

PATTERN AND PULSE

Pattern and Pulse. Newsletter

Autumn 2022



Following a few requests for us to run drumming sessions with some local groups last year we headed into autumn of 2021 ready to press on with developing all that One Heart Drummers are in 2022.

Entering this year, we started with a great boost with grant funding from, Ty Cerdd, both Lwchwr and Gorseinon Town Councils and we jumped onboard the Winter of Wellbeing programmes of both Swansea and Neath Port Talbot. This enabled us to purchase some much needed

equipment and run a wide variety of sessions from our newly created Rhythm and Play provision, Echos, for over 50s and begin a Samba drumming project with families and adults.

Hi everyone and welcome to our Autumn Newsletter 2022.

For us at One Heart Drummers this year has been a busy one, but it has been great to get back to making music and drumming with people following the various ups and downs of the covid pandemic. Please read on to find out all that we have been doing so far this year!

Ty Cerdd helped us to fund our Rattle and Drum sessions and a Drum Day event for young people and one for adults in July.

The Drum Day went really well and featured drum kit tuition, Samba Drumming, African/Drum circle, Fastest Drummer competition, drum demonstrations and plenty of refreshments.

A busy summer season arrived and with additional funding from Neath Port Talbot council and Powys we were able to offer drumming sessions across Neath Port Talbot County and headed up to Hay on Wye, Brecon and Craig Y Nos Country Park. We ran some extra sessions in Gorseinon, Sketty and Sketty Park areas of Swansea as well.

To kick off that busy season we had a day drumming at the Gower show and finished the season with another country show at the Heart of the Valley show in Pontardawe.



As we headed into September, we took a day or two to breathe and worked out we had drummed with well over 1000 people through the summer at around 45 different sessions! The drums had truly had a battering and we were a little tired. Despite expecting drum bookings to calm down, there has been plenty more interest to keep the drum roll going!

We had a day at a church in Holt near Bath providing drum sessions for pre-schoolers up to adults, visited a few care homes, community groups, a green festival in Neath and continued running our weekly drumming sessions for families and all ages.



Into autumn and we have been at an event in Abergavenny, two Christmas parades one in Ystradgynlais and another in Gorseinon and we are even taking part in a Christmas tree decorating event at Margam Park!

It continues to amaze us how drumming and music making brings people together. We definitely love gathering people together to create rhythms, but its also meeting people, conversations and fun that happens around the music making that is such a joy to be a part of! It may sound a little cliché' but it really feels like people come along as strangers and leave a session as friends! Its great seeing people connect and get to know others from their own areas at a drumming session and always good to see people come back time and again to a drum with us.



Drumming has throughout history been central in many communities around the world and for us creating community is at the core of being a, 'One Heart Drummer'.

As we continue through this year and into 2023 we are aiming to not only continue providing drumming experiences to as many people as possible, but also to create a drumming and music making community. We will be doing this through our weekly family drumming and all age drumming sessions which will feature African/drum circle sessions and we hope to grow our Rattle and Drum Samba bands for both family groups and all age group.

Still to be confirmed, we are aiming to work with local community groups and schools to get involved with the 2023 Drumathon which will be raising money for childrens mental health charities.

We will also have another Big Drum Day in July 2023 to get involved with and there is plenty more brewing, that we will hopefully be able to reveal soon.

Please keep in touch with us via our various social media outlets, website and if you would like to get involved or for us to bring some drumming to you, just send us a message , we'd love to hear from you!