

# MARTHA NEWS

## Braving the heights in our 20th Anniversary!

*A remarkable and fitting tribute to the residents and staff of Martha Trust was demonstrated when Anna, a resident at Frances House, went abseiling this summer.*

*Well done, Anna!*



**M**artha Trust opened its first home 20 years ago in Deal, Kent, when a group of local people were inspired by a God given vision to provide a quality, family home for people with profound disabilities.

Now, 20 years on, Martha Trust has three homes in Deal and Hastings, and a Daycare centre with a Hydrotherapy pool, all of which provide vital, quality services for people with multiple disabilities.

1987	1996	1998	2001	2006	2008
Martha House, Deal, opened as a home for 8 people	Hydropool and Daycare centre completed at Martha House	Frances House, Deal, opened for 5 young people	Extension to Martha House to provide care for 5 more people	Mary House, Hastings, opened for 8 young people	Work to start on Hydropool and 4 extra places at Mary House

We look to our Christian faith and family-based principles to keep our promise of a loving and caring home – secure for life for people with profound learning and physical disabilities. In this our 20th anniversary year, there are many people with profound disabilities who do not receive the care and services they need. We are committed to helping many more people over the next few years, but this commitment is only possible with your help.

### WHAT CAN I DO TO HELP?

**See the back page of this newsletter for details of making a donation, ideas for fundraising and ordering Martha Christmas cards!**



Nigel Wheeler, High Sheriff of Deal, cut the 20th anniversary cake with residents and staff at Martha House. Reverend Chris Spencer, local vicar of St George's, Deal, delivered a short blessing for the charity. Guests included representatives of trusts, businesses and groups who have supported Martha Trust over the last 20 years.

# HOME AND AWAY SUMMER '07

**Residents and users of our respite and daycare service all enjoyed an active and interesting summer, despite the disappointing weather. At home we enjoyed themed fun days, relaxing in the garden, watching travelling drama shows and trips out to the fire station, sea front and local shops and concerts.**

**Residents took holidays in Exmoor, Clacton and Bognor and enjoyed exploring historic sites, beautiful beaches and sleepy towns.**

**Our younger residents at Frances House spent a wonderful time at the Calvert Trust Activity Centre in Exmoor, and took part in abseiling and climbing (see front cover).**



# BONGOS, CONGAS

With the sound of a thumb piano and African percussion in the background, visitors to Mary House may be forgiven for thinking they've arrived at a Hastings music event – but, in fact they'd be listening to a session with our visiting music therapist, Jamie Harris, and his wonderful and tactile collection of hand drums and percussive instruments.

Jamie's music has its roots in African music – strong on rhythms and repetitive percussive beats, overlaid with songs and vocals.

To encourage interaction Jamie varies individual lessons making the sessions personal to each resident. For instance, Robbie (pictured below), listens intently to a song and story (invariably about Robbie himself!) underlaid by a fun percussive beat. Michael (pictured above right), likes more ambient, calmer music and contributes vocally to an accompanying thumb piano.

Thank you to all those people who sponsored Jamie Osborne and responded to our appeal for funds for therapies. Residents at Mary



## TRUST NEWS

### New hydropool for Mary House

Fundraising is well underway for a new four bedroom wing and a hydrotherapy pool at Mary House in Hastings. The proposed extension will increase the number of places at Mary House to 12, with the option to provide short-term respite care. The extension will also incorporate a state-of-the-art hydrotherapy pool featuring special effects such as sound, mood lighting, atmospheric mist and scent. At present, Mary House residents make a 130-mile round trip for hydrotherapy each week – a complicated operation tying up vehicles and staff. The new pool will provide immediate and lasting benefits to our young residents and others with disabilities in the Hastings area. Work is scheduled to start early in 2008, with the new service welcoming users from February 2009.

**Do you belong to a group, school or workplace that could take part in an event to raise money towards the hydropool?**

**There are a number of ways to get involved, and we have staff who can give talks about our work. Please call 01424 757960 or e-mail [contact@marthatrust.org.uk](mailto:contact@marthatrust.org.uk).**

# AND RHYTHMS!

House now enjoy a weekly session with a music therapist which helps develop self awareness and communication through music.

Robbie and Michael are lucky – they receive quality music therapy which makes a huge difference to their lives.

At Martha Trust we'd like to offer more therapies to all our residents. Further donations are needed to ensure that we can start regular music therapy sessions at Martha House and Frances House, and introduce a range of alternative therapies for the young people living at Mary House.

**Please consider sending a donation to allow the people in our care to receive the very best opportunities available.**

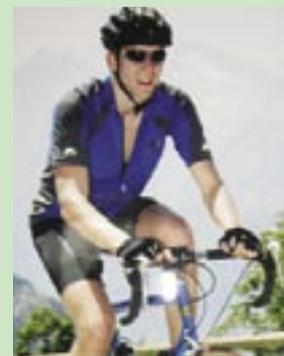


## END2END CYCLE CHALLENGE 2007

### BROTHERLY LOVE

As we go to press Werner Baumker is attempting a very special challenge on behalf of Martha Trust. Werner, whose brother Charl is a resident at Martha Trust in Deal, is a great friend of Martha Trust.

Werner is currently in an End2End Cycle Challenge, which involves cycling the furthest possible distance across the British Isles: 1039 miles (1662km) in 12 days, from Land's End (South West England) to John O'Groats (North East Scotland). This distance is the equivalent to cycling half the 2007 Tour de France!



Follow Werner's progress at [www.end2end.co.nr](http://www.end2end.co.nr) and sponsor him at: [www.justgiving.com/wernerchallenge2](http://www.justgiving.com/wernerchallenge2).

## Making a donation to Martha Trust



Please consider sending a cheque or postal order (payable to Martha Trust) to: Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG.

You can also make a donation in other ways. These include:

- Make an on-line donation
- Regular giving
- Leave a gift in your will
- Payroll giving
- Credit card payments – call 01304 615223
- Maximise your donation using Gift Aid.

## Congratulations to the 'Bruges windmill walkers'

The second Martha Trust Stroll took place over the August Bank Holiday weekend. Support workers Nicole Hooper and Debra Lagden took part, along with supporter Julie Crockett and her daughter Heather (riding on Julie's back in a baby carrier!). We believe the total raised by the group will reach nearly £2,000. Well done and thank you all!



## Martha Trust Christmas cards

Buying a beautiful selection of glossy Christmas cards from Martha Trust is a great way to support us. Priced at just £2.95 for a pack of 10 cards, they're great value. Please see the order form enclosed with this newsletter.



## Brilliant Jamie!

Well done to Jamie Osborne who completed the London Marathon and raised a massive £3,500 for Martha Trust. Thank you to Jamie and all our supporters and newsletter readers who sponsored his challenge. Sadly Martha Trust only receive one place in the London Marathon every five years, whereas the larger charities have hundreds of guaranteed places each year. Just think what we could achieve with ten places each year!



## DIARY DATES

### Third Martha Trust Charity Golf Day Friday, October 5th

Dale Hill, Ticehurst. Play with a celebrity from the All Stars or Cricketers team. Some places remaining.

### Giant Pumpkin Competition and Fun Day Sunday, October 7th

The Blue Pigeons at Worth near Deal from 10am.

### Martha Trust Christmas Fayre Saturday, December 8th

St. Georges Hall, Deal, 10am-2pm. Games, stalls and singing with a special guest appearance from Father Christmas!

### Christmas Cracker Sunday, December 16th

Fowlmead Park, Deal, from 11am. 7 km run and children's fun race, with a Christmas surprise for each runner. Traffic-free road race.

### Christmas Pudding Run Saturday, December 22nd

Ashburnham Place, near Battle, E Sussex. 5 mile race, 2 mile fun run and 1 mile kids' run in traffic-free historic estate.

### Banger Rally May Bank Holiday 2008

From Kent to Italy over 3 days. Call Julie for more details on 01424 757960.

### London-Paris Cycle Ride June 27th-30th 2008

Ride 300km in 3 days – on sleepy back roads with great French food and wine.

### Trek Iceland July 3rd-8th 2008

Challenging trek through the lava fields, geysers and glaciers of Iceland

**More information for these events can be found on our web site**  
[www.marthatrust.org.uk](http://www.marthatrust.org.uk)

Martha House – 01304 611101

Frances House – 01304 626929

Mary House – 01424 757960

Larry Fordham – Community Fundraiser; Deal – 01304 626171

Rose Osborne – Community Fundraiser; Deal – 01304 626171

Julie Brett – Community Fundraiser; Hastings – 01424 757966

Barry O'Sullivan – Development Manager – 01424 757960



*Unless the Lord builds the house,  
those who build it labour in vain – Psalm 127*

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