

MEDIA RELEASE

For immediate release – 29 March 2018

Drumming for your best life

Anglicare Central Queensland is utilising the ancient, tribal tradition of drum beating to help those living with a disability to tap into their emotions and improve their wellbeing.

Every Wednesday for the next three weeks, Anglicare's Lifestyle Support team are offering workshops to NDIS participants and their carers/supports as a social inclusion and community participation opportunity.

The free workshops, led by experienced drumming facilitator, Raylee Rees, are part of Anglicare Central Queensland's commitment to work with people to make the best of their lives.

"I continue to be impressed by how powerful drums can be in a group session," shared Raylee.

"Drumming is great for the soul, for your rhythm and the functioning of your whole body."

Our first workshop which was held on 28th March uplifted and soothed the few participants attending.

One participant, Kevin, said that he can't put into words how enlightened the drumming made him feel.

"I haven't felt like this for a long time due to my mental health and I love listening to the drums in a group session – it's a good leveller," shared Kevin.

Group drumming brings people together in a non competitive space and becomes a vehicle that can empower the human spirit, realign the body's energy system, stimulate creativity, build community, foster team spirit, promote healing and enhance general wellbeing and quality of life.

Drumming is an ancient approach that uses rhythm to promote healing and self-expression. Rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health.

Anglicare Central Queensland currently works with many people in our local community living with a disability. Our Lifestyle Support team provides 'strengths based' individual and group support to many communities across the region.

"We're offering Tribal Drumming Workshops to introduce participants to the range of supports and services offered through our Lifestyle Support Programs," said Janelle Coe, Manager - Lifestyle Support Program.

"We plan to deliver similar group activities for NDIS participants who choose Anglicare Central Queensland as their local service provider. We are committed to working with our participants to meet their individual requirements and preferences, and are always looking to innovative ways of supporting people to realise their dreams.

For more information on Anglicare Central Queensland's Lifestyle Support Program, and other programs including NDIS, contact our team on 1300 769 814, ndis@anglicarecq.org.au or visit anglicarecq.org.au.



RELEASE YOUR INNER RHYTHM

Come along to Anglicare Central Queensland's Lifestyle Support Tribal Drumming workshops!

We're offering Tribal Drumming Workshops to introduce participants to the range of supports and services offered through our Lifestyle Support Programs.

We invite NDIS participants and their carers/supports to join us every Wednesday from 10.00am.

your local
NDIS
provider

PLEASE STAY FOR A LIGHT REFRESHMENT AND CHAT WITH OUR LIFESTYLE SUPPORT TEAM AFTERWARDS.

JOIN US

March: 28th
April: 4th, 11th, 18th

Northside Presbyterian Church
Burnett St, Berserker

Sessions go for 40 minutes. Workshops will be free until 1st May 2018

Register your interest with AnglicareCQ
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Anglicare
Central Queensland