Drums4Health

MOVE. DRUM. CONNECT.

Drums4Health is an inclusive rhythm and movement programme designed to support physical, cognitive, emotional and social wellbeing.

Using purpose-built, height-adjustable drums, sessions can be delivered seated or standing and adapted for different levels of mobility and ability – making participation possible for a wide range of people, including older adults and people living with dementia.

Drums4Health combines rhythm, music and movement. Participants listen, anticipate, coordinate movements, respond to rhythm and interact with others – engaging processes involved in movement, attention, timing, coordination, memory and emotion at the same time.

It is this combination that makes rhythmic movement particularly interesting when we think about brain health and neuroplasticity – the brain's ability to adapt and form new connections – while also providing meaningful physical activity and opportunities for social connection.

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For people living with dementia, music and rhythm can provide valuable opportunities for engagement, recognition, movement and connection, including when other forms of communication or activity may become more challenging.

Founded by music educator and exercise professional Tamsin Ward, Drums4Health brings together experience from both disciplines to create an approach that is accessible, adaptable and purposeful. Today, Drums4Health is working alongside care and dementia organisations and research partners as we continue to develop and evaluate an evidence-informed approach to rhythm-based movement.

And importantly, it's an activity people genuinely enjoy taking part in.

Tamsin
Founder - Drums4Health

WHAT'S IT ALL ABOUT?

Drums4Health is a joyful, rhythm-based movement programme for everyone, bringing people together to move, connect and enjoy a shared experience. It includes specially designed sessions for people living with dementia and those who support them, designed to support wellbeing, connection and joyful movement for carers, families and care teams too.

Sessions use structured, repeatable drumming patterns to gently engage the body and the brain together.

There's no musical experience needed, no "wrong way" to join in, and every session can be adapted to the ability and energy in the room on that day.

Truly inclusive:

- Sessions work seated or standing
- No previous drumming, music, or fitness experience required
- Paced and adapted to each group, each day
- Carers, family members, and staff are warmly encouraged to join in, not just watch.

THE KIT: BUILT FOR THIS

Every session uses Drums4Health's own purpose-built fitness drum. Designed by Tamsin and manufactured in the UK, specifically for movement-based drumming.

- **Designed to take punishment!** Sturdy, safe to strike with energy, and built to support a real physical workout and wear and tear.
- **Fully portable,** so sessions can move easily between care homes, community halls, and other settings.
- **Produces different tones** depending on where and how it's struck, giving sessions more rhythmic variety and keeping participants engaged for longer.
- **Designed to be adaptable and inclusive,** with adjustable frame to work equally well in seated or standing sessions

Each kit includes the drum itself, along with sticks, a stand, and a carry bag, everything needed to deliver a session from day one.

GETTING STARTED:

Everything you need to deliver your sessions in house, from scratch!

To enable you to deliver your own in house sessions, there are 4 simple stages.

- Get in touch with us at Drums4Health and discuss your needs
- We can then agree the best time/place to train your staff
- We deliver the training, which can include delivery of your drum kits
- Staff can then get on and plan and deliver their own sessions!

We believe in being upfront about costs from the very start, so there are no surprises along the way. Here's an overview what you can get in your package and prices.

- Full instructor training and certification, delivered hands-on, in person.
- Purpose-built fitness drum, sticks, stand, and carry bag.
- Licence covering use of Drums4Health branding, training videos, and research materials
- Ongoing guidance and support from the Drums4Health team as you get started.

Drums4Health doesn't feel like exercise, but it is! Great for cardiovascular health, coordination, and concentration, wrapped inside something that simply feels like fun.

Here's an example Starter Pack Price

✔️ 11 full drum kits
✔️ Full instructor training (£380)
✔️ Licence (£180)
Total: £3,475

CASE STUDY: *Dementia Care Hub - Hampshire*

When Dementia Care Hub wanted drumming and movement embedded into their business, rather than simply bringing in a one-off session, they trained their own team through Drums4Health.

Tamsin spent a day on site training 16 staff from across their three Hampshire sites. The day explored why rhythm, drumming and movement can be so beneficial for the brain, alongside the practical skills needed to create and lead a safe, engaging session. Staff learned how to structure a session from warm-up to cool-down, how to use rhythm and movement to encourage participation, and importantly, how to make it fun, inclusive and a genuinely shared experience.

And there was plenty of doing, not just talking. None of the staff had any prior drumming or facilitation experience, but by the end of the day, each group had planned and delivered a session of their own, with plenty of laughter, connection and a real sense of pride.

Now the Hub has the skills and confidence within its own team to run Drums4Health sessions whenever they choose, with people they already know and support, and without an ongoing cost per session.

"The training exceeded my already high expectations, and I hadn't envisaged we would have such a confident team ready to go after one day!"

Emma Golby-Kirk, Director,
The Dementia Care Hub, Hampshire

BECOME AN INSTRUCTOR

If you'd like to bring this into your own community, care setting, or workplace, Drums4Health offers full instructor training.

What training covers:

- How to safely and confidently lead rhythm-based sessions for people living with dementia
- Adapting sessions for different abilities, moods, and energy levels
- Practical, hands-on delivery — not just theory
- Ongoing support from the Drums4Health team once you're qualified
- What you'll be able to do afterwards:
- Deliver Drums4Dementia sessions in your own care setting or community
- Build a small business around drumming-based wellbeing sessions
- Access ongoing resources, research updates, and support from Drums4Health

People regularly praise Drums4Health for:

- Creating a fun and enjoyable way to exercise
- Providing a welcoming and supportive atmosphere
- Making sessions accessible for all ages and abilities
- Helping improve confidence and coordination
- Delivering excellent teaching and encouragement
- Creating a strong sense of community
- Supporting both physical and mental wellbeing
- Making exercise feel enjoyable rather than a chore
- Bringing people together through rhythm, movement and fun

"brain a workout as well as my body"

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