

# Martha NEWS



Autumn 2019



## Music on the Farm hits the right note...

raising record funds that will help to transform lives



Relaxing reflexology



A place in the shade



Light up a Life at Christmas



In 2018 our focus was very much on Safeguarding and improving our policies and training to ensure we are a leader in Safeguarding best practice within the care sector. We have now established a stronger and safer culture but, never complacent, we continue to constantly work to make Martha a very safe home and workplace. For 2019 we have started work on our Eco policy, looking at ways for Martha to lead as a charity concerned about the environment. Our Safeguarding project was very much driven by the management team, with support of Safeguarding Champions working on the operational side of the organisation. With our environmental work we have taken a different approach and have asked the two groups of staff representatives called Staff Listening Groups to drive our work in this area, to again improve the workplace and also help the environment. This autumn we have approved our Environmental policy and, using the policy, the two groups will be working closely with the management team to advise us on small changes to our way of working which could have a significant impact. For me there is no better workplace than where, to quote Ghandi, staff are given the chance 'To be the change they want to see.'

**George White**  
CEO Martha Trust

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## Martha News online

We keep our production costs to an absolute minimum, but you could help us save even more money by signing up to our newsletter by email.

Simply email us at [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) quoting 'Martha News' in the subject line. You will then receive your newsletter in pdf format, so it won't even clog up your inbox!

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# Reflexology

**At Martha Trust we are always looking for therapies to offer our residents which complement their existing medical treatments and contribute to their overall wellbeing.**

The art of reflexology dates back to Ancient Egypt, India and China and was not introduced to the West until Dr William Fitzgerald developed 'Zone therapy'. He believed that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone.

In the 1930's, Eunice Ingham further developed this zone theory into what is known as reflexology. Her opinion was that congestion or tension in any part of the foot is mirrored in the corresponding part of the body.

The Association of Reflexologists describe reflexology as a non-intrusive complementary health therapy. Reflexologists work holistically with their clients and aim to work alongside conventional healthcare. The theory is that reflexology helps the body to restore its balance naturally. Therapists will use their

hands to apply pressure to the feet, lower leg, hands, ears or face, depending on the type of reflexology appropriate to the individual.

Reflexology is something which is available to all our residents and is delivered by very experienced therapists on both sites.

Lee Buchanan has been working at Mary House since 2006. She says "It is many years now that I have attended Mary House each Friday for reflexology-based sessions. I was introduced by a previous home manager who felt my gentle approach would be welcomed by the residents. Initially my primary concern was communication – all non-verbal – and having confidence that I was not intruding, or causing a reaction that could not be expressed."

At Martha, sessions are tailored to our residents by taking into account both



physical and non-physical factors that might be affecting their wellbeing. The positive results can be quite astonishing. Lee's approach is multi-disciplined, as she is trained in kinesiology, massage and reflexology with Reiki Master status. She also has a passion for sound therapy. Lee says "I have found that the individual likes and responses have been quickly familiarised and I am amazed at how much is communicated through touch – sometimes reciprocal, which is oh so touching!"

And it's not just our residents who benefit from Lee's talents. She can occasionally be found delivering some much needed therapy to members of staff too! She is indeed a real asset to Mary House.

Helen Fowler is a more recent addition to the team at Deal. She says "After 19 years of providing Reflexology in residential homes I can honestly say ..."Martha Trust you are the best!" I have been very impressed by the respectful way residents are treated and personally, I've found staff to be outstandingly polite and helpful. It is very rewarding to see how positively clients respond to the calming, therapeutic nature of Reflexology."

We are incredibly grateful to have two such dedicated therapists who bring so much to Martha and the lives of the residents who live here.



# A time to celebrate

Mary House has over the past months been the very grateful recipient of a number of generous donations to help them deliver some new and exciting projects. In August they held an open day, attended by residents, families and some of the donors, to celebrate their achievements and say thank you to everyone who has supported them.



As part of a bigger capital fundraising project, Martha received a donation from the Bradbury Foundation to create a new Information and Communications Technology (ICT) suite and invest in further interactive technology. This has enabled them to further develop communication programmes tailored to individual residents' abilities and interests.

The ICT Suite now has the facilities to use eye gaze and the new 3D printer which many of the residents have already used to make items ranging from jewellery to nuts and bolts. Throughout the coming year photos and work that the residents have created will be displayed around the home.



There has also been a real focus on making the already beautiful outside spaces at Mary House more accessible and interactive for the people who live there.

In June 2018 we were supported by the Hastings Round Table through a stall at their annual beer and music festival. We would like to thank the army of volunteers who gave up their time to staff the stall - the chants of "Football's coming home... it's coming home" are still ringing in our ears!!



The donation received has enabled us to purchase a new pergola for one of the courtyards. This is providing our residents with a safe and versatile space that protects them from the bright sunshine and reduces the risk of sunburn during the summer months. In addition, those who have an interest in gardening can grow climbers and flowers along the pergola for everyone to enjoy.



For those who prefer to just relax in the garden, support worker Kim Whiffin-Brown organised a sponsored male leg wax (ouch!), raising £422.00 for new patio furniture. Deputy Home Manager Bridie has already given one of the armchairs a test drive and a big thumbs up!

We are very lucky to have a family member who, along with her family and friends, has given up a huge amount of time over the past three years to hold an annual Christmas raffle, sourcing a vast selection of prizes to make it a success. Vera, mum to one of the young ladies who lives with us at Mary House, wanted to fund something which would create a further opportunity for residents to enjoy outdoor activities at any time of year.

And so... a new polytunnel now proudly stands on what could previously only be described as 'wasteland' at the back of the garden and car park. Residents can now have fun planting and growing flowers, fruit and vegetables and the satisfaction of eating produce they have grown themselves.

We would like to say a huge thank you to Vera and her Gang of Christmas Elves!



Owen Nolan, Registered Home Manager at Mary House said "The generosity shown by so many people, from staff and family members to local community groups and beyond, has been amazing. The various projects that are now being funded make a real difference to the daily lives of the people we support at Mary House."





# Music on the Farm – our most successful music event yet!

Thank you to everyone who was involved in making Music on the Farm our biggest and best music event! Glorious sunshine greeted guests joining in the fun at this year's Music on the Farm, held in the fields of Solley's ice cream parlour in Ripple. The day was a resounding success raising over £24,000 towards transforming the lives of our guys at Martha.

A huge thank you to the team at Solley's for being

so supportive and giving up their farm for us for the day. And thanks to our sponsors Barclays, Cook Fabrications, Channels & Choices Therapeutic Fostering and Jenkinson Estates as well as all the companies who gave gifts in kind to make the day possible.

The day was only made possible by our band of volunteers, musicians and security staff who all gave their time in aid of Martha.



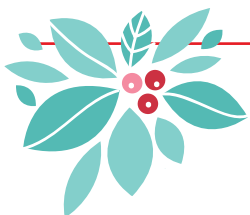
# Music4Martha Deal

Thank you to The King's Head, The Port Arms and Dunkerley's in Deal for hosting a Music4Martha event on the seafront for the fourth year running. It was an amazing day with over £5,500 raised for Martha.

Special thanks to all the musicians, entertainers and volunteers who supported the event and to our sponsors Jenkinson Estates, Connect U and Number One B&B.

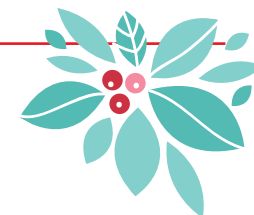






# Ways to get involved, now and into the future

## Supporting Martha this Christmas and beyond



### Hold a winter-themed fundraising day in December



A great way to get your work colleagues, school or group members involved. Host a winter themed fundraising day this December, wear a bobble hat or Christmas jumper day or come dressed as an elf! Whatever you choose to do, make it fun and easy to participate and simply ask for a donation to Martha for participating.

### Light up a Life

When you make a donation to Martha this Christmas you can Light Up a Life with your own Christmas star.

You can personalise your star with a message to celebrate the life of someone close to you. We will then hang your star on a Christmas tree in the Martha home of your choice.



Return your personalised light up a life star and completed donation form along with your donation to the address above or donate online at [www.marthatrust.org.uk/lightupalife](http://www.marthatrust.org.uk/lightupalife) or call us on **01304 610448** to make a donation.

### Giving Shelf



A great way to recycle your unwanted books and raise money for Martha! Take a leaf out of Deal train station's book who have raised £1,211.05 through their Giving Shelf.

If you'd like to start your own Giving Shelf for Martha Trust then give Kerry or Carol a call on **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

### Dover District Lotto



Tickets to the weekly draw cost £1 with 50% of your ticket going to Martha! Players must be 16 or over and physically located in the UK.

The odds of winning a prize are 1 in 50! With a top prize of £25,000.

To find out more or sign up today at [www.marthatrust.org.uk/lotto](http://www.marthatrust.org.uk/lotto) or if you aren't online you can call the dedicated Dover District Lotto number to play on **01304 776123**. Don't forget to mention you want to support Martha Trust.

### Christmas raffle

We have some amazing prizes this year including our top prize of a week's holiday at Loch Rannoch Highland Club Lodge in Scotland worth £1,950! Second and third prizes are £150 and £100 respectively.

It is a great way to support Martha Trust at Christmas. Please encourage friends and family to buy a ticket too. Tickets cost £1 each and are available to purchase individually or in books of five.

Since we started our Christmas raffle six years ago it has raised over £10,000 towards our work. This is only made possible by your generosity and support.

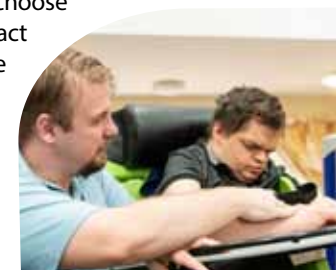
To purchase tickets please complete the stubs of the tickets enclosed and return them along with your payment to Martha Trust, Homestead Lane, Hacklinge, Deal, Kent, CT14 0PG.

If you would like to purchase extra tickets please call us on **01304 610448**.

### Leaving a gift in your will to Martha

By remembering Martha Trust in your will, after your friends and family have been looked after, you can leave a life changing legacy to people with profound disabilities. Whatever size gift you choose to leave, it will have a huge impact on our work. Just 1% of your estate can ensure we are transforming the lives of people with profound disabilities well into the future.

Your will reflects the person you are, the values you hold and shows your love to the people and causes you hold close to your heart. And leaving a gift to your favourite charity also comes with tax advantages.



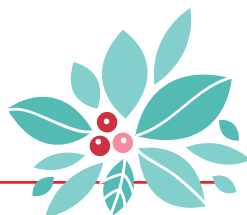
Currently in the UK you can leave everything to your spouse tax-free, but after that each of us is subject to the inheritance tax threshold, currently standing at £325,000. Beyond this threshold anything we leave behind is subject to Inheritance tax at a rate of 40%.



That is, unless you leave it to an exempt body such as a UK-established charity. Charitable gifts left in wills are outside your estate before inheritance, enabling you to reduce the tax paid on your estate. You could even wipe it out entirely if you left everything over £325,000 to charity.

However, if you leave at least 10% of your estate, after any exemptions, to charity, this reduces the rate of any inheritance tax due from 40% to 36% – which could save thousands.

Find out more about leaving a gift in your will at [www.marthatrust.org.uk/transformlives](http://www.marthatrust.org.uk/transformlives) or by calling **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)



On behalf of everyone at Martha, we want to say a huge 'Thank you' for the amazing generosity of our supporters.

The Saracen's Head in Deal for raising £778 through their charity quiz nights this year



Asda for £400 they raised through their in-store Green Token Giving Programme in their Chatham and Brighton stores



To all the local businesses and to Rapid Relief for supporting our staff raffle in celebration of National Carers week



Girling's Solicitors for making Martha their Charity of the Year and raising £2,743.10!



To everyone who has supported us through the Dover Lotto this year. We have raised £544 to date!



Helen and Matthew Ellington who kindly asked for donations to Martha instead of physical gifts for their wedding day. They raised almost £2,000!



Our very own Mary House Choir for raising £275 through their concert



Dover District Lions Club for their kind donation of £250

St Edmund's School in Canterbury for their £200 donation

National Lottery – Awards for All for their grant for 'Communication for All' project

Solley's for their continued support – allowing us to use their farm for our Music on the Farm event alongside raising £860.47 in 2019



We are extremely grateful to all the businesses who have supported Martha this year, either through the donation of a raffle prize, a gift in kind, sponsorship, or fundraising in aid of Martha.

We simply couldn't do it without you.

ARAG ♦ Bakkavor ♦ Barclays ♦ Barraclough's ♦ Blueleaf ♦ Boards by Jess ♦ Brandon Hire ♦ Castles Removals ♦ Channels & Choices ♦ Cohere ♦ Connect U ♦ Cook Fabrications ♦ DFDS Seaways ♦ Discovery Park ♦ Dover Design Photography ♦ Dunkerley's ♦ Explosive Golf Marketing ♦ Forever Yours Photography ♦ Girling's Solicitors ♦ Hutchings Timber ♦ Jenkinson Estates ♦ J&R Carpets ♦ Marc One Security ♦ Mylan ♦ Nick Cunningham Plumbing and Heating Engineers ♦ Number One B&B ♦ OFP Timber Frame ♦ Piston Lager ♦ Positive Solutions ♦ Premier Signs & Graphics ♦ PSICON ♦ Rapid Relief ♦ Redfortress ♦ Roger J Goldfinch & Sons ♦ Rooks Butchers ♦ Sainsbury's ♦ SAMS ♦ Solley's Kentish ice cream ♦ Sota Solutions ♦ Southern Multi-Service ♦ Systems Technology ♦ The King's Head ♦ The Plough Inn ♦ The Port Arms ♦ The Saracen's Head ♦ Town and Country Services ♦ Veolia ♦ Wards ♦ Wingham Country Market ♦ White Cliffs Radio ♦

Dover Fire station for their £500 donation



"Thank You"





# A big shout out to our supporters who took on a challenge for Martha in 2019



## Marathon runners

The Virgin Money London Marathon is the biggest running event in the UK and one of the most popular marathons in the world.

We were extremely honoured to have a dedicated team of ten runners in this year's marathon. And between them they have raised just under £17,000!



## Fleeing to Florence

Our intrepid teams set off for our new destination of Florence in our 2019 car challenge – Fleeing to Florence. It proved a popular destination with 13 cars and 29 participants taking part and is set to raise £30,000 when all monies are in.

It certainly was an adventure with lots of camaraderie and shenanigans along the way! Great memories and friendships made.

A huge thank you to our main sponsors, without whom this event just wouldn't be possible. DFDS Seaways, Nick Cunningham Plumbing and Heating Engineers, Redfortress Ltd, Sota Solutions, Systems Technology and Wards.



If you are interested in taking part in our 2020 event, we will be going back to the popular destination of Monte Carlo in **Monte Carlo Madness** on 19th September 2020. To find out more visit [www.marthatrust.org.uk/MCM](http://www.marthatrust.org.uk/MCM) or to register your interest please call **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

