

MARTHA NEWS

AUTUMN '11 NEWSLETTER



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a Martha Trust nurse



A new dawn

Graham Simmons, Chief Executive of Martha Trust for 15 years has moved on to a new role with Manchester based 'Redeeming Our Communities'. We wish him every success and would like to thank him for the incredible amount he achieved during his time here, including his help in appointing George White as his successor.

George brings with him a wealth of experience as Operations Director of the Ladywell Retreat Centre in Surrey, where he oversaw a large estate, a care home for elderly religious sisters and a retreat centre. As a committed Christian, George also chairs one of the churches safeguarding commissions covering the London/Midlands region.



“ The role of Chief Executive at Martha Trust is an opportunity to be part of a truly remarkable organisation. I've been privileged to meet a number of staff and residents, and talked at length with Graham, and the love and high regard they all have for Martha is inspiring. I am passionate about giving the best care possible to residents and am very excited about being part of Martha.

I'm really looking forward to making my own contribution to this outstanding work and to getting to know properly the people who make Martha such a wonderful place to live and work. ”

George White

Meet Peter

Since he came to live at Mary House a year ago, Peter has had a huge impact on life at Martha.



Energetic, boisterous and enormously affectionate, Peter was brought up on a farm and naturally loves animals and being outdoors. His room at Mary House has floor to ceiling windows that look out onto the gardens and he's a huge fan of the regular visits from Pat the Dog.

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Like any parents, Helen and Joe struggled when the time came for Peter to leave home, but it was the move into adult care that proved tougher still. Cuts to funding meant that Peter wasn't as active or as challenged as he needed to be.

The family first got to know Martha when Peter used the hydrotherapy pool at Deal and, having seen what life could be like, his parents were desperate for him to move in. When eventually a place came up at Hastings Joe and Helen jumped at the chance and, despite his youthful looks, Peter celebrated his

39th birthday in the hydrotherapy pool at Mary House.

Helen and Joe couldn't be happier with Peter's progress, describing him as a pot plant that's finally been put outside to bloom: "The team at Mary House have been incredible. They've got to know Peter and his likes and dislikes so well, letting him stay up when he's not tired and listen to the classical music his Grandmother used to play on the piano.

"Peter has a great appetite and they make sure he has plenty to eat – even giving him two breakfasts

when he wakes up early. He's gained weight and with the constant care, therapy programmes and activities at Martha, he's lost the slightly nervous habits he'd developed before moving in.

"We're so happy to have found Martha. Peter now has a home for life where he's well looked after, not just physically but mentally. And because we no longer have to worry about his care, it makes the time we spend with him even more special, whether it's in the gardens at Mary House, on day trips out, or on visits home to the farm with his friends."

A day in the life of... a Martha Trust nurse

It's 7.30am when Kerry takes over at Mary House.

Happily it's been a quiet night so she gets on with planning the morning activities of hydrotherapy, the sensory room, reading in the garden and a shopping trip. They need to buy some toiletries for Claire, and as a woman who knows her own mind, Claire will be doing the choosing.

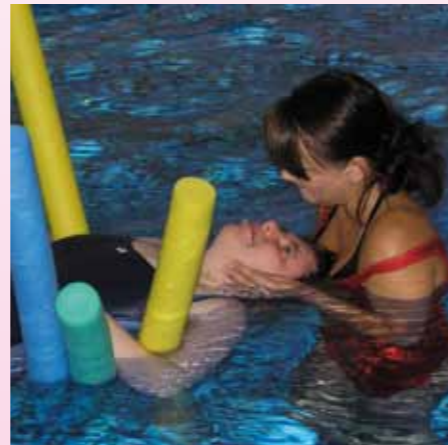


Part of her job as a Martha Trust nurse is to prepare the medication each day, and to make sure that Germaine gets her antibiotics, Kerry mixes them into a milkshake. Germaine is smiling but her feelings are crystal clear as the milkshake joins her toast on

the floor. The abscess in her mouth makes eating just too painful so Kerry decides to help her work up an appetite in the hydrotherapy pool.

The plan pays off. Germaine is in her element in the pool and by lunchtime she's hungry enough to eat.

Meanwhile a support worker has arrived back from the hospital where Sam's been recovering from a chest infection. He's on the mend and



Kerry is determined to get him home where she knows he'll be happy. She schedules in a visit to see him at the end of her shift and checks in on Samantha and Stephen who are enjoying a gentle hand and foot massage in the sensory room.

On her way back she prepares the emergency meds for the shopping trip and helps out two support workers battling to get a coat on Claire.

Claire doesn't like being fussed over and while she gives in eventually with a gracious smile, she's made her point. The group head off via the duck pond to make the most of the morning's sunshine and Kerry grabs a coffee which she takes to the storeroom to do the food orders.



Before she joined Martha just nine months ago, Kerry was a nurse in A&E. The culture couldn't be more different and Kerry relishes the fact that at Martha, she has the time to get to know each one of the residents and make a genuine impact on their health and wellbeing.

Like most Martha staff, though, Kerry isn't happy with the term 'residents'. "We love the people we care for," she explains, "we think of them as 'our guys', not our residents. No matter what we're doing, or how we might be feeling, they come first."

And to prove the point, she's just about to eat her sandwiches ahead of the lunchtime rush when she's called in for a quick catch up with home manager Tony Burgess.



Lunch for Kerry will just have to wait...

Help our work to live on

Making a will is easy to do and vitally important, yet around six out of ten of us don't have one.

A will is the only way to ensure that the people you love are taken care of after your death, and it's an incredibly effective way to support the work of charities like Martha Trust. If you don't yet have a will, or you're considering changing your will, then talk to a qualified professional adviser and make sure you ask about the many benefits of making a charitable bequest.

To find out more about leaving a gift to Martha Trust please call us on **01304 610448** email barry@marthatrust.org.uk or visit www.marthatrust.org.uk/leavingalegacy



Things to look out for...

Would you walk over hot coals for us at our November Firewalk at a Kent firework display? You'll receive a special motivational training session before embarking on this remarkable personal challenge and, of course, raising vital funds towards our work.

To find out more call **Dee Murphy** at Martha Trust on **01304 610448** or email fundraising@marthatrust.org.uk or go online www.marthatrust.org.uk/firewalk



The stunning Christmas cards designed for Martha by local artist Katharine Dewick have been so successful that we've made them available again this year.

To order an individual design or a selection of all five cards, please complete the enclosed order form, contact **Carol Baalham** on **01304 610448** or email fundraising@marthatrust.org.uk



The Light up a Life Christmas stars are back and will be available to donors throughout December.

Thank you to everyone who helped to raise over £2,000 towards our work last year.

To take part this Christmas, please complete the enclosed order form or go online to www.marthatrust.org.uk/lightupalife

A great big "thank you"

Some of you have really gone that extra mile for Martha over the past few months.

In June **Donald Gordon**, a Domestic Assistant at Mary House, cycled from Hastings to Brede raising nearly **£200** for Martha Trust.

In July our wine tasting at the Secret Gardens in Sandwich was generously supported by **Hercules Wine Warehouse; Nick Cunningham Plumbing, Heating and Electrical Engineers; the Clarinet Quartet** (formerly the Pfizer Wind Orchestra) and the **Barclays Corporate Team** from Ashford raising over **£3,700**.

Our Zumbathon raised over **£1,000** and was supported by the **Northbourne Park School; The Fitness Mix; JNS Sounds** (Dover); **Wingham Country Market; The Blazing Donkey; 81 Beach Street** and **M&S** in Deal.

In August, a skydive by **Sophie Southwick, Natasha Smart** and **Lauren Goodban** raised nearly **£1,000** for Martha.

And also in August, **Paul Craven** a Martha Trust Support Worker, walked over 50 miles between Hastings and Deal raising just over **£500**.

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If you'd like to receive future issues of Martha News by email and help us to save money, please email us at fundraising@marthatrust.org.uk



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