the quantity that suits how you want to begin.

The licence includes use of the Drums4Health name and logo for licensed delivery, plus ongoing resources, ideas and videos. The model has deliberately been kept as a licence rather than a franchise, with no franchise-style percentages or hidden ongoing charges.

Who is it for?

We are looking for people who care about helping others become more active, connected and confident. Instructors may come from fitness, music, education, health, wellbeing or community backgrounds.

For fitness-class delivery, appropriate exercise-to-music/group-exercise training is required. Drums4Health can advise on the relevant pathway, including a bridge route where appropriate. First Aid and Safeguarding requirements also apply, and instructors work within the scope of their qualifications for specialist populations.

Built for real-world delivery

Our height-adjustable drums were developed after experiencing first-hand the practical problems of transporting and storing traditional equipment. They are designed specifically for seated or standing rhythmic movement sessions.

Evidence-informed practice

Drums4Health is committed to developing safe, evidence-informed practice. Alongside our EMD UK CPD recognition, we are working with university and research partners to explore the impact of rhythm and movement across physical health, brain health, wellbeing and preventative approaches. This work helps us continually develop our training, resources and delivery as the programme grows.

What could it earn?

Income depends on setting, pricing and class size. A community class charging £10 per participant can create a strong hourly return, while commissioned work with schools, organisations, workplaces and events can add further revenue streams.

Ready to explore it?

If Drums4Health feels like something you would love to bring to your area, get in touch for an informal conversation about your background, interests and the best route into training.

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Move. Drum. Connect.

Drums4Health Ltd - purpose-designed equipment, instructor training and licensed delivery. Information and pricing correct at time of publication and may be updated.