

Spring 2005

MARTHA NEWS



Sunshine and smiles in the Martha garden – Hazel the rabbit was a surprise Easter present for the children in Frances House, and how they adore her!

Building begins at Hastings home

Building work began in early April on the second phase of our new home, Agape House, in Hastings. So far, more than £500,000 has been collected by our fundraising team with a further £200,000 still to go.

Diggers moved on to the site to start work on 7th April watched by Chief Executive, Graham Simmons. He said "This second phase will create four more bedrooms for Agape House, bringing the total to eight, and we expect to have the job finished by the end of October. We're delighted that contractors Quadric, who built phase one of the home, will be returning

to complete this project and will be working with architect Paul Dowinton of Tyrrell Dowinton Associates. The project will benefit greatly from their joint expertise."

Meanwhile, little time is being lost at looking ahead to phase three. Although some way off yet, these plans include additional facilities such as respite, daycare and various therapies.

The name Agape (pronounced ag-a-pay) comes from ancient Greek and means to love and care without expecting anything in return. That name is entirely appropriate for our new home, which we know is badly needed in East Sussex.



Learning new skills or simply relaxing – we have a therapy to suit



Keeping muscles supple and their senses keen, Martha residents enjoy an exciting range of beneficial therapies, from hi-tech sensory beams to a more traditional foot massage.



Our unique hydrotherapy pool has been an important facility to us for several years as Phil Linkin, Training Coordinator and Nurse, explains, "Hydrotherapy creates a feeling of weightlessness in the water. It means there is no pressure on joints and residents can move their limbs quite freely, thus helping keep muscles in good shape." Plans are currently in hand to upgrade the suite.



Nurse Alison Berridge, our qualified aromatherapist (top), uses essential oils to offer massage to residents, with the aim of relaxation and calm very much in mind. Aromatherapy is also considered to encourage good blood circulation.

Nurse Norman Stennett, our qualified reflexologist, sees the physical benefits reflexology can bring. It is particularly effective for muscle relaxation which is very important for many of our residents.



The sensory rooms in both the adults' and children's homes, are places for relaxation and/or stimulation. The rooms can be filled with ambient sounds and lights to create an atmosphere to suit an individual's mood, whether learning new skills or simply relaxing (middle).

Residents can also create music and light effects by triggering carefully placed light beams (bottom). The light and sound sensors can be adjusted to respond to the simplest of movements – even the blink of an eye. Many of our residents have limited control of their movement so it's wonderful to see the delight in their faces when they realise that they are controlling the change of sound and light all by themselves. It's a great way of encouraging movement and developing coordination skills.



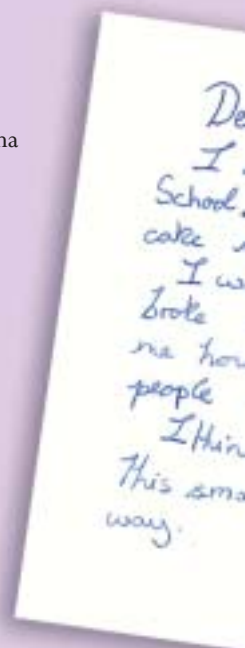
CRUISING IN – OUR NEW SILVER MACHINE!

A big silver machine has arrived at Martha Trust recently and is proving to be a transport of delight for residents.

It's a much-needed minibus and comes complete with all the specialist gear for helping chair-bound people in and out safely. Already it has taken residents on outings, near and far – and many more journeys are planned, of course.

Martha was able to purchase the Renault Master with help from several supporters including one who lives nearby who very generously donated £25,000 towards the cost.

Our warmest thanks to everyone for their help.





Circus comes to town!

Plate spinning was on the menu in March when the Kent Circus School came to Frances House to entertain us with a fantastic display of juggling, spinning and tightrope walking. The plate spinning competition was won easily by Raissa (above) but Georgia's mum, Michaela (above, right) didn't do too badly either!

It's red noses all round

Staff and residents got into the spirit of Red Nose Day in mid March and raised the fantastic sum of £850 for good causes. Many people donned the special Comic Relief t-shirts for the day, sprayed their hair a fetching shade of red, sported red beards, red noses and red nose badges.

An auction was held during the day offering a variety of goodies and a selection of promises too. Whoever offered to iron a basketful of washing – one of the promises up for grabs – was sure to be popular!



FUND RAISING

Thank you Florence and all our supporters

Martha relies heavily on charitable contributions to be able to continue its work in Deal and Hastings so we would like to say a very big thank you to all our supporters who have given so generously.

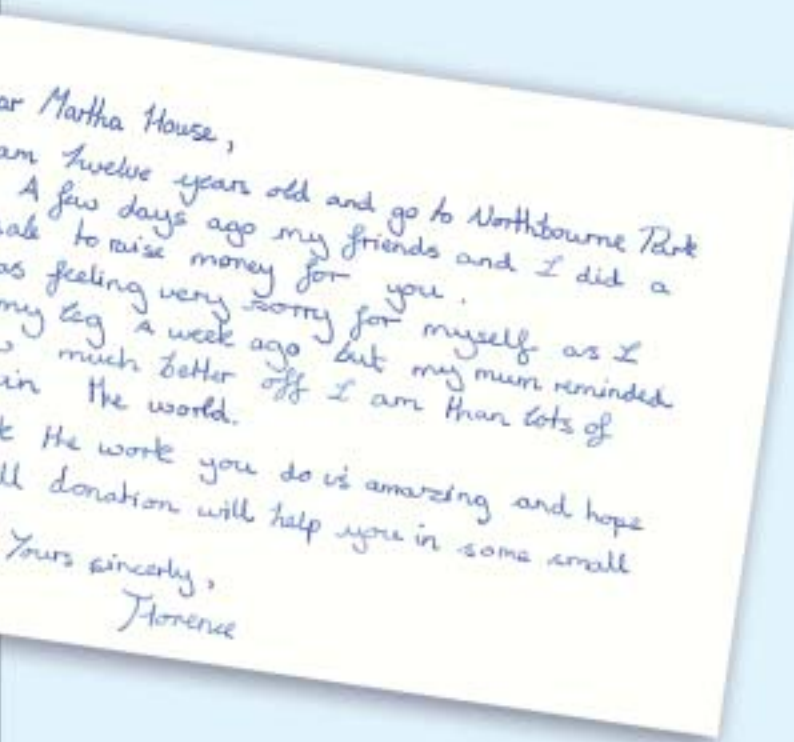
HALF A MILLION IN ONE YEAR!

As we've reported elsewhere in this newsletter it's costing around £700,000 to build the second phase of our new home Agape House. Happily, much of that money has been raised enabling work to go ahead on the project and it's worth noting that more than £500,000 has been raised in just one year. Fundraising Manager Jackie Flynn said "The support we have received has been simply amazing. We've been given over £500,000 leaving us with a balance of £200,000 to find. During the past year we have also received several promises of funding from Trusts to buy furniture and equipment for the new home."

SINCERE THANKS TO ONE AND ALL

Jackie went on to say "At one end of the scale large Trusts and organisations give us substantial sums. There are also many pensioners on a limited income who give generously, as well as schoolchildren who organise their own fundraising events."

We would like to share with you a letter we received from one young supporter along with a donation (left). It lifted spirits at Martha and made us truly thankful for the kindness and generosity which exists in the hearts of so many.





Our first long service awards given

Sixteen members of staff working at Martha were recently presented with long service awards – the first to be given by the Trust. The awards were made during a social evening at Mongeham village hall. Although awards were presented for five year intervals, many of the recipients have been with the Trust for longer.

Five year awards were given to Alison Berridge, Debra Lagden, Sue Gibbens, Nicola Bartlett, Judy Heath, Jackie Flynn, Sandy Relf and Margaret Everitt. Ten year awards went to Nicole Hooper, Norma Jarvis, Shirley Wickenden and Tracy Lancaster. Fifteen year awards were given to Fay Hambrook, Joan Hay, Anne Platt and Cathy Wright.

One of the fifteen year recipients, support worker Joan Hay, said “I feel privileged to experience the way in which a resident’s smile or laughter can light up a room. Their progress and achievements, no matter how small, can lift our spirits and make us feel on top of the world.”

Chief Executive Graham Simmons said “We’re very proud of our team and the care they provide, so the evening gave us an ideal opportunity to show our appreciation.”

Danny – welcome to Martha House

We would like to introduce Danny our newest resident at Martha House who joined us six months ago. Danny is a lively lad who loves all kinds of sporting activities. Here he is horse riding – one of his favourite pastimes. Danny also goes skiing regularly at the dry ski slope in Folkestone.



Graham and gang ready to set pace

Stepping out to raise money for Martha Trust over the May Bank Holiday weekend will be more than twenty walkers striding purposefully from Paddock Wood to Deal.

Among them will be our own Graham Simmons and he’ll be in good company as those with him are all his friends from Paddock Wood Baptist Church. Leaving town on 30th April, the group expects to complete the 60 miles plus walk by 2nd May. The walkers hope to raise between £5,000 and £10,000 to refurbish the hydrotherapy unit for the Martha homes in Deal.

Graham said “Eight of us will be doing the full 60 miles, with many others joining in for part of the distance. It promises to be a memorable experience, getting to see parts of rural Kent we usually drive past at speed.”

Training is well under way with the walkers building up their daily distances with hardly a blister in sight. Even in bad weather they could be seen putting their best foot forward – although it might have been more reminiscent of Scott of the Antarctic at times!

Donations, support and progress can be checked by logging on to www.wkfm.org.uk



Dates for your diary

Jumble Sale – St George’s Day at St George’s Hall, High Street, Deal is the place to be for a bargain when Martha holds a jumble sale there. Doors open at 9.30am on Saturday, 23rd April. Jumble donations can be made by calling the number below.

Music Evening – Eastry Theatrical Company are performing an evening of music called ‘Thank you for the Music’ at Eastry village hall on the evenings of 6th and 7th May. All proceeds are in aid of Martha Trust and tickets are available from our fundraising team.

Boot Sale – Eastry village hall is also the venue for an Indoor Boot Fair on the morning of Saturday, 21st May. If you would like to sell at the fair contact our fundraising team for further details. If you would just like to bag a bargain, do come along, everyone welcome.

If you have any fundraising ideas of your own we would be delighted to hear from you.

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