

Community Drum Circle

Come along and discover how drum circles can create a safe space to find your inner rhythm – no previous drumming experience needed!

Join us on Monday 28 September, from 10.30am until 12.00pm at Newcastle Carers Centre.

A community Drum Circle is an informal, friendly get-together to make 'in-the-moment' rhythmic music, with drums and other percussion. We play most of the drums with our hands (some with sticks); you can use any of the drums, shakers, bells and other instruments provided in the sessions.

As drum circle facilitator, I gently guide participants into the session to find and play rhythmic patterns together, creating connections and sharing time away from the demands of day-to-day life.

Taking part in a drum circle can help improve physical and mental wellbeing, and is great fun! All carers aged 18 and over are welcome, and remember – there are no 'wrong' notes – just variations.

-Dr Jackie Drew, Drum Circle Facilitator

Want to find out more? Learn more about this session and what to expect when you come along by watching Jackie's [video here](#).

Please note:

- All drums and percussion instruments are provided.
- Spaces are limited for this session, and booking is essential.
- To book your place, please [get in touch](#) with us by Monday 21 September.
- You can call our Carers Information Line on 0191 275 5060 or email info@newcastlecarers.org.uk.

Last updated: September 24, 2026