Drums4Health

Accessible for all ages and levels of need.

# MOVE. DRUM. CONNECT. for schools

**Drums4Health is an inclusive rhythm and movement programme designed to support confidence, coordination and focus. Providing every pupil with a way to take part.**

Using purpose-built, height-adjustable drums, sessions can be delivered seated or standing and adapted for different levels of mobility, ability and age.

Move. Drum. Connect. provides space for regulation, concentration, emotional wellbeing and supports neuro plasticity – the brain's ability to adapt and form new connections – while also providing meaningful physical activity and opportunities for social connection.

Drums4Health supports physical literacy, helping young people build the skills, confidence and enjoyment in ways that work for them. Schools have noted that this activity achieves greater engagement from children, who have previously avoided physical activity and competitive sports.

Founded by school leader, 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 schools and educators as well as 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*

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# WHAT'S IT ALL ABOUT?

Drums4Health is a joyful, rhythm-based movement programme for everyone, bringing children, classrooms, families and communities together to move, connect and enjoy a shared experience.

Sessions use structured, repeatable drumming patterns to engage the body and the brain together, a valuable life skill for children and young people.

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.

***Structured, inclusive sessions designed for schools and additional needs settings.***

- Seated or standing and fully adjustable
- Builds coordination, confidence, regulation and connection
- Staff training, resources and ongoing support
- Robust, portable, low-maintenance drums
- UK-wide and supported by ongoing research

## THE DRUM: BUILT FOR PURPOSE

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 classes and building and other settings.
- **Compact,** designed to save space, folding flat making them storage friendly.
- **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.

# HOW TO BRING DRUMS4HEALTH TO YOUR YOUNG PEOPLE

*You can deliver your own sessions and train as instructors, or request a workshop for your team or group.*

**1** **Instructor Training.** 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.

**2** **Workshop Delivery.** We can deliver workshops for you with one of our qualified instructors.

Let us know who the drumming session is for and a bit about their needs. We'll set up a session especially for you. Groups could be:

- Families or teaching staff
- Classes of children in school settings
- Out in your community.

If might be after your workshop some of the participants might want to train to deliver their own sessions!

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

**Drums are competitiatvely priced and available to order individually or as class sets, flexible to your needs.**

## Finding a rhythm for every child *Vranch House School, Exeter*

Music runs through daily life at Vranch House, a specialist school for children with complex physical and sensory needs, where drumming already features in its Neurologic Music Therapy® programmes.

Drums4Health is now working with the school to bring shared drumming and movement into more of the day, such as a short morning routine tailored to each class. Pupils drum alongside each other and staff, reaching, turning and crossing the midline in ways adapted to them, seated or standing.

A staff wellbeing session and a whole-school drum at the summer garden party have already given everyone a taste.The aim is simple: give every child a way to join the rhythm, move in a way that works for them, and feel part of the group.

*"Rhythm helps to prime and time the motor system... By creating a fun, engaging context, children practise skills without it feeling like hard work and grow in confidence along the way."*

Jenny Read, Music Therapist, Vranch House

# One set of drums, many places in the school day

Drums4Health is flexible enough to fit wherever your school needs it most. The same drums and trained staff can support pupils across the timetable.

- **PE and physical activity:** a fresh, non-competitive way to get every pupil moving, led by qualified PE or exercise staff.
- **Music lessons:** pulse, rhythm, coordination and ensemble playing with robust drums built for whole-class use.
- **Morning enrichment:** a short, energising start, hels pupils connect and get ready to learn.
- **Afterschool club or activity:** a fun, active club that pupils of all abilities can join.
- SEND and regulation: rhythm and movement to support emotional and physical regulation, adapted for seated or standing play.
- **Connection and wellbeing:** shared drumming that builds belonging between pupils, staff and families.
- **Afternoon reset:** a quick lift when energy and focus dip.

## *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

*"it gives my brain a workout as well as my body!"*

## Contact:

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