



# Martha at Deal



# Martha

Martha Trust in Deal is a place where people with profound disabilities can feel safe, loved, valued and fulfilled.

**Martha House**, opened in 1987, is home to 13 people and **Frances House**, opened in 1998, is home to eight. Our **Day Care Centre** welcomes around five people each week and our respite care place offers vital support to ten families throughout the year.

Our homes are bright and modern and we provide the highest standards of round-the-clock nursing care and state-of-the-art facilities. Our full programme of specialist therapies and activities is tailored to each individual and designed to improve their health and their emotional wellbeing.



# Homely comforts

The bedrooms at Martha Trust reflect the individual characters of the people who live in them. The profiling beds and ceiling-mounted hoists make bedtime as comfortable as possible and all the rooms have access to a fully equipped bathroom.



Mealtimes are a shared event with delicious, homemade food prepared by our highly experienced chefs. Wherever we can, we offer our residents a choice of meal and specific dietary requirements and personal preferences are all catered for in our daily menus.



**Breakfast**  
Cereals, toast, porridge, eggs

**Lunch**  
Goats cheese and pepper tart  
or  
Goats cheese and onion past

**Breakfast**  
Cereals, toast, porridge, eggs

**Lunch**  
Summer squash & white bean saute  
or  
Spicy root vegetable and lentil casserole

**Dinner**  
Gnocci with zucchini ribbons and parsley brown butter  
or  
Pasta salad

**Dessert**  
Fruit salad or yoghurt

**Breakfast**  
Cereals, toast, porridge, eggs

**Lunch**  
Tuna pasta bake  
or  
Cheese omelette

**Dinner**  
Minced beef Wellington & seasonal vegetables  
or  
Savoury mince & vegetables

**Dessert**  
Bakewell tart or fruit



## Life

Our residents enjoy a programme of therapies built around them. We have a hydrotherapy pool with a high-tech sound and light system, landscaped sensory gardens, a sensory room and a fully equipped Therapy Suite with Vibro bed and 42" Plasma touch screen.

There are regular visits from Pat-the-dog, a reflexologist, a physiotherapist and a music therapist, and trips out shopping, horse riding, to shows, concerts and the cinema, holidays and visits home to friends and family.

### Activities programme (examples)

#### Mornings

Passive movement, coffee morning, hydrotherapy, prayer meeting, music therapy

#### Afternoons

Sensory cooking, arts & crafts, games, pub, reflexology, outing, family time, gardening, karaoke, DVD, music, reading

#### Evenings

Walk, Rivals nightclub, drive, outing, family time



## Family



Martha House and Frances House are family homes. The residents get to know each other and all the staff really well, from the nurses and support workers to the maintenance people, cooks, cleaners and office staff.

We make sure that families have every opportunity to be involved in the lives of their loved ones and we send them regular progress reports, films, photos, artwork and updates. Our residents can even Skype family members using our giant Plasma screen, giving them face-to-face contact when they can't be with them in person.



## Alexandra



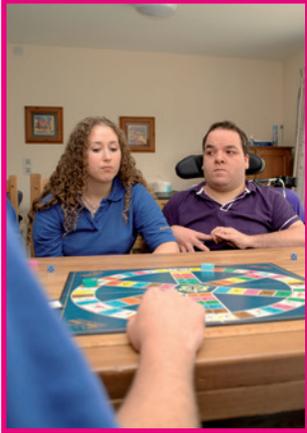
John and Linda couldn't imagine that anyone could love and care for their daughter as much as they had. But as they've watched Alexandra settle into life at Frances House, they've seen her blossom into a confident and outgoing young woman.

*They told us: "Alexandra is in good hands and we are so proud to see her building her life with Martha Trust. Thank you for providing such a wonderful home."*

## Space to grow

We know how hard it is to care for and meet the needs of someone with profound disabilities.

Our Day Care Centre caters for young people who have just left full-time education and need to be in a challenging and stimulating environment. It's invaluable for working parents and for people who need a little extra support during the day.



## Cengiz

Cengiz loves hustle and bustle and being around people, so the Day Care Centre is perfect for him. It provides an outlet for his creativity and he takes part in music therapy, arts and crafts, reading and storytelling, sensory cooking and his absolute favourite – hydrotherapy.

According to his mum, Merih: *"Having Cengiz at the Day Care Centre and knowing he is so happy and well cared for has given me the freedom to continue working. It's improved our quality of life as a whole family and helped us to appreciate the time we spend together even more."*

Respite Care at Martha provides regular breaks for both carers and the people they care for. Everyone who stays with us has access to all our facilities and can enjoy a full, tailored programme of activities.



## Elizabeth



For the past 20 years Elizabeth has been able to enjoy her independence with regular stays at Martha. She can join in all the activities and therapies on offer, catch up with her friends, and relax and play in the hydrotherapy pool.

Her father, Humphrey, explained: *"Elizabeth gets a great deal out of her stays at Martha and it gives her mum and me a chance to catch up on some of the things we aren't able to do when she's at home. If she ever needed permanent care, we know Elizabeth would be safe and happy at Martha."*

Martha Trust is also a home and we make sure that the people who live with us enjoy as full and active a life as possible. We help them to achieve their potential and, where possible, their independence and we respect their right to privacy, to choice and to dignity.

To find out more about life at Martha Trust in Deal please contact:

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