

IN THE NEWS:
DRUMMING FOR HEALTH

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Could a natural rhythm - which some experts believe we all possess - be a cure for a variety of health problems?

Some certainly think so. Musician Simon Lee, from Kent, is called on to teach drumming to patients with problems ranging from addiction to autism, and learning difficulties to mental health issues. He has even offered help to terminally ill patients needing palliative care. And he says the results are amazing.

Experts believe that rhythmic drumming can aid health by inducing a deep sense of relaxation, reducing stress, and lowering blood pressure.

"Drumming has a number of benefits," said Simon. "It can energise or relax. It can foster a sense of playfulness or release anger and tension. It can also help in the conquering of social isolation and the building of positive relationships."

One patient, an alcoholic, told Simon her drumming sessions had helped her so much it had given her the inspiration to continue with a gruelling detox course. *"She said when she came into the clinic she was extremely negative and the first two or three days the treatment was purely about detox and heavy stuff,"* said Simon.

"The drumming was the first time she engaged and smiled." She said *"I came out of myself and saw that I could survive."*

Simon, who also carries out drumming sessions for the general public, said there was a growing interest in the therapeutic effect it could have, both on the individual and the community. *"There is strong evidence to suggest that drumming may actually be a healing activity,"* he said. *"Some have gone so far as to prove that time spent drumming can positively affect our immune systems, levels of stress and psychological well being."*