

Autumn 2008

MARTHA NEWS



Dedicated Martha Trust staff develop their careers

At Martha Trust we employ a wonderful team of staff to provide care for our residents, daycare and respite users. Our homes are registered nursing homes, which means a specially qualified nurse is on duty at all times, backed up by a team of trained support workers (who assist each individual with every-day living), therapy workers, a chef and assistant (who produce home-cooked, locally sourced organic food) and domestic assistants who keep the homes tidy and clean.

We are lucky to have such a dedicated team, some of whom have been with us for over 20 years. Each year a few of our support workers decide to train to become nurses with the intention of returning to Martha Trust in a nurse's role. This Autumn was no exception with three support workers from Martha House taking the plunge into further education – Phil Surridge, Katie Weller and Jenny Shooter are all studying for their degree in nursing. We wish the three of them best of luck with their studies – and also all our staff undertaking study over the forthcoming academic year.



Making the most of the late September sunshine at Martha Trust are Charlotte and carer Sabrina (top picture) and Fay with carer Nitya (above).



When the hydro pool is the only route to a valuable cuddle with Mum . . .

The only way people with profound physical disabilities can exercise is through hydrotherapy

At Martha Trust, all the people we care for are wheelchair users and all have further physical and learning disabilities. This means that exercising is almost impossible – and yet exercise has many benefits. Hydrotherapy is the one form of exercise which is totally safe for people with multiple disabilities. It takes place in a special pool where the water is heated to 39C. This means that people with very reduced mobility and complex health problems may exercise in a supportive environment.

Because we feel hydrotherapy is so important for people with multiple disabilities, at Martha Trust we have a hydrotherapy pool at our site in Deal and we are building a new hydrotherapy pool at Mary House in Hastings. Our pools have a full hoisting system which means people with the most profound disabilities may

enter the water with ease and dignity. We also staff the hydro pool with two specialist support workers who carry out gentle physiotherapy with the individual.

Providing hydrotherapy pools is vital as during hydrotherapy our residents experience a sense of weightlessness and freedom which is priceless when you are confined to a wheelchair. The exercise improves muscle strength, circulation, digestion, strengthens bones and makes people feel great, thanks to the endorphins which are produced following exercise.

All our hydrotherapy is funded through voluntary donations, and without these donations, Robbie and others would not receive this health-giving therapy which transforms lives.

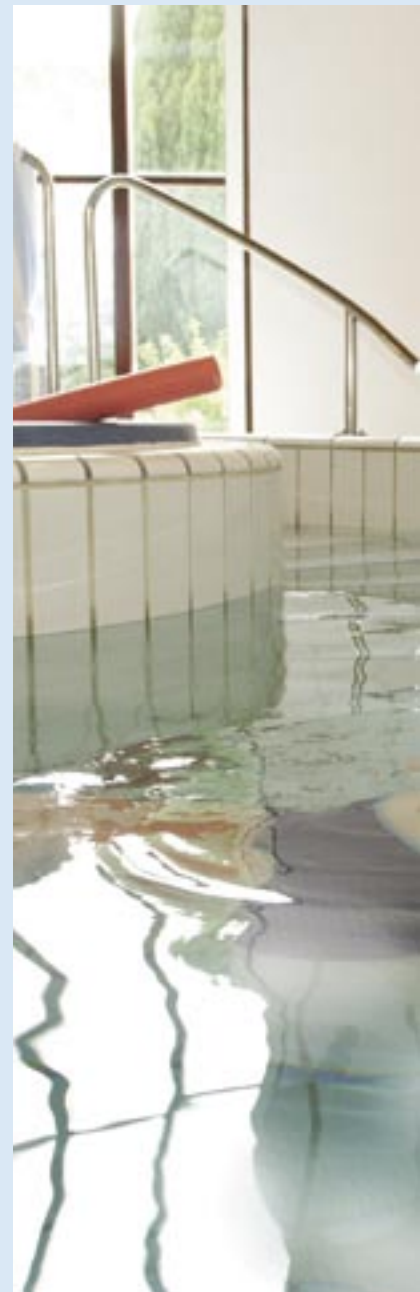
Phil Linkin (Senior Services Manager)

Robbie's Story

Robbie (pictured at top of the page) has been disabled since he was little and is a cheerful, loving young man who enjoys music and books. When Robbie was younger and before he contracted osteoporosis in 2002, age 14, Robbie used to enjoy a cuddle with his mum and dad. The Osteoporosis has now made it impossible for Robbie's mum or dad to have close contact with Robbie, as his bones are too fragile. Since moving to Martha Trust, Robbie now regularly uses the hydrotherapy pool with his mum – the hydrotherapy pool provides a safe, supportive environment in which he can exercise but also in which he can enjoy a cuddle. Robbie's mum Kathy

says "Cuddling Robbie is only possible now with the support of a hydrotherapy pool and it is so wonderful for me to see how much he enjoys the freedom the water gives him, and how he can move his limbs in a way which is restricted outside of the water."

At the moment Robbie (who lives at Mary House in Hastings) must make a 120 mile round trip to use the hydrotherapy pool in Deal and so cannot use the service more than once a fortnight. When the new pool at Hastings is built, Robbie and his housemates will be able to use the pool on a daily basis. Please help make this a reality for Robbie.



Please consider making a donation to fund hydrotherapy and improve the lives of many people with profound disabilities.

Building our new pool at Mary House

The hydrotherapy pool will form part of an annexe to provide four further care places and facilities at Mary House. Building the hydrotherapy pool will take many months. Last winter we started looking at the pool design, investigating existing pools in the South East region and consulting with residents and other stakeholders. This summer we met with various sensory equipment companies to plan for the specialist lights, touch and sound package to be used in the pool. The sensory equipment allows users to benefit from stimulation to all the senses.

The pool excavations and creation of the sub-base and super-structure took place late this summer. Once the shell of the building is completed in the autumn, the pool will be then rendered and the pool and surround tiled. In the spring the plant room is due to be fitted out with the mechanical heating and cleaning systems and the electrics fitted to power the pool and the sensory AV equipment. Finally a few weeks before the end of the building programme the pool is filled, tested and commissioned!



Dawn relaxing at the Martha Trust hydrotherapy pool at Deal.

New accommodation for young residents

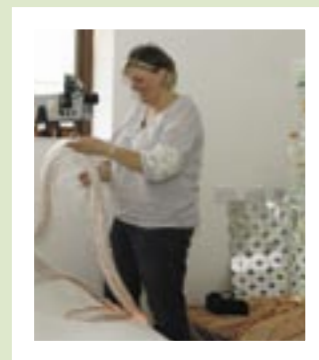
Building work commenced in August to extend Frances House, our home for young adults in Deal, Kent. The work will mean we can provide a home for three new young people with profound and multiple disabilities and complex medical needs, from early 2009.

We welcome donations towards funding specialist equipment for the new rooms. Specialist orthopaedic beds cost £1400 and £500 for therapeutic air mattresses which prevent bed sores and aid blood circulation. We also need to install overhead hoists which allows the young people to be moved with dignity and ease and these cost £2,950 each.



Changing Rooms

Following the success of our Therapy and Activities programmes (featured in our previous newsletters) we needed more room to offer a full range of activities to our residents at Deal. We achieved this by freeing-up space at the Deal site, for conversion into new therapy rooms, and found new office space for our administration staff in nearby Sandwich. We are currently in the process of converting and decorating the rooms so that residents may use them from October 2008.



Creating a new sensory room with fibre optics and light projectors at Martha Trust, Deal.



Creating more space for activities will give residents more opportunities to use sensory equipment like this sound beam technology.

Rome or Bust/Mad For Madrid



Over £20,000 was raised over the May Bank Holiday with our first ever banger rally 'Rome or Bust'. Eleven teams purchased 'bangers' for £100 or less and drove the 1100 miles from Kent to Rome in just three days.

Following this success, we are pleased to announce our banger rally for 2009 – 'Mad For Madrid'. Teams will meet in their bangers in Dover on Saturday May 2nd and drive over the Bank Holiday weekend 1,000

miles to Madrid. After a car-crushing ceremony, participants will have one day's sight-seeing and then will fly home Tuesday May 5th.

Each team (minimum two drivers) needs to raise £1400, and the ferry crossing, flights home, accommodation, celebratory meal, and back up of a qualified car mechanic is included. Email Julie Brett for more details: juliebrett@marthatrust.org.uk or call 01424 757966.

Further details and application pack are on our website www.marthatrust.org.uk.

Charity of the Year at The Folkestone Basepoint Business Centre



We are delighted that Basepoint Business Centre in Folkestone has selected Martha Trust as its charity of the year. On Wednesday November 26th Basepoint are hosting a firewalking event to raise funds for Martha Trust. Business centre manager Lorraine Grover will be taking off her shoes and leading the way over the hot coals! If you fancy walking over fire, and can raise £50 in sponsorship, please call Lorraine on 01303 298298.

CHRISTMAS CARDS



Buy Martha Trust's Christmas cards and not only will you be supporting a great cause, but you can also be sure that these cards are unique to Martha Trust! Two supporters, Ems Hancock and Sarah Doyle have very kindly painted the four fresh designs for this year's Christmas cards. We have been able to produce these at a very reasonable rate so that over 65% of the pack price (£3.00 for 10 cards) is a donation direct to Martha Trust. This compares with charity cards bought from high street retailers where at

best only 25% of the purchase cost goes to the charity!

We also have for sale packs of eight notelets (two each of four flower designs) painted by Ems. These make great gifts for Christmas and are also useful for writing thank you notes after Christmas! Packs of eight are priced at £3.50.

Please use the enclosed form to order your cards and support Martha Trust this Christmas.

FUNDRAISING DATES

4th Martha Trust Celebrity Golf Day

Friday October 24th Dale Hill, Ticehurst. Popular event where you can play golf with a celebrity from the All Stars or Cricketers.

Firewalking

Wednesday evening November 26th Shearway Business park, Folkestone. Walk on fire! Additional walkers welcome!

Kent Christmas Cracker Run

Saturday December 13th Fowlmead Country Park, near Deal. Traffic free 7 km run and 1 km fun run.

Christmas Pudding Run

Saturday December 20th Ashburnham Place, Battle, East Sussex. 5 mile race, and 2 mile fun run and 1 mile kids' run in beautiful gardens of historic estate.

Charity Golf Day

Friday March 13th Princes Golf Club, Sandwich Join the Kent Cricketers on this fantastic Links course.

Mad For Madrid Banger Rally

Saturday May 2nd – Tuesday May 5th Join the fun and drive 1,000 miles in a car worth £100 or less!

More information for these events can be found on our website www.marthatrust.org.uk or email contact@marthatrust.org.uk or call the numbers below for further details.

A huge thank you from Martha to everyone who took part in fundraising events for Martha Trust recently – we really value your support.

Martha House – 01304 611101
 Frances House – 01304 626929
 Mary House – 01424 757960
 Rose Osborne – Community Fundraisers, Deal – 01304610 448
 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*

Homestead Lane, Hacklinge,
 Deal, Kent CT14 0PG
 Tel: 01304 615223
 Fax: 01304 615462
www.marthatrust.org.uk
 e-mail: contact@marthatrust.org.uk
 Charity No. 1067885 Company No. 3467406